



BRITISH
TRIATHLON

BRITISH TRIATHLON COMPETITION RULES

In association with:



**TRIATHLON
ENGLAND**



**TRIATHLON
SCOTLAND**



**WELSH
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CYMRU**

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PREFACE

The following rules are intended for the purpose of creating equal opportunities and fair play for all competitors, providing a basis for reasonable safety and protection in an atmosphere of sportsmanship and fair play.

These Competition Rules govern the behaviour of competitors during competition, and the specifications for equipment used during competition. All competitors taking part in events that have received their appropriate Home Nation Association Event Permit should familiarise themselves with these rules, in order to comply fully and avoid incurring a penalty for infraction.

The British Triathlon Federation (BTF) is affiliated to the International Triathlon Union (ITU) and, as such, ITU rules are applicable to all international events either hosted by the BTF or its constituent Home Nation Associations, at which Home Nation Association members compete (e.g. European and World Championships).

These Competition Rules mirror the ITU Competition Rules, except where a required amendment has been made due to domestic requirements. This document uses the same numbering and headers as the ITU Competition Rules.

If competing in international events, competitors are strongly advised to familiarise themselves with the ITU Competition Rules as they contain some variations. ITU Competition Rules can be downloaded from www.triathlon.org.

Event Organisers should visit the British Triathlon website www.britishtriathlon.org, and the Event Organisers System (free registration required) <https://events.britishtriathlon.org> where a wide range of technical information can be found, along with specific requirements that events must abide by in order to receive the appropriate Home Nation Association Event Permit.

Please note that the Memorandum of Association, the Articles of Association and the Standing Orders of General Meetings of Home Nation Associations can be downloaded from www.britishtriathlon.org or members can contact 01509 226161 for a copy.

Competition Rules Update January 2017

Green highlight - added/amended as of January 2017

Red highlight - removed as of January 2017

An overview of the changes to the Competition Rules can be found on the British Triathlon website.

1. INTRODUCTION:

1.1 Purpose:

- a.) The British Triathlon Federation (BTF) is the governing body responsible for Competition Rules for Triathlon, Duathlon and its other related multisport in Great Britain.
- b.) The BTF Technical Committee will ensure technical aspects of BTF competitions are of the highest quality.
- c.) The BTF Competition Rules specify the conduct of competitors during BTF permitted competitions. Where the BTF Competition Rules do not specify, the rules of British Swimming, British Cycling, British Athletics and British Skiing and Snowboarding will apply in their specific segments, unless the BTF **Events**, Technical Committee decides otherwise.
- d.) The BTF Event Organisers System, with its related documents set safety and fairness standards for Event Organisers; these are to be used in conjunction with this document.
- e.) The BTF Officials Education Programme sets the standards for certifying BTF Technical Officials.
- f.) It will be clearly indicated when a rule applies to a specific competition.

1.2 Intention:

- a.) The BTF Competition Rules are intended to:
 - (i) Create an atmosphere of sportsmanship, equality, and fair play;
 - (ii) Provide safety and protection;
 - (iii) Emphasise ingenuity and skill without unduly limiting the competitor's freedom of action;
 - (iv) Penalise competitors who gain an unfair advantage.
- b.) Definitions of all terms used in the BTF Competition Rules are provided in Appendix B. Any difficulty in the interpretation or application of the BTF Competition Rules should be referred to the BTF Technical Committee.

1.3 Language and Communications:

- a.) The official language to be used at all events is English, however regional languages may also be used in conjunction with English.

1.4 Modifications

- a.) The BTF Competition Rules will be adapted for other modern multisport competitions, which fall within BTF's jurisdiction;
- b.) A competitor must not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, every infringement related in the BTF Competition Rules has a sanction attached. Officials base their judgments on whether an advantage, not intended by the Rules, has been gained;
- c.) ITU Competition Rules will be applicable to international **and** competitions hosted by the BTF.

1.5 Exceptions:

- a.) The BTF Competition Rules will be applicable to all multisport events permitted by the BTF and are to be implemented by the appointed Technical Official as appropriate. Exceptions for special circumstances in a particular event may only be gained from the BTF with prior approval.
- b.) A request for an exception to the BTF Competition Rules must be made in writing to the **BTF** Technical Committee **by the Event Organiser**. Where granted, any such variations must be clearly published to all competitors at least **30** days prior to the event and must be covered in all race briefings and safety documents.
- c.) **Exceptions for special circumstances for a particular competitor may only be gained from British Triathlon with prior approval. A request for an exception to the BTF Competition Rules must be made in writing 30 days prior to the event to the BTF Technical Committee by the competitor for whom the exception is being applied for;**
- d.) **The BTF Technical Committee may consult with other committees, commissions or appropriate parties.**

1.6 Specific Regulations:

- a.) A Technical Official may approve the addition of specific regulations for a particular race, provided that:
 - (i) Each additional specific regulation does not conflict with another BTF Competition Rule;
 - (ii) Each additional specific regulation is made available in written form and is announced to the participants before the event;
 - (iii) Each additional specific regulation and the reasons for its inclusion are advised to the **BTF** Technical Committee for prior approval one week before the day on which the event is to be conducted. In the event of a specific amendment introduced due to factors that arise on the day, the **BTF** must be notified the day after the event.

1.7 Intellectual Property:

- a.) Only events that have received an Event Permit from the applicable Home Nations are permitted to use the BTF or relevant Home Nation permit logo on their communications, whether electronic or otherwise.
- b.) Only events that have received an Event Permit from the applicable Home Nation are covered by the BTF Competition Rules.
- c.) Members of the Home Nation Associations are strongly advised to only compete in events that are permitted by the Home Nation Associations. By taking part in a permitted event, you can be sure of a safe, fair and most importantly enjoyable race experience.

1.8 Unauthorised Exceptions or Additions:

- a.) The unauthorised exception to, or addition of, a competition rule without prior approval from the BTF Technical Committee will prevent the event from being permitted and will invalidate any existing permit which has already been granted to the event, and may affect the insurance under which the event is covered.
- 1.9 Rule Updates:
- a.) The BTF Competition Rules may be changed from time to time by the BTF Technical Committee at its discretion. Any rule change(s) shall be advised in writing at least 30 days before it/they is/are to take effect. Updated BTF Competition Rules will be posted on the BTF website (www.britishtriathlon.org).
 - b.) Where ITU Competition Rules may change, these will be incorporated into the BTF Competition Rules as appropriate.

2. CONDUCT OF COMPETITORS:

2.1 General Conduct:

- c.) Triathlon and the BTF's other related multisports involve many competitors. Race tactics are part of the interaction between competitors. Competitors will:
 - (i) Practice good sportsmanship at all times;
 - (ii) Be responsible for their own safety and the safety of others;
 - (iii) Know, understand and follow the BTF Competition Rules, available from the BTF and on www.britishtriathlon.org;
 - (iv) Obey traffic regulations and instructions from Technical Officials and marshals;
 - (v) Treat other competitors, organisers, Officials, volunteers, and spectators with respect and courtesy;
 - (vi) Avoid the use of abusive language;
 - (vii) Inform a Technical Official and Event Organiser after withdrawing from the race.
 - (viii) Compete without receiving assistance other than from event personnel and officials;
 - (ix) *This line is intentionally omitted*;
 - (x) Not dispose rubbish or equipment around the course except at clearly identified places, such as feed stations or rubbish disposal points. All items must be kept with the competitor and returned to their transition spot;
 - (xi) Not attempt to gain unfair advantage from any external vehicle or object;
 - (xii) Follow the prescribed course;
 - (xiii) Avoid displaying any kind of demonstration of political, religious or racial propaganda;
 - (xiv) Not use any device that will distract the athlete from paying full attention to their surroundings.

2.2 Outside Assistance:

- a.) The assistance provided by event personnel or Technical Officials is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance. Competitors competing in the same race may assist each other with incidental items such as, but not restricted to, nutrition and drinks after a water station and pumps, tubular tires, inner tubes and puncture repair kits;
- b.) Competitors may not provide any item of equipment to a competitor competing in the same race which results in the donor competitor being unable to continue with their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both competitors.

2.3 Doping:

- a.) Doping is strictly prohibited and is an offence under British Triathlon and ITU rules. The Anti-Doping Rules of the BTF are the UK Anti-Doping Rules published by UK Anti-Doping (UKAD), which follows the World Anti-Doping Agency (WADA) code, and as amended from time to time. Such rules shall take effect and be construed as rules of British Triathlon. ITU Anti-Doping Rules will be applied to all international events hosted by British Triathlon, e.g. European and World Championships, as well as elite races;
- b.) Current regulations and updates on the list of banned substances can be obtained from the following websites or contact telephone numbers:
 - World Anti-Doping Agency - www.wada-ama.org
 - UK Anti-Doping - www.ukad.org.uk, 020 7842 3450;
- c.) All competitors and guides are responsible for familiarising themselves with the UK Anti-Doping and ITU Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances;
- d.) To report anything suspicious call the 24/7 confidential Crimestoppers telephone number: 0800 032 2332.

2.4 Health:

- a.) Triathlons and related multisports are strenuous. To be able to participate, competitors should be in good physical condition. Their health and welfare is of paramount importance. By starting in a race, the competitors declare they are in good health and are in appropriate physical condition to complete the race;
- b.) It is the responsibility of all competitors to ensure they are able to complete the specific race distances entered comfortably;
- c.) Competitors should, where possible, attend a coached Introduction to Open Water Swimming session, led by a qualified British Triathlon coach, before taking part in an open water event;
- d.) Time limits for the swim leg, bike leg and overall finish time may be established for each competition by the Event Organiser; these limits must be published in the pre-event registration material no later than 28 days before the event.
- e.) Should factors on the day require time limits for any segments of the event to be established, such as weather conditions, the Event Organiser reserves the right to implement these and should be communicated to competitors at the earliest opportunity.
- f.) The BTF encourages competitors to undergo periodic health evaluation prior to engaging in competitive sport.

2.5 Eligibility:

- a.) See Section 24 - Eligibility.

2.6 Insurance:

- a.) All competitors that do not hold a valid Home Nation Association race licence, and do not provide evidence of this at registration, are required to pay the appropriate day membership fee, which is non-refundable.
- b.) Failure to adhere to the British Triathlon Competition Rules may invalidate your public liability or personal injury insurance.

2.7 *This line is intentionally omitted.*

2.8 Uniform:

a.) *This line is intentionally omitted;*

b.) Uniforms are not permitted to display any kind of demonstration of political, religious or racial propaganda;

c.) Competitors must follow the following rules with respect to wearing uniforms:

(i) Competitors must wear the uniform during the entire competition;

(ii) The uniform must cover the whole torso in the front. The back may be uncovered from the waist up;

(iii) *This line is intentionally omitted;*

(iv) Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden, but is allowed in the swim segment when the use of wetsuits is allowed. It is also allowed in all the other segments;

(v) Where a two-piece uniform is used, the space between the top and the bottom may be not visible, so the two pieces overlap. The competitor must cover their torso during the entire race with the exception of the swim section; this includes front zips being completely fastened during the cycle and run segments.

(vi) Where the suit has a front zipper, the following apply:

- Middle and long distance events: the zipper (which must be no longer than 40cm) may be undone no lower than the breastbone, however must be completely fastened during the final 200m along the finishing straight;

- Sprint and standard distance events: the zipper must be completely fastened at all times unless there is underneath a top covering up to the neck; in any case the suit must be completely fastened during the final 200m along the finishing straight.

(vii) The uniform must be worn over both shoulders for the duration of the competition;

(viii) *This line is intentionally omitted;*

(ix) Rain jackets are permitted, however the competitor must ensure their race number is still visible at all times;

(x) *This line is intentionally omitted;*

(xi) Thermal gloves and boots are not permitted unless an exception request has been applied for. A medical note stating the reason must be submitted to the Event Organiser and Technical Official on the day of the event;

(xii) Wetsuits, where authorized, may cover the arms but not the hands.

d.) For reasons of religion, competitors are allowed to have the body totally covered (except the face) provided that:

(i) The uniform material is approved by FINA (applicable only for the non-wetsuit swim);

(ii) The uniform will not interfere with the bicycle mechanisms;

(iii) Extra identification elements are to be worn over the uniform, following the TO's instructions.

2.9 Race Numbers:

a.) Race numbers provided by the Event Organiser must not be altered, cut down, folded or in any way mutilated. Numbers so treated will result in the competitor being disqualified if the offence is not corrected.

b.) Race numbers must be affixed to the competitor's clothing or to a suitable race belt or bib. The number must be clearly visible at all times and it is the competitor's responsibility to ensure this to avoid any penalties.

c.) During the cycling phase, a number must be displayed to the rear.

d.) During the running phase, a number must be displayed to the front.

e.) Additional body markings may be provided by the Event Organiser, but this is not a substitute for, or replacement of, an official race number.

f.) All references to the wearing of race numbers specifically exclude swim phases.

2.10 *This line is intentionally omitted.*

2.11 Timing and Results:

a.) A race will be won by the competitor who has the shortest time from the start signal to the moment when the competitor finishes the race.

b.) The official results will list competitors according to their finish time. In the event that two competitors tie for a place, and their performances cannot be separated, they will be awarded the same rank, and the next competitor to finish behind them will occupy the same rank plus two places, with the subsequent competitors ranked in order of finishing.

c.) Where possible, time splits to be included are:

(i) Swim or first segment;

(ii) Transition 1;

(iii) Bike or second segment;

(iv) Transition 2;

(v) Run or third segment;

(vi) Overall finish time

d.) In addition, at the organisers' discretion additional fields that should be included

(i) Gender;

(ii) Age-Group (as defined by these rules);

(iii) Paratriathlon category;

e.) All permitted events must provide BTF with an electronic copy of the final results within three days of the event, to also include BTF membership number and where permissions allow, competitors' date of birth;

2.12 Exceptional Conditions:

a.) The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the Event Organiser following the same principles.

(i) Before the race:

- A triathlon may be modified to a duathlon, aquathlon, or even in a two segment race: swim-run, bike-run or run-bike, in the equivalent distance. Time trial starts are allowed;
- A duathlon may be modified to two segment event: bike-run or run-bike. Time trial starts are allowed; it may also be modified to a run only or bike only where required;

(ii) Modification once the race has started:

- Any segment, but only one, may be shortened during the race. Event Organisers will take all necessary actions to ensure the fairness of the event and the safety of the competitors. Otherwise, the race will be stopped.

(iii) The Event Organiser, in conjunction with the Chief Technical Official, may take an alternative decision if the above options are not possible to set up.

3. PENALTIES:

3.1 General Rules:

- a.) Failure to comply with BTF Competition Rules may result in a competitor being verbally warned, incurring a time penalty or disqualified.
- b.) Competitors may only be penalised by readily identifiable Technical Officials, although infringements may be reported to the Official by marshals and other race personnel.
- c.) All infringements are to be reported to the Chief Technical Official who will have the responsibility for posting penalties on the penalty board.
- d.) Penalties may be issued, or disqualification given at any time up to the announcement of the final results, as communicated by the Event Organiser. The exception is for where drug testing is involved, when the results must be considered provisional until test results are known.
- e.) Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor's finish time.
- f.) Unless safe to do so and as not to place either the official or competitor at risk, Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation.

3.2 Warning:

- a.) A verbal warning will be given for the following infringements **where the infringement can be rectified**, (but are not limited to):
 - (i) Illegal equipment (swim, cycle or run equipment);
 - (ii) Banned equipment (including, but not limited to, mobile telephones, MP3 players, metronomes, personal video recording devices);
 - (iii) Illegal progress (during swim, cycle or run);
 - (iv) Racing topless (during cycle or run);
 - (v) Littering on the course unless disposed of in specified littering zones provided by the Event Organiser.
- b.) If corrective action is not take to remedy the infringement, the competitor will be disqualified.

3.3 Time Penalty:

- a.) There are two types of infringement where a competitor can be penalised with a time penalty:
 - (i) Drafting infringements, in draft-illegal races, as defined in 3.3.b;
 - (ii) Other infringements, as defined in 3.3.c. These include, but are not limited to:
 - Placing markers in transition that cannot be removed, but do not impede the progress of others;
 - Race number violations (if unable to be rectified after a warning);
 - Helmet violations (unclipping helmet whilst in contact with the cycle) unless corrected;
 - Riding in the transition area, including over the mount/dismount line unless corrected
- b.) Drafting infringements:
 - (i) 5 minutes in long and middle distance races (first and second drafting violation noted by a Motorcycle or Technical Official);
 - (ii) 2 minutes in a standard distance race (first violation noted by a Motorcycle or Technical Official);
 - (iii) 1 minute in a sprint or shorter distance race (first violation noted by a Motorcycle or Technical Official).
- c.) Other infringements:
 - (i) 1 minute in long and middle distance races;
 - (ii) 15 seconds in standard distance races;
 - (iii) 10 seconds in sprint and shorter distance races.

3.4 Disqualification:

- a.) Competitors will be disqualified for the following infringements (but are not limited to):
 - (i) Threatening, abusive or insulting words or conduct;
 - (ii) Breaking road traffic regulations;
 - (iii) Dangerous conduct or riding;
 - (iv) Diving unless pre-agreed at the time of registering;
 - (v) Failing to obey marshals or the police;
 - (vi) Nudity;
 - (vii) Outside assistance;
 - (viii) Tampering with the equipment of others;
 - (ix) Unsporting impedance - including, but not limited to, incorrectly racked cycles, discarded equipment and the use of marking devices in transition that impede the progress of others;
 - (x) Drafting in a draft-illegal Sprint or Standard distance race - two drafting violations noted by a Motorcycle Official;
 - (xi) Drafting in a Middle or Long distance race - three drafting violations noted by a Motorcycle Official;
 - (xii) Course irregularities (unless the competitor returns to the point at which he or she left the course, or a point on the course prior to it, and then completes the course correctly);
 - (xiii) Breach of conduct by parent/guardian/accompanying adult.

3.5 Suspension:

a.) General:

- (i) A suspension is a penalty appropriate for fraudulent or very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct;

- (ii) A suspended athlete will not take part in competitions permitted by the BTF or ITU competitions during a suspension period.
 - b.) Assessment:
 - (i) The Technical Official will submit a report to the relevant Home Nation Technical Committee including all the details of the action, and the reasons to recommend the athlete for suspension. This report will be submitted to the Disciplinary Officer within one week of the competition.
 - c.) Suspensions will be assessed by the Home Nation Disciplinary Committee for periods of three (3) months to four (4) years, depending on the violation;
 - d.) Suspension due to drug abuse: If the suspension is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognised by ITU, IOC or SportAccord and vice versa.
 - e.) Reasons for suspension:
 - (i) A list of infringements, which may result in a suspension, is described in Appendix K.
 - f.) Disciplinary Notice:
 - (i) When an athlete is suspended, the BTF Chief Executive will notify the concerned competitor, in writing, within 30 days;
 - (ii) *This line is intentionally omitted.*
- 3.6 Expulsion:
- a.) General:
 - (i) Athletes who have been expelled will not participate in competitions permitted by the BTF or in ITU competitions for life.
 - b.) Reasons for expulsion:
 - (i) An athlete will be expelled for life for repeated rule violations that incur suspension as the penalty;
 - (ii) Expulsion due to drug abuse: If the expulsion is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognised by ITU, IOC or SportAccord and vice versa.
 - c.) Disciplinary Notice:
 - (i) When a competitor is expelled, the BTF Chief Executive will notify the concerned competitor, in writing, within 30 days;
 - (ii) *This line is intentionally omitted.*
- 3.7 Right of Appeal:
- a.) An appeal is a request for a review of a decision made by an official;
 - b.) Appeals cannot be made against Technical Official's judgement calls which include, but are not limited to, drafting and littering;
 - c.) Appeal process:
 - (i) An appeal must be made in writing to the Chief Technical Official;
 - (ii) A competitor or official team representative must declare an intention to write an appeal within 15 minutes of his or her finishing time, or the posting of the infraction and penalty, whichever is later;
 - (iii) After this time only announced protest will be admitted;
 - (iv) A competitor or official team representative filing an appeal must do so no later than one hour after his or her finishing time;
 - (v) A fee of £30 will be charged, and given to the Chief Technical Official. If no Official is present, it should be given to a BTF/Home Nation Association representative. If neither an Official or BTF/HN representative is present, it should be given to the Event Organiser.
 - (vi) The appeal fee will be refunded if the appeal is upheld. If the appeal is not upheld, the fee will go to the British Triathlon Foundation Trust.
 - d.) It is the competitor's responsibility to understand and abide by the appeal process.
- 3.8 Reinstatement:
- a.) After suspension, a competitor must apply to the BTF Board for reinstatement.

4. SWIMMING CONDUCT:

4.1 General Rules:

- a.) Competitors may use any stroke to propel themselves through the water. They may also tread water or float. Competitors are allowed to push off the ground at the beginning and the end of every swim lap;
 - (i) Backstroke is not permitted in pool swims; any competitor wishing to use backstroke at an open water event must indicate this to the Event Organiser before entering the water;
- b.) Competitors must follow the prescribed swim course;
- c.) Competitors may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat;
- d.) In an emergency, a competitor should roll onto their back and raise an arm overhead, and call for assistance. Once official assistance is rendered, the competitor must retire from the competition.

4.2 Wetsuit Use: International competitions (that is to say competitions run outside Great Britain) that are run under ITU Competition Rules will adhere to those rules for wetsuit usage; competitors taking part in these should familiarise themselves with these differences.

- a.) The use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperature are attained:

Swim length	Forbidden Above	Mandatory Below
Up to 1500m	22°C	14°C
1501-3000m	23°C	15°C
3001-4000m	24°C	16°C

4.3 Modifications:

- a.) At temperatures below 11°C it is recommended that open water swimming does not take place. The above temperatures are based on water temperatures alone and assume that the wind chill factor is negligible. If wind chill is significant, swim distances may be reduced at higher temperatures.
- b.) At the following temperatures, the maximum swim distances are:

Temperature	Maximum Distance Permissible
13°C	2000m
12°C	1000m
11°C	500m

- c.) It is recommended that wetsuits are worn by all novices and Age-Groupers up to 22°C.

4.4 *This line is intentionally omitted;*

4.5 *This line is intentionally omitted;*

4.6 Start Procedure (Paratriathlon, Age-Group and novice competitors):

- a.) Competitors are grouped at the pre start areas according to the assigned start wave;
- b.) Competitors will be called to the start area and they will occupy the start positions according to the Event Organisers' instructions;
- c.) After all competitors are in position "On your marks!" is announced;
- d.) Any time after the announcement, the start signal will be given by blasting a horn. Competitors will move forward;
- e.) *This line is intentionally omitted;*
- f.) *This line is intentionally omitted;*
- g.) The same procedure will apply for the start of any other Multisport event starting with running with adaptations from swim start to run start;
- h.) Competitors starting in any wave before the one that the competitor is assigned to will be disqualified;
- i.) Competitors who are late to their assigned wave will need the approval of the Event Organiser. The competitor start time will be the start time of the assigned wave.

4.7 *This line is intentionally omitted;*

4.8 *This line is intentionally omitted;*

4.9 Equipment:

a.) Swim cap:

- (i) Competitors are required to wear a swim cap;
- (ii) If a competitor chooses to wear two caps, the official event swim cap must be on the outside;
- (iii) Competitors may not alter the provided swim caps in any manner;
- (iv) Failure to wear the provided swim cap (or where not provided any swim cap) may result in a penalty;

b.) Trisuits:

- (i) Competitors are required to wear a trisuit or costume during the swim segment;
- (ii) Trisuits will not have any neoprene sections;
- (iii) Suits may contain either a front or back zipper, but these must be fully zipped at all times;
- (iv) Where the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any part of the legs below the knees is also forbidden during the swim segment. An exception may be made for competitors taking part in middle and long distance events, and are allowed to wear clothing with sleeves extending from the shoulder to the elbow.

c.) Wetsuits:

- (i) Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit;
- (ii) Propulsion devices that create an advantage for the competitor, or a risk to others, are forbidden;

- (iii) The most external part of the wetsuits will fit to the competitor's body tightly while they are swimming;
- (iv) A wetsuit may cover any part of the body except the face, hands and feet;
- (v) There is no limitation regarding the length of the zipper;
- (vi) Competitors may wear 'shorty' style wetsuits, but should be aware that they offer less protection against the cold.

d.) Illegal Equipment:

- (i) Competitors must not use or wear:
 - Artificial propulsion devices;
 - Flotation devices;
 - Gloves or socks;
 - Wetsuit bottoms only;
 - Wetsuits when they are forbidden;
 - Non-certified swimsuits;
 - Snorkels;
 - Official race numbers (in non-wetsuits swim only);
 - Headphone(s), headset(s) or technical earplug(s), which are inserted in or covering the ears, except ear protection plugs;
 - Mobile phone(s) or any other electronic listening communication device;
 - Personal video recording devices;
 - Calf and arm compression items (in non-wetsuit swims).
- (ii) Where medical advice requires a specific illegal item(s) to be worn during a race, an exception request must be applied for. A medical note stating the reason must be submitted to the Event Organiser and Technical Official on the day of the event;
- (iii) Any jewellery deemed to be a hazard to themselves or other athletes (Athletes may be requested to remove any such items).

5. CYCLING CONDUCT:

5.1 General Rules:

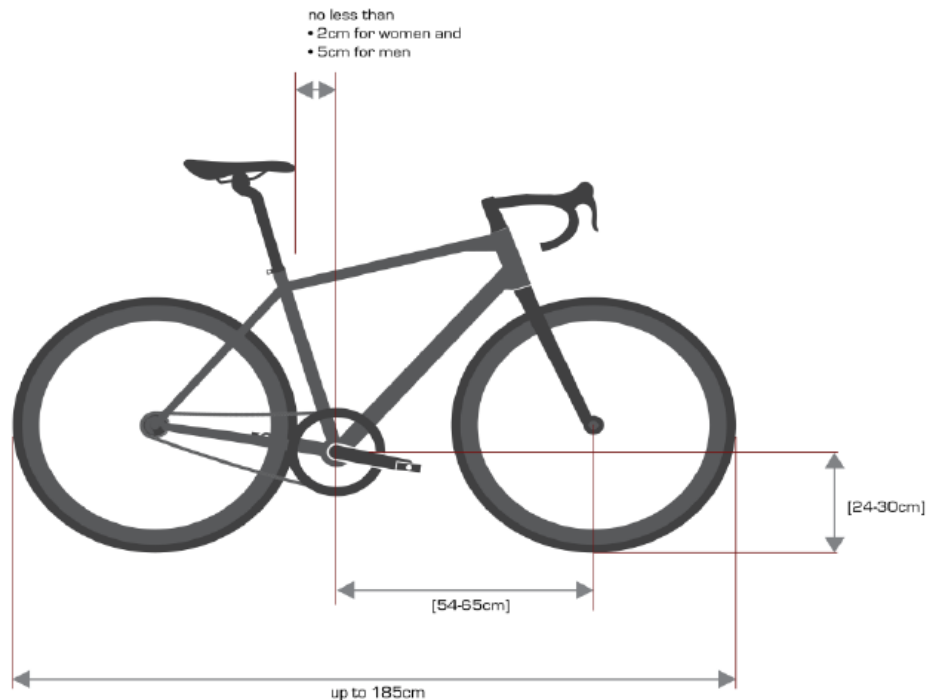
- a.) A competitor is not permitted to:
 - (i) Block other competitors;
 - (ii) Cycle with a bare torso;
 - (iii) Make forward progress without being in possession of the bike;
 - (iv) Draft off another competitor or vehicle in a draft-illegal race;
 - (v) Dispose of litter on the course, unless in specified littering zones provided by the Event Organiser;
 - (vi) Use a different bike during the competition than the one checked-in.
- b.) Dangerous Behaviour:
 - (i) Competitors must obey the specific traffic regulations for the event, unless the Event Organiser advises otherwise;
 - (ii) Competitors leaving the field of play for safety reasons have to return to it without gaining any advantage. If advantage is gained due to this action, the competitor will receive a time penalty as per Section 3 - Penalties.
- c.) Competitors must ensure that his or her cycle is in a safe and roadworthy condition. Unsafe cycles will not be allowed to start the race;
- d.) During the event, competitors are individually responsible for the repair of their machines;
- e.) Competitors must wear and have clearly visible the official race number, facing backwards;
- f.) Competitors must follow the prescribed cycle route.

5.2 Equipment:

- a.) In general, UCI rules, as of January 1st of the current year, will apply during competition and also during familiarization sessions and official training:
 - (i) UCI road race rules for draft-legal triathlon and duathlon races;
 - (ii) Time trial bikes are permitted for draft-illegal triathlon and duathlon races;
 - (iii) UCI MTB rules for winter triathlon, cross triathlon and cross duathlon races.
- b.) The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain. Bicycles are referred to bikes and will have the following characteristics:
 - (i) For Elite (Senior, U23, Junior and Youth) draft-legal races:
 - The frame of the bike shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements, (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section) such that the form of each element encloses a straight line. The elements of the frame shall be laid out such that the joining points shall follow the following pattern: the top tube connects the top of the head tube to the top of the seat tube; the seat tube (from which the seat post shall extend) shall connect to the bottom bracket shell; the down tube shall connect the bottom bracket shell to the bottom of the head tube. The rear triangles shall be formed by the chain stays, the seat stays and the seat tube with the seat stays anchored to the seat tube at points falling within the limits laid down for the slope of the top tube. The maximum height of the elements shall be 8 cm and the minimum thickness 2.5 cm. The minimum thickness shall be reduced to 1 cm for the chain stays and the seat stays. The minimum thickness of the elements of the front fork shall be 1 cm; these may be straight or curved. The maximum ratio of any two dimensions in a cross section of any tube is 1:3;
 - The bike will be no more than one metre and eighty-five (185) centimetres long, and fifty (50) centimetres wide;
 - The bike will measure between 24 centimetres and 30 centimetres from the ground to the center of the chain wheel axle;
 - There will be a vertical line touching the front-most point of the saddle which will be no less than 5 centimetres for the men, and 2 centimeters for the women, behind a vertical line passing through the centre of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition. This rule will be applied only in U23 and Elite events. Exceptions to this rule may be requested from a panel composed by:
 - One person designated by ITU Technical Committee;
 - One person designated by ITU Coaches Committee;
 - One person designated by ITU Medical Committee.
 - There will be no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;
 - Fairings are prohibited. Any device, added or blended into the structure, that is destined to decrease, or which has the effect of decreasing, resistance to air penetration or artificially to accelerate propulsion, such as a protective screen, fuselage form fairing or the like, shall be prohibited;
 - Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the ITU Technical Committee for approval at least 30 days before the event. Provided all other criteria of the ITU rules are met then full details of the equipment, including images, must be supplied to the ITU

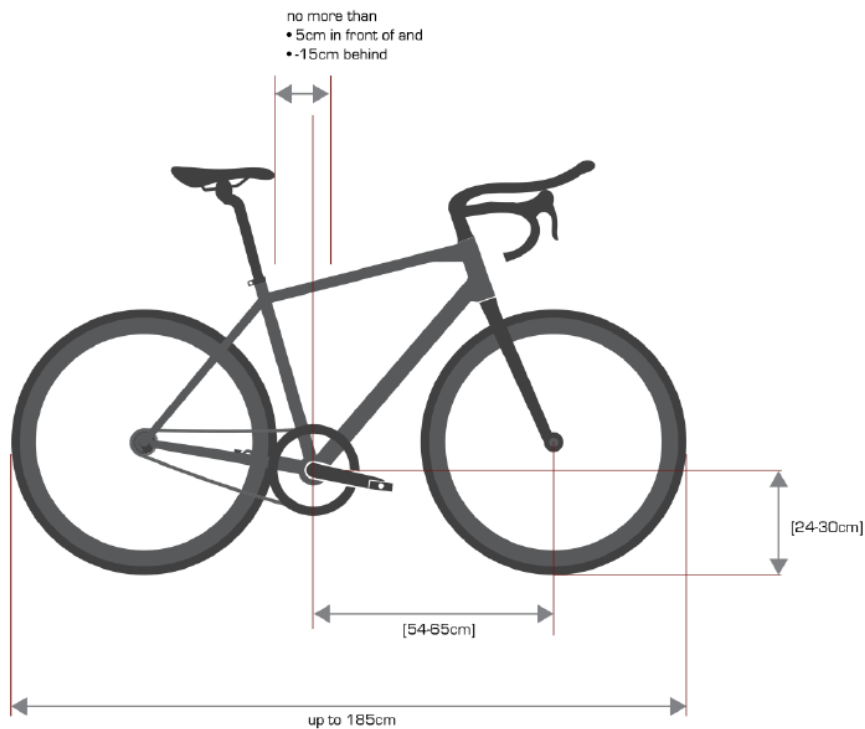
Technical Committee. The procedure is outlined in Appendix P. A catalogue of all previously submitted equipment will be available on the ITU website with confirmation as to whether it has been accepted or rejected. A form is available on the ITU website for athletes wishing to submit equipment for approval;

- Only logos of bicycle related products may appear on the competitor's bicycle;
- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- Bike race number stickers, provided by ITU or the LOC, must be placed on the bike as instructed, without any alteration;
- Bikes provided with the UCI Road Race homologation label (Code RD) are always allowed in ITU draft legal events, even if they contravene any of the 5 first bullets in this 5.2 b) (i) insert.
- Bikes provided with the UCI Time Trial homologation label (Code TT) are forbidden unless they comply with the conditions listed above.



(ii) For all draft illegal events, and Age-Group draft-legal events:

- The bike will be no more than one metre and eighty-five (185) centimetres long, and fifty (50) centimeters wide;
- The bike will measure between 24 centimetres and 30 centimetres from the ground to the centre of the chain wheel axle;
- There will be no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;
- There will be a vertical line touching the front-most point of the saddle which will be no more than 5 centimetres in front of, and no more than 15 centimetres behind, a vertical line passing through the centre of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;
- The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements, (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable;
- Non-traditional or unusual bikes or equipment shall be illegal **unless details have been submitted to the ITU Technical Committee for approval at least 30 days before the event. Provided all other criteria of the ITU rules are met then full details of the equipment, including images, must be supplied to the ITU Technical Committee. The procedure is outlined in Appendix P. A catalogue of all previously submitted equipment will be available on the ITU website with confirmation as to whether it has been accepted or rejected. A form is available on the ITU website for athletes wishing to submit equipment for approval;**
- **In domestic competition, Brompton-style bikes are permitted; competitors wishing to use fixed wheel bikes must submit a request to the BTF Technical Committee for approval at least 30 days before the event;**
- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- Bike race number stickers, provided by the ITU or Event Organiser, must be placed on the bike as instructed, without any alteration.



c.) Wheels:

- (i) No wheel may contain any mechanisms, which are capable of accelerating it;
- (ii) Tubular tyres must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly onto the frame;
- (iii) There must be a brake on each wheel;
- (iv) *This line is intentionally omitted;*
- (v) *This line is intentionally omitted;*
- (vi) For Elite (Senior, U23, Junior and Youth) draft-legal races wheels must have the following characteristics:
 - Wheels are allowed to be used if they are included in the UCI approved non-standard wheel list **s. (Both lists are applicable, both the list containing wheels approved prior 1st January 2016 and the list with wheels approved after 1st January 2016.)**
 - Wheels not on this list must comply to the following criteria:
 - (i) A diameter between 70 cm maximum and 55 cm minimum, including the tyre;
 - (ii) Both wheels must be of equal diameter;
 - (iii) Wheels shall have at least **20 steel detachable** spokes;
 - (iv) Spokes can be round, flattened or oval, provided their width does not exceed 2.4 mm;**
 - (v) The maximum rim dimension will be 25 mm on each side;
 - (vi) The rim must be alloy;**
 - (vii) All components must be identifiable and commercially available.**
- (vii) For Age-Group draft-legal races, wheels must have the following characteristics:
 - Wheels shall have at least 12 spokes;
 - Disc wheels are not allowed.
- (viii) For all draft-illegal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Event Organiser in the interest of safety, i.e. high-winds;
- (ix) Both wheels must be free wheels;**

d.) Handlebars:

- (i) For Elite (Senior, U23, Junior and Youth) draft-legal races, the following handlebar rules will apply:
 - Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - Clip-ons, including the bridge, must not exceed the foremost line of the brake levers;
 - Clip-ons must have a solid factory bridge or be touching each other;
 - Brake levers or gear levers must not be attached to the clip-ons The height difference between the highest point of the handlebar and the lowest inner part of the elbow rest cannot exceed 10 cm;
 - Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.
- (ii) For Age-Group draft-legal competitions, the following handlebar rules will apply:
 - Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - Clip-ons are not allowed.
 - Tri-bars are not allowed.
- (iii) For all draft-illegal races, the following rules on handlebars apply:

- Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces do not need to be bridged. All tube ends must be plugged



e.) Helmets:

- Approved cycling safety helmets of ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors. A CE mark is not an approval mark and should not be treated as approval.
- Helmet must be used in all activities when the competitor rides the bike: competition, familiarization and training sessions;
- An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited;
- The helmet must be securely fastened **and fit properly** at all times when the competitor is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;
- If a competitor moves the bike off the course for any reason, the competitor may not unfasten or remove the helmet until after he/she has moved outside the boundary of the bike course route and has dismantled the bike; and he/she must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike;
- This line is intentionally omitted;*

f.) Platform Pedals;

- Platform pedals are allowed, provided a quick-release mechanism is fitted to ensure the release of the feet in case of a fall.

g.) Illegal Equipment:

- Illegal equipment includes, but is not limited to:
 - Headphone(s), headset(s) or technical earplug(s), **which are inserted in or covering the ears;**
 - Glass containers;
 - Mobile phone(s) or any other electronic listening communication device;
 - Personal video recording devices;
 - Bike or parts of the bike not complying with these rules;

h.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Technical Official before the race **and must be securely mounted, not endangering any competitor or give unfair advantage.** Non-approved devices are forbidden and may result in the disqualification of the competitor;

i.) **Disc brakes;**

- Disc brakes are allowed in the following events:**
 - **All draft-illegal triathlon and duathlon competitions;**

- Cross triathlon and cross duathlon;
- Winter triathlon.

5.3 Bike Check:

- A visual bike check may take place upon check-in to the Transition Area before the competition. Technical Officials may check that bikes comply with the BTF Competition Rules;
- Competitors may request approval from the Technical Official to allow them to make modifications, if necessary, to comply with the rules;
- One competitor can only check one bike.
- Bike checks are to ensure compliance to these Competition Rules; the condition and roadworthiness of the bike is and remains the sole responsibility of the competitor at all times;
- A bike check may include all items listed in 5.2.

5.4 Lapping:

- For Elite (Senior, U23, Junior and Youth) competitions that take place on a multi-lap course, athletes who have been lapped during the bike segment will be withdrawn from the race by the Technical Officials. Technical Officials may anticipate this decision, for safety reasons, if the athlete is closer than 100metres ahead from the leader and the Technical Officials is totally sure that the lapping will happen. This provision can be modified by the Chief Technical Official, following the procedure outlined in rule 1.5.

5.5 Drafting:

a.) General Guidelines:

- There are two kinds of competitions, depending on the allowance of drafting:
 - Draft-legal races;
 - Draft-illegal races.
- Draft-legal races which are permitted by the relevant Home Nation will be subject to current draft-legal permitting guidelines.

b.) Draft-Legal events:

- Drafting is forbidden off a different gender competitor;
- Drafting is forbidden off a motorbike or vehicle.

c.) Draft-Illegal events:

- Drafting is forbidden of another competitor or motor vehicle. Competitors must reject attempts by others to draft;
- A competitor is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;
- A competitor who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;
- To draft is to enter the bicycle or vehicle drafting zone:
 - Middle and Long Distance: the bicycle draft zone will be 12 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another competitor;
 - Standard distance and shorter races: the bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor;
 - Motorbike draft zone: the draft zone behind a motorbike will be 12 metres long. This also applied for draft legal events;
- Entry into the bicycle drafting zone: a competitor may enter a bicycle draft zone in the following circumstances:
 - If the competitor enters the draft zone, and progresses through it within 20 seconds in the overtaking manoeuvre;
 - For safety reasons;
 - Before and after an aid station or the transition area and dismount line;
 - At an acute turn;
 - If the Event Organiser excludes a section of the course for safety reasons.
- Overtaking
 - A competitor is passed when another competitor's front wheel is ahead of theirs;
 - Once overtaken, a competitor must move out of the draft zone of the leading competitor within 5 seconds;
 - Competitors must keep to the side of the course and not create a blocking incident. Blocking is where a competitor who is behind cannot pass due to the leading competitor being poorly placed on the course;
 - Traffic regulations must be followed when competing on open roads; competitors must only pass another competitor on the right.



Standard and shorter distances: 10m
Middle and longer distances: 12m

5.6 Penalties for Drafting:

- a.) It is forbidden to draft in a race declared as draft-illegal;
- b.) Technical Officials will notify competitors who draft they are subject to a time penalty sanction; it is the competitor's responsibility to ensure they are aware of any penalties that have been awarded against them;
- c.) Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor's finish time;
- d.) The penalties awarded for drafting are detailed in Section 3 - Penalties;
- e.) Unless safe to do so and as not to place either the official or competitor at risk, Technical and Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation.

5.7 Blocking:

- a.) Competitors must keep to the left hand side of the course and not create a hazard by blocking other competitors on the course. Blocking is where a competitor who is behind another competitor cannot pass due to the leading competitor being poorly placed on the course. Competitors seen blocking by a Technical Official will incur a stop and go penalty where it is safe to do so.

6. RUNNING CONDUCT:

6.1 General Rules:

a.) Competitors will:

- (i) Run or walk;
- (ii) Wear and have clearly visible the official race number, facing forward;
- (iii) Not crawl;
- (iv) Not run with a bare torso;
- (v) Be permitted to run barefoot, however this is at the competitor's personal liability. The competitor is required to contact the Event Organiser to ascertain whether the surface prevents barefoot running from taking place. Where the surface is not conducive to barefoot running, it is strongly recommended this does not take place;
- (vi) Not run with a bike helmet on;
- (vii) Not use posts, trees or other fixed elements to assist manoeuvring curves;
- (viii) Not be accompanied by team members, managers or other pacemakers on the course;
- (ix) *This line is intentionally omitted*;
- (x) Follow the prescribed run course.
- (xi) Not dispose of litter on the course, unless in specified littering zones provided by the Event Organiser.

6.2 Finish Definition:

- a.) A competitor will be judged as finished, the moment any part of the torso crosses a vertical line extending from the leading edge of the finish line.

6.3 Safety Guidelines:

- a.) The responsibility of remaining on the course rests with the competitor. Any competitor who appears to Technical Official or medical personnel as presenting a danger to themselves or others, may be removed from the competition;

b.) Competitors can't be accompanied by any non-competing person in the finish chute.

6.4 Illegal Equipment:

- a.) Headphone(s), headset(s) or technical earplug(s), **which are inserted in or covering the ears**;
- b.) Glass containers;
- c.) *This line is intentionally omitted*;
- d.) Personal video recording devices;
- e.) Mobile phones or any other electronic listening communication device;
- f.) Running spikes are not permitted, unless being worn in a cross-duathlon or cross-triathlon (see Competition Rule 19.5.a).**

7. TRANSITION AREA CONDUCT:

7.1 General Rules:

- a.) All competitors must have their helmet securely fastened from the time they remove their bike from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg;
- b.) Competitors must use only their designated bike rack and must rack their bike:
 - (i) For a traditional bike rack, the bike must be racked in an upright position. Bike must be racked in a way that does not block or interfere with the progress of another competitor.
 - (ii) In case of an individual bike rack, the bike must be racked facing out from the direction of the number.
- c.) Competitors should only bring into transition what is required. Boxes may be provided by the Event Organiser, any other boxes used to bring equipment into transition should be removed. A small soft-sided bag such as a rucksack may be used and remain in transition, though it must not impede the progress of another competitor.
 - (i) Competitors must place within 0.5m of their racking position in transition, or within the width of the bike handlebars, all equipment to be used at a later stage in the event.
 - (ii) All equipment already used must be deposited in that area.
 - (iii) Only equipment to be used during the competition can be left in transition.
 - (iv) All other belongings and equipment outside the above rules are to be removed before race start;
- d.) If a competitor wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the box (where provided by the Event Organiser) or the competitor's bag. However, only one pair of running shoes may be on the floor at any time during the race, and must be located within the competitor's transition area.
- e.) Bike shoes, glasses, helmet, and other bike equipment **or clothing required for the cycle segment** can be placed on the bike;
- f.) Competitors must not impede the progress of other competitors in the Transition Area;
- g.) Competitors must not interfere with another competitor's equipment in the Transition Area;
- h.) Cycling is not permitted inside the Transition Area. Competitors must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line. Competitors must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line. While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the competitor's hands. If during the mount or dismount manoeuvre, the competitor loses their shoe(s) or other equipment, they will be collected by the Technical Officials or marshals and no penalty will be applied. Mount and dismount lines are part of the transition area;
- i.) Nudity or indecent exposure is forbidden;
- j.) Competitors must not stop in the flow zones of the Transition Area;
- k.) Marking positions in the Transition Area is forbidden. Marks and objects (such as balloons or chalk) used for marking purposes are not permitted and will be removed and the competitors will not be notified. Wetsuits or other items of clothing hung over racking is classed as marking;
- l.) The helmet strap must remain unfastened in the Transition Area while the competitor is completing the first segment;
- m.) Helpers, friends or family members are not permitted in transition areas.
- n.) Mobile telephones can be brought into transition but may not be used whilst the transition area is live.
- o.) Pets must not be brought into transition at any time by any person.
- p.) Where using bike lights would improve competitor safety, these are permitted.**

8. This section is intentionally left blank.

9. PRIZES AND AWARDS:

9.2 Prize Money:

a.) General rules;

- (i) Any prize money or items shall be distributed equally between men and women.
- (ii) Prize structure & eligibility for said prizes at an event is at the discretion of the event organiser, unless the competition is a Championship identified by BTF or the Home Nation Associations.

9.3 *This line is intentionally omitted*

9.4 Championship Awards:

a.) Categories:

- (i) In BTF Championships, medals are awarded to eligible members who place 1st, 2nd or 3rd in each of the five-year age categories plus an Under 20's Category;
- (ii) In Home Nation Association Championships, medals are awarded to eligible members who place 1st, 2nd or 3rd in each age category as determined by the relevant Home Nation Association.
- (iii) In Home Nation Association Championships, additional prizes may be awarded in categories as decided by the relevant Event Organiser and may be available to all competitors;

b.) Eligibility:

- (i) See Section 24 - Eligibility

10. EVENT ORGANISERS:

Event Organisers should visit the British Triathlon website www.britishtriathlon.org, and the Event Organisers System (free registration required) <https://events.britishtriathlon.org> where a wide range of technical information can be found, along with specific requirements that events must abide by in order to receive the appropriate British Triathlon Event Permit approved by the appropriate Home Nation Association.

11. TECHNICAL OFFICIALS:

11.1 General:

- d.) Technical Officials should adopt a common-sense attitude in all decisions.
- e.) Technical Officials should primarily promote the enjoyment of the sport, but uphold the rules where safety and fairness may be compromised.

11.2 Definition:

- a.) A Technical Official is an individual who has been trained, assessed and passed the specified BTF examination. He or she can be identified at an event by his or her Technical Official's uniform.
- b.) Where present, Assistant Technical Officials should also wear the Technical Official's uniform.
- c.) Technical Officials must be members of their Home Nation Association.

11.3 Appointment:

- a.) Race officials shall be appointed by the Event Organiser, the Regional Officials Coordinator (of the region where the event takes place), Home Nation Association or the Technical Committee depending on the status of the event.
- b.) In the case of Championships and GB Age-Group Team Qualification events, the race official shall be appointed by the BTF Technical Committee or Home Nation Technical Committee where appropriate;
- c.) The Technical Official shall be suitably qualified depending on the status of the event.
- d.) The Race Director shall have full jurisdiction over the event.
- e.) The Technical Official (or Event Organiser where an Official has not been appointed) will submit their Race Report no more than 28 days after the event. The report must be completed using the official BTF Race Report template.

11.4 Ratio:

- a.) The recommended ratio of Technical Officials to active competitors is 1 official for the first 250 active competitors with an extra Technical Official for each additional 150 active competitors.

b.) Active competitors are defined as those who are currently racing on any part of the course.

11.5 Motorcycle Officials:

- a.) A Motorcycle Official is an individual who has been trained, assessed and passed the specified BTF examination. He or she can be identified at an event by his or her Motorcycle Official's hi-viz safety vest.
- b.) As a recommendation, a ratio of one qualified Motorcycle Official to 50 competitors on the bike course at any one time should be applied (where resources allow) for mass or wave start events.
- c.) As a recommendation, a minimum of two qualified Motorcycle Officials per event should be maintained for all mass or wave start events.

11.6 Availability of Technical Officials:

- a.) An appropriately qualified Technical Official should be present at every Home Nation permitted event;
- b.) If there is no formally appointed Technical Official, the Event Organiser/Race Director becomes the de facto race official and it must be reported back to the appropriate Home Nation Association why an official was not appointed.

11.7 Competition Jury:

- a.) British or Home Nation Association Championship events and World or European Championship qualifying events:
 - (i) The Chair is EITHER a member of the British or Home Nation Technical Committee OR appointed by the British or Home Nation Technical Committee.
 - (ii) The Chair is responsible for identifying two other jury members who should be current members of good standing of their Home Nation Association and independent of the event (i.e. no role in organising, officiating, marshalling or participating in the event).
- b.) Other events:
 - (i) The Chief Technical Official of the event should take the role of the Chair.
 - (ii) If there is no Technical Official present, the Home Nation Technical Committee will appoint a Chair. The Chair is responsible for identifying two other jury members, as in 11.7.ii.
- c.) The jury shall meet as required to consider any appeals.
 - (i) Officials and witnesses involved should make themselves available to the jury.
 - (ii) Any person not able to attend may submit evidence in writing to the race official before the jury meets. Failure to do so may invalidate the appeal.
 - (iii) Appeals against decisions made by the race jury should be submitted to the permitting Home Nation Association.

11.8 Technology Tools:

- a.) Technical Officials may use any kind of technological support to acquire data or evidence on rule infractions.

11.9 Health:

- a.) British Triathlon encourages Technical Officials to undergo an annual health evaluation.**

12. This section is intentionally left blank.

13. This section is intentionally left blank.

14. POOL BASED TRIATHLON:

14.1 Definition:

- a.) The swim segment of a triathlon or aquathlon may take place in a swimming pool, including but not limited to indoor swimming pools, outdoor swimming pools and lidos.

14.2 Swim:

- a.) No more than six competitors should be allowed per lane of 2.5m wide.
- b.) Lane swims should either be:
 - (i) Conducted in an alternate clockwise and anticlockwise direction across alternate lanes;
 - (ii) Conducted as a 'snake swim', where competitors move between lanes. No more than two lengths per lane (of any size) are allowed.
- c.) Backstroke is not permitted in pool swims.

15. MIDDLE AND LONG DISTANCE EVENTS:

15.1 Outside Assistance:

- a.) Medical assistance and food and liquid are permitted at official event aid stations. All other outside assistance is prohibited.

15.2 Medical Guidelines:

- a.) *This line is intentionally omitted;*
- b.) Adequate medical support should be provided as per Event Permitting Guidelines

15.3 Distances:

- a.) In order for Middle Distance events to be considered as Age-Group Qualifiers, competitors should follow the guidelines set out in the Middle Distance Qualifier Criteria found in the Age-Group section on the BTF website.

15.4 Penalties:

- a.) A 5-minute penalty will be imposed for violation of the drafting rule, which must be served in the next penalty box, or if no penalty box is available the penalty will be added to the competitor's overall time;
- b.) If a competitor receives three drafting penalties, he/she will be disqualified.

15.5 Coaches Stations:

- a.) At the discretion of the Event Organiser, coaches will have a designated space available on the bike and run segments in order to supply competitors with their own food and beverages.

15.6 Transition Area:

- a.) In the transition area, technical officials or organisational staff may assist competitors by receiving and placing their bikes and handing out their equipment. This support must be equal for all competitors;
- b.) Competitors are allowed to change their uniforms in the transition area. Nudity rules still apply, changing facilities should be used to avoid a penalty on this instance.

15.7 Uniform:

- a.) Front zipper is allowed;
- b.) Zipper can be undone to the point of the end of the breastbone (sternum) during the competition, with the exception of the last 200 meters of the run, when it needs to be zipped up.

16. TEAM AND RELAY EVENTS:

16.1 *This line is intentionally omitted.*

16.2 Home Nation Relay Championships:

- a.) The BTF will encourage Home Nation Associations to include each of these team competitions in their National Championships.

16.3 Definitions - used across triathlon and duathlon:

- a.) **Mixed relay:** A team is composed of 4 competitors: 2 men and 2 women, who will compete in the following order: woman, man, woman, man; or 4 men or 4 women. Each of them will cover a complete triathlon/duathlon/winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th competitor. Time is continuous and **timing** does not stop between competitors;
- b.) **3x relay:** A team is composed of 3 competitors of the same gender. Each of them will cover a triathlon/duathlon/winter triathlon/cross triathlon/cross duathlon. The total time for the team is from the start of the 1st team member to the finish of the 3rd competitor. Time is continuous and **timing** does not stop between competitors;
- c.) **Standard:** A team is composed of 3 competitors regardless of gender. The first competitor will cover the swim segment, the second one the bike segment and the third one the run segment. The total time for the team is from the start of the 1st team member to the finish of the 3rd competitor. Time is continuous and **timing** does not stop between competitors;
- d.) **Team competition based on the individual results:** The total team time is the addition of the 3 best times of the competitors from the same team and gender. In case of a tie, the time of the third team member will determine the team result;

16.4 *This line is intentionally omitted.*

16.5 Eligibility:

- a.) At the Home Nation Association Club Relay Championships, members may only compete for the club stated on their valid Home Nation Association triathlon race licence, with the exception of competitors competing for an affiliated university, military, police or fire service, at the time of the event.
 - (i) For guidance on what is defined as a club, please refer to the British Triathlon club constitution criteria.
 - (ii) Subject to the provisions of the competition rules, applications to change club must be received by the appropriate Home Nation Association triathlon office at least 28 days prior to the event the competitor intends to take part in.
- b.) Competitors may only represent one team over the weekend of the Relays and be eligible for any awards. Whilst they may still participate in the Event for another team, this team will no longer be eligible for any awards.
- c.) All clubs bearing a commercial sponsors name will be entered into the Trade Club Category. Clubs may appeal to change categories upon proof they are not a commercially sponsored club by applying to the Events, Rules and Technical Committee no later than 28 days before the competition date.

16.6 *This line is intentionally omitted.*

16.7 *This line is intentionally omitted.*

16.8 *This line is intentionally omitted.*

16.9 *This line is intentionally omitted.*

16.10 Relay Exchange:

- a.) The relay exchange from one team member to another will take place inside the exchange zone, which is 15 metres long;
- b.) The exchange is completed by the in-coming competitor, using their hand to contact the body of the out-going competitor within the relay zone;
- c.) If the exchange occurs outside the exchange zone, the team will receive a penalty of one minute, which must be served in the penalty box; where a penalty box is not present, the penalty will be added to the finish time;
- d.) If the exchange is not completed, the team will be disqualified;
- e.) Prior to the relay exchange, the competitors will wait in a pre-relay exchange area until the Technical Official tells them to enter the exchange zone;
- f.) Competitors must not put their helmet on until they have been tagged by their team mate; only once the competitor has left the exchange zone can the helmet be picked up and secured before the competitor can touch their bike;
- g.) Competitors must remove their helmet once their bicycle is racked; only once the helmet is placed in their area in transition can the competitor enter the exchange zone and tag their team mate.

16.11 *This line is intentionally omitted.*

16.12 *This line is intentionally omitted.*

17. ELITE PARATRIATHLON:

Section 17.1 to 17.18 of the BTF Competition Rules relate specifically to events run under ITU rules, which includes British Paratriathlon and Paraduathlon Championships. Elite and Age-Group athletes competing in these events should familiarise themselves with these rules before competing.

Those people who wish to take part in other Paratriathlon competitions permitted by the relevant Home Nation Association, please see Section 22 - Non-Elite Paratriathlon in Great Britain.

Guidance and support is available to those competitors with a disability wishing to take part in triathlon, and for Event Organisers to make their events more accessible. Please contact the Events and Paratriathlon Teams for more information.

17.1 General:

- a.) Paratriathlon, as per the ITU Constitution, is governed by the ITU Competition Rules. This section contains the rules which affect only paratriathlon.

17.2 Paratriathlon Sport Classes:

- a.) ITU Paratriathlon has implemented an evidence-based classification system, which British Triathlon have adopted, to group impairments into sport classes according to the extent of activity limitation they cause the athlete when performing in the sport of paratriathlon;
- b.) There are six sport classes, as defined in Appendix G:
 - (i) **PTHC**: Wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment. There are two sub-classes, H1 (most impaired) and H2 (least impaired);
 - (ii) **PTS2**: Severe impairments. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices;
 - (iii) **PTS3**: Significant impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (iv) **PTS4**: Moderate impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (v) **PTS5**: Mild Impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (vi) **PTVI**: Total or Partial visual impairment (IBSA/IPC defined sub-classes B1, B2, and B3): Includes athletes who are totally blind, from no light perception in either eye, to some light perception (B1) and partially sighted athletes (B2-B3). One guide is mandatory throughout the race. Must ride a tandem during the bike segment.

17.3 Classification:

- a.) Paratriathlon Classification Rules and Regulations can be found in Appendix G of the ITU Competition Rules;
- b.) All Paratriathletes competing at an ITU sanctioned competition must have an international paratriathlon classification to ensure they meet the minimal eligibility criteria for competition and are assigned an appropriate sport class. Paratriathletes requiring classification will need to:
 - (i) be available to attend an International Classification appointment with an ITU designated Classification Panel prior to the competition;
 - (ii) provide, at time of classification, the "ITU PI Medical Diagnostics Form" or "ITU VI Medical Diagnostics Form" signed by the appropriate medical personnel, a passport sized photo and any other relevant medical documentation.
- c.) Paratriathletes competing at an event where classification is not available, are requested to submit specific medical documentation to British Triathlon, no later than 4 weeks before competition, so that a provisional classification can be assigned to them;
- d.) When an athlete's sport class changes, a revision of the past results can be requested. ITU will study each request on a case to case basis and decide whether the relevant race results need to be modified.
- e.) All paratriathletes competing at BTF elite permitted events may be classified by British classifiers instead of ITU classifiers. Further details can be found at <https://www.britishtriathlon.org/gb-teams/performance/paratriathlon/classification>. This classification is not valid internationally; those wishing to compete in international events must follow the approval process detailed in 17.3.b.

17.4 Eligible Classes and Race Formats:

- a.) All paratriathletes are allowed to compete in triathlon, duathlon and aquathlon events. Only Paratriathletes from sport classes PTS2, PTS3, PTS4 and PTS5 are allowed to compete in winter triathlon, cross triathlon and cross duathlon events;
- b.) All paratriathletes may start together, or grouped in waves. Athletes from the same sport class and gender must start in the same wave;
- c.) Paratriathlon events taking place over Sprint distance will have a time limit of 2 hours;
- d.) In a Duathlon event, a paratriathlon race should be organized at least in two wave starts with a difference of at least one (1) minute. PTHC athletes should start in the first wave and the rest of the athletes in the second wave;
- e.) At the discretion of the technical delegate the competition format may be changed;
- f.) In classes including sub-classes, the athletes may compete either starting together, or using the staggered start called "Interval Start System":
 - (i) In races where all sub-classes start together, the relevant compensation time will be added to the final times of the athletes competing in the sub-classes, as follows:

	PTVI-B1 Men	PTVI-B2/B3 Men	PTVI-B1 Women	PTVI-B2/B3 Women
Sprint Triathlon	0:00	+3:16	0:00	+3:42
Sprint Duathlon	0:00	+2:58	0:00	+3:22

	PTHC-H1 Men	PTHC-H2 Men	PTHC-H1 Women	PTHC-H2 Women
Sprint Triathlon	0:00	+3:35	0:00	+4:48
Sprint Duathlon	0:00	+3:15	0:00	+4:21

"In case a triathlon is modified to a duathlon, duathlon values will be used."

- (ii) In races utilizing the "Interval Start System", the start list should be prepared according to the example shown in Appendix L2;
- (iii) If an athlete is reclassified into a different sub-class following observation, their finishing time will be adjusted according to the designated compensation times;
- (iv) In order to avoid overlapping or issues due to time constraints, the Race Referee may allow a mass start;
- (v) Any protests that are filed regarding the starting order and/or compensation times in relation to international competition, shall take place according to ITU Article. 12.2., "Protest of Eligibility."

17.5 Paratriathletes' Briefing:

- a.) The Chief Technical Official will conduct the Athletes' Briefing. Paratriathletes must be in attendance. Coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:
 - Paratriathletes not attending the briefing, without informing the Event Organiser and Chief Technical Official about their absence, will be removed from the start list;
 - Paratriathletes entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the Event Organiser and Chief Technical Official about their absence, will be penalised with a time penalty to be served during Transition 1;
- b.) All guides and personal handlers must be registered at the briefing;
- c.) All paratriathletes will pick up their own race packet following the briefing. The race packet will include:
 - (i) PTHC: red swim cap, 3 race number stickers for the helmet, 1 race number sticker for the handcycle, 1 race number sticker for the race wheelchair, 1 race number sticker for the daily wheelchair, 1 official race number for the athlete or 4 sets of body marking, and 1 official race number for the personal handlers;
 - (ii) PTS2, PTS3, PTS4 and PTS5; red, yellow or green swim cap, 3 race number stickers for the helmet, 1 race number sticker for the bike, 3 race number stickers for the prosthesis/aiding devices, 1 official race number for the athlete and 1 official race number for the personal handler;
 - (iii) PTVI: 1 green swim cap for the B2/B3 athlete or 1 orange swim cap for the B1 athlete and 1 white swim cap for the guide, 6 race number stickers for the helmets, 1 race number sticker for the bike, 1 official race number for the athlete or 4 sets of body marking and 1 official race number for the guide with the word "GUIDE" written on it.

17.6 Paratriathlon Personal Handlers:

- a.) Securing qualified personal handlers shall be the responsibility of the paratriathlete, and they should all be identified and receive credentials from the Technical Officials at the Paratriathlon Briefing;
- b.) Personal handlers are to be allotted as follows:
 - (i) Up to one (1) personal handler for sport classes PTS2, PTS3, PTS4 and PTS5. The classification process will determine for each athlete the allowance of using one handler in competitions. The approval for already classified athletes will be done by an Approval Panel composed of:
 - BTF Head Classifier;
 - A full time member of BTF paratriathlon staff;
 - A person designated by the BTF events department.
 - It is important to note that approval given by BTF applies to British competitions only. Athletes competing in international competition wishing for handlers to be present are required to receive approval from the ITU.
 - (ii) Up to one (1) personal handlers for sport class PTHC; competitors entering the British Championships may be permitted a second handler, but should be aware that only one is permitted at international competition;
 - (iii) No personal handlers for sport class PTVI (Guides may act as the personal handler for this sport class).
- c.) Personal handlers are specifically allowed to assist paratriathletes by:
 - (i) Helping with prosthetic devices or other assistive devices;
 - (ii) Lifting paratriathletes in and out of handcycles and wheelchairs;
 - (iii) Removing wetsuits or clothing;
 - (iv) Repairing bikes and helping paratriathletes with other equipment at the transition area or at the official wheel station. PTVI guides can help to repair the bike along the whole bike course, without receiving external help;
 - (v) Racking the bikes in transition.
- d.) All personal handlers shall be subject to the Competition Rules in addition to further regulations deemed appropriate or necessary by the Race Referee;
- e.) Any action taken by a personal handler, which propels the paratriathletes forward may result in a disqualification;

- f.) One personal handler can assist a maximum of two athletes, provided that both athletes belong to the same sport class and gender;
- g.) All personal handlers shall be located within two (2) metres of their athletes' transition spot during the race. Permission from a Technical Official is required in order to move outside that zone.

17.7 Paratriathlon Registration Process:

- a.) Briefing registration:
 - (i) Paratriathletes have to sign the attendance list in order to enter the briefing room. At this stage, they must communicate to the registration officials whether they will have their own personal handler, or if they need the LOC to provide the personal handler(s);
 - (ii) Paratriathletes must attend the briefing with their personal handler(s);
 - (iii) Immediately after the briefing, they will collect their race packet and their personal handler(s) will collect the personal handlers' t-shirt, where provided by the LOC.
- b.) Paratriathletes' lounge check in:
 - (i) Paratriathletes and personal handlers must check in together;
 - (ii) Personal handlers need to present themselves with the official race number and the official personal handler's t-shirt where provided;
 - (iii) If a paratriathletes is present without his/her personal handler/s, he/she has to wait until the personal handler/s arrive. If the paratriathletes wishes to register on his/her own, then the personal handler/s will not have access to the Field of Play;
 - (iv) Once a personal handler has been registered, they can only be replaced in exceptional circumstances and only after approval by the Chief Technical Official;
 - (v) **Up to two** timing chips will be delivered during this process;
 - (vi) Equipment (prosthesis, crutches, etc) for the pre-transition area (must have a race number on it) and will be checked at the paratriathletes' lounge.

17.8 Pre-Transition Area conduct:

- a.) If a pre-Transition area exists, competitors in PTHC, PTS2, PTS3, PT4 and PTS5 sport classes may remove their wetsuits in this area. Only personal handlers from athletes racing in the PTHC sport class are allowed to assist their assigned paratriathlete in this area, but cannot propel nor push the athlete forward;
- b.) All PTHC athletes must transfer in a day chair from pre-transition to transition. The wheelchairs provided by the PTHC paratriathletes for this area must have functional brakes;
- c.) The closest available area to the swim exit area will always be used to line up the PTHC wheelchairs according to their race number;
- d.) There should be a dedicated space in the pre-transition area, to set up and display all prosthetic devices/crutches for paratriathletes from the PTHC, PTS2, PTS3, PTS4 and PTS5 sport classes (if required). A minimum of two (2) Technical Officials will coordinate the distribution of these equipment devices to the athletes as they exit the water and receive notification of the race number from the TO situated at the water exit. All of the equipment will be lined up in numerical order;
- e.) No athletes' equipment can be left in the pre-transition area, once the athlete exits the pre-transition area;
- f.) **Adapted cleats and bike shoes with non-exposed cleats - that are mounted on prosthetic legs - are allowed in the pre-transition area, provided that the cleats are covered or enclosed by anti-slip material;**
- g.) **Paratriathletes in PTS2 to PTS5 with an absent lower limb must use a prosthesis or crutches between Pre-Transition and Transition area 1. Hopping on one leg is not permitted from Pre-Transition to Transition area 1.**

17.9 Transition Area Conduct:

- a.) The Event Organiser shall provide an appropriate number of swim exit assistants at swim exit area, who will be responsible for assisting the paratriathletes from the swim exit to the pre-transition area. Only these persons will be allowed to enter this area. Their training should be supervised by a Technical Official;
- b.) During the swim exit, the competitors will receive assistance from the swim exit assistants according to their swim cap colours, as follows:
 - (i) Red: Paratriathlete needs to be lifted from the swim exit to the wetsuit removal area;
 - (ii) Yellow: Paratriathlete needs to be supported to walk/run from the swim exit to the wetsuit removal area;
 - (iii) Green, **orange** or white: Paratriathlete does not need any assistance at the swim exit. White caps will be used for the guides.
- c.) Swim exit assistants will assist the athletes to the best of their ability, in good faith and considering safety as the main principle;
- d.) Bicycles, tandems or handcycles are not allowed from the swim exit to the transition area;
- e.) All equipment shall remain within each paratriathlete's assigned space in the transition zone. The only exception to this rule is when a "pre-transition area" exists. (This pre-transition area shall be set-up in coordination with the Event Organiser and Technical Official);
- f.) Bike shoes must be left in the athlete assigned space in the transition area, before and after the bike segment;
- g.) PTVI positions in the transition area must be the closest to the mount line (women and men), followed by the rest of the sport classes PTS5, PTS4, PTS3, PTS2 and PTHC. PTHC paratriathletes are allowed to ride the handcycle inside the transition area;
- h.) Each PTHC paratriathlete will have an individual space of 4x2 metres. The athlete, the handlers and all the equipment will be inside this space, during manoeuvre in the transition area.

17.10 Paratriathlon Swimming Conduct / Equipment:

- a.) For safety reasons, categories will be presented during the paratriathlete presentation at race start in the following order: PTVI, PTS5, PTS4, PTS3, PTS2 and PTHC. For safety reasons, PTHC competitors should always enter the water after all other paratriathletes are in place;
- b.) The swim start shall be an “in-water” start;
- c.) If the swim portion consists of multiple laps, paratriathletes will not be required to exit the water between laps;
- d.) Artificial propulsive devices including (but not limited to) fins, paddles, or floating devices of any kind are not allowed. All prosthetic and/or orthoses devices are considered propulsion devices **except for the approved knee braces**. Use of any such devices will result in disqualification;
- e.) Any sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful are not allowed during the swim segment;
- f.) Wetsuit use is determined by the chart below:

Swim length:	Wetsuits mandatory below:	Maximum stay in water:
750m	18°C	45 mins
1500m	18°C	1h 10 mins
3000m	18°C	1h 40 mins
4000m	18°C	2h 15 mins

- g.) If any competitor has not completed the swim course within this time limit and is more than 100 metres short of the finish, they shall be removed immediately from the water;
- h.) Wetsuits will not be permitted when the water temperature is 28°C or above;
- i.) If the water temperature is between 30.1°C and 32.0°C, the maximum distance is 750 m and the maximum stay in water 20 minutes;
- j.) The swim portion may be cancelled, if the official water temperature is higher of 32°C. or lower than 16°C. (Official water temperature is calculated, as indicated in the chart below):
- k.) The temperatures above are not always the water temperature used in the final decision. If the water temperature is lower than 22°C and the air temperature is lower than 15°C, then the adjusted value is to decrease the measured water temperature according to the next chart:

		Air temperature (°C)								
		15	14	13	12	11	10	9	8	7
Water Temperature (°C)	22	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel
	19	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel
	18	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel
	17	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel
	16	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel
	15	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

17.11 Paratriathlon Cycling Conduct/Equipment:

- a.) Paratriathlon competitions are draft-illegal events. Winter Triathlon, Cross Duathlon and Cross Triathlon are draft legal events for paratriathletes;
- b.) In paratriathlon competitions, the term “bike” used herein shall include bicycles, tandems, or handcycles;
- c.) All bikes shall be propelled by human force. Arms or legs can be used to propel the cycle, but not both. Any violation shall result in disqualification;
- d.) Bike specifications for paratriathlon competitions are outlined in the Competition Rules section 5.2;
- e.) Bicycles, tandems, and handcycles must have two independent braking systems. Bicycles and tandems must have an independent brake on each wheel. Both brakes on the handcycle will act on the front wheel;
- f.) Disc brakes are allowed;**
- g.) Paratriathletes with one upper limb impairment may use a splitter in the braking system and it is not considered as a bike adaptation;
- h.) Protective shields, fairings or other devices, which have the effect of reducing resistance, are not allowed;
- i.) Artificial handgrips and prosthetics **can be fixed to the bike or to the athlete’s body, but not both simultaneously;**
- j.) Except for handcycles (PTHC), a rider’s position shall be supported solely by the pedals, the saddle and the handlebars;
- k.) Paratriathletes with a lower limb above the knee amputation or limb deficiency not wearing a prosthesis may use a support **/socket for the thigh which is not considered an adaptation requiring approval;**
- l.) All requests for impairment adaptations to any bike or handcycle must be submitted in writing for British Triathlon approval, with proper explanation and pictures at least one (1) month before any event. If the adaptation is approved, a certificate will be sent to the applicant;
- m.) Technical Officials shall not be liable for any consequences deriving from the choice of equipment and/or any adaptations used by paratriathlete, nor for any defects it may have, or its non-compliance;
- n.) No bike course shall have a maximum gradient of over 12% at the steepest section;

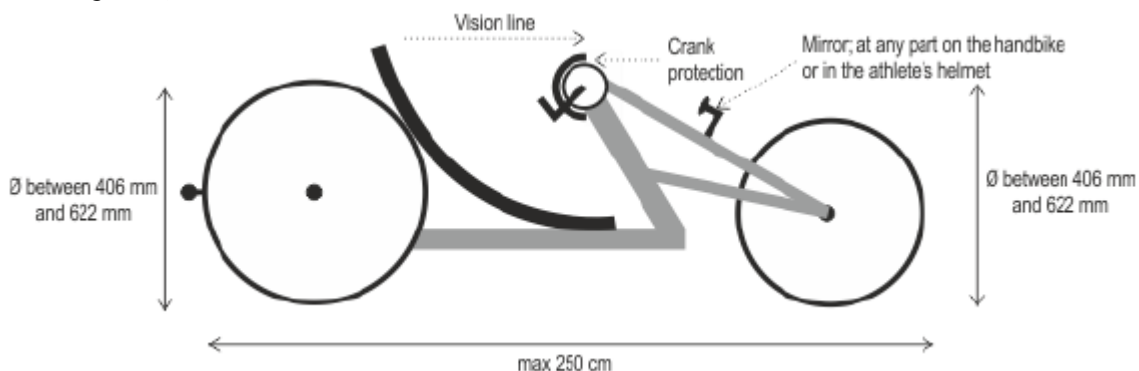
o.) The use of the official race number is mandatory and must be visible from the back.

17.12 Paratriathlon PTHC Swimming Conduct/Equipment:

- a.) Athletes may only use up to 3 bindings around the legs in any position. The bindings will be 10cm in width, as a maximum;
- b.) The use of knee brace is permitted, provided the equipment provides neither flotation nor propulsion. If a wetsuit is worn, the brace shall be fitted to the outside of the wetsuit. The knee brace can cover half of the leg's surface as a maximum. The length cannot surpass the upper half of the thigh or the bottom half of the calf and has to be holding the knee/s area:
 - (i) Knee brace specifications:
 - Material: PVC plastic or carbon-fiber with no floatability or propulsion capacity;
 - It cannot have any space or chamber that traps air or any other kind of gas;
 - The thickness is limited to 5mm as a maximum.
- c.) The details of knee braces must have British Triathlon approval, with proper explanation and pictures at least one (1) month before any event. If the knee braces are approved, a certificate will be sent to the applicant;
- d.) The use of wetsuit bottoms is always permitted.

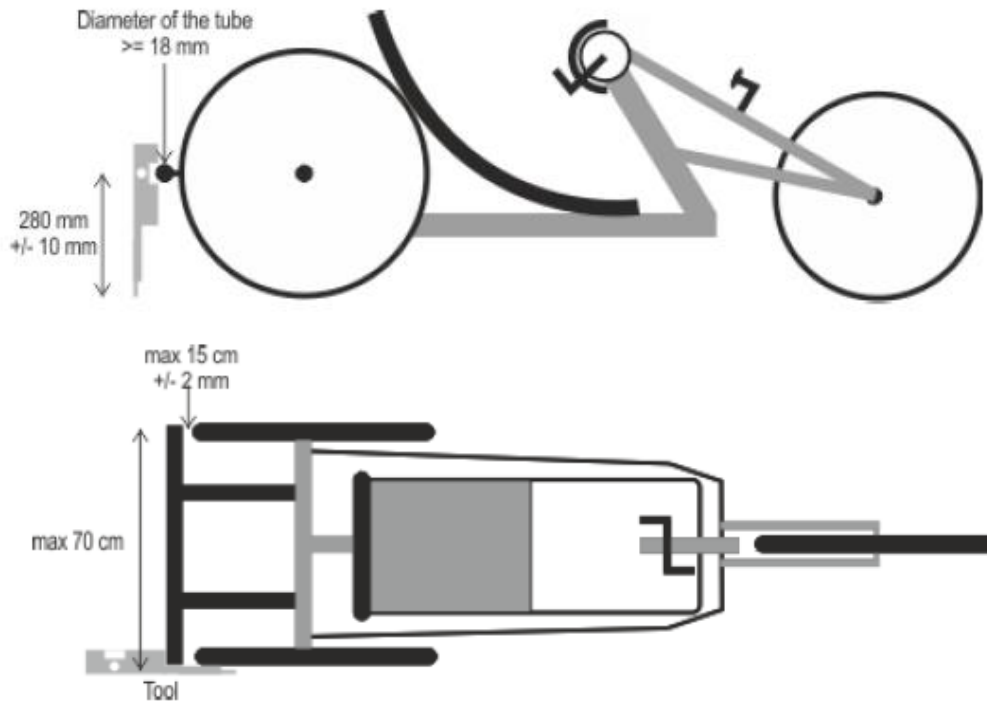
17.13 Paratriathlon PTHC Cycling Conduct/Equipment:

- a.) Paratriathletes must use an arm powered (AP) handcycle in a recumbent position;
- b.) Specifications of a recumbent position handcycle are as follows:
 - (i) A handcycle shall be an arm powered, three-wheeled vehicle with an open frame of tubular construction, which conforms to the general principles of the International Cycling Union's (UCI) construction for bicycles (except that the chassis frame tubes need not be straight). For the seat or backrest construction, the maximum frame tube diameter may not exceed the maximum defined by the general principles of UCI;
 - (ii) The single wheel may be of a different diameter to the double wheels. The front wheel or wheels shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain. The handcycle shall be propelled solely through a chainset and conventional cycle drive train, of crank arms, chain wheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled by the hands, arms and upper body only;
 - (iii) The paratriathlete must have clear vision. As such, the horizontal of the paratriathlete's eye line must be above the crank housing/crank set, when (s)he is sitting with his/her hands on the handlebars facing forward at full extent, the tip of his/her shoulder blades in contact with the backrest and his/her head in contact with the headrest, when applicable. From this position, conforming measurements are calculated as follows: (#1) The distance from the ground to the centre of the paratriathlete's eyes and (#2) the distance from the ground to the centre of the crank housing (crank set). Measurement #1) must be equal or greater than measurement #2;
 - (iv) All handcycles must have a mirror fixed either to the athlete's helmet or at some point on the front of the bike to ensure rear-view vision is possible;
 - (v) The athlete must have the feet positioned in front of the knees during the bike segment;
 - (vi) Adjustments to handcycle may not be made during the race;
 - (vii) Wheels of the handcycle may vary in diameter between a (ERTRO) 406 mm minimum and a 622 mm maximum. Modified hub attachments may be used if necessary. The width of handcycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the centre of each tyre where the tyres touch the ground;



- (viii) Disc wheels are not permitted as a front wheel of the handcycles;
- (ix) Disc brakes are allowed on the rear wheels;
- (x) A handcycle shall not measure more than 250 cm in length or 70 cm in width;
- (xi) The shifting device can either be within the extremities of the handlebars, or on the side of the paratriathlete's body;
- (xii) The largest chain ring shall have a guard securely fitted to protect the paratriathlete. This protection shall be made of solid material that is sufficiently robust and covers the chain ring fully over half of its circumference (180°) on the side facing the rider;

- (xiii) Maximum frame tube diameter shall be 80 mm, irrespective of tube material, or profile. Any fillets, or ribs, inserted at joints between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition;
- (xiv) A quick release body harness is permitted;
- (xv) It is mandatory that a handcycle with two rear wheel should be equipped with a safety bar to prevent the front wheel of a following competitor from entering the space between the rear wheels;
- (xvi) A safety bar is required and must not exceed the width of each rear wheel tyre and all tube ends must be closed or plugged. The safety bar must be fitted 15 mm (+/- 2 mm) behind the wheels. It must be around tube (at least 18 mm in diameter) and made of adequately solid material to resist impact without bending or breaking. The distance between the ground and the bar axis must be 280 mm (+/- 10 mm). The structure and assembly of the safety bar must guarantee that normal bumps, which may be experienced during a race, don't affect the safe functioning of the bar (see diagram);



- c.) The official race number will be placed at the back of the handcycle and will be visible from the back;
- d.) The helmet must be fastened before getting onto the handcycle and it must remain fastened till the finish;
- e.) Athletes must stop completely at the mount and dismount lines. Once stopped, the Technical Official will say "Go" and the athlete can continue with the race. The wheelchair is considered correctly stopped if the front wheel stops immediately before the line. If the front wheel stops touching the line or beyond the line, a time penalty will be applied.

17.14 Paratriathlon PTHC Running Conduct/ Equipment:

- a.) All competitors perform the run portion in a "racing wheelchair";
- b.) The specifications of a "racing wheelchair" (hereafter referred to as "the chair") are as follows:
 - (i) The chair shall have two large wheels and one small wheel;
 - (ii) There should be a brake at the front wheel;
 - (iii) No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm;
 - (iv) The maximum diameter of the large wheel, including the inflated tyre, shall not exceed 70 cm. The maximum diameter of the small wheel, including the inflated tyre, shall not exceed 50 cm;
 - (v) Only one plain, round, hand rim is allowed for each large wheel. No mechanical gears or levers that propel the chair shall be allowed;
 - (vi) Only hand operated, mechanical steering devices will be allowed;
 - (vii) Competitors must be able to turn the front wheel manually to the left and right;
 - (viii) No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres;
 - (ix) It will be the paratriathlete's responsibility to ensure the wheelchair conforms to all the above rules and no event shall be delayed while adjustments are made to the chair;
 - (x) Paratriathletes must ensure that their lower limbs have enough support/bracing to prevent them from dragging or making contact with the ground during the event;
 - (xi) Paratriathletes shall wear an approved bike helmet at all times while seated in the chair.
- c.) Propulsion by any other method except the paratriathlete pushing on the wheels or push-rims will result in disqualification;

- d.) It is forbidden to draft off a motorbike or vehicle and blue card will be used to inform the athletes. Drafting is entering the motorbike or vehicle drafting zone (penalties outlined in 5.6):
- Motorbike draft zone: the draft zone behind a motorbike will be 12 meters long;
 - Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle.
- e.) A paratriathlete attempting to overtake another paratriathlete carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The paratriathlete being overtaken has the responsibility not to obstruct or impede the passing paratriathlete once the front wheel(s) of the passing chair are in sight;
- f.) PTHC athletes will be judged as finished, the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line;
- g.) The official race number will be placed at the back of the wheelchair and visible from the back;
- h.) No run course shall have a maximum gradient of over 5% at the steepest section;
- 17.15 Paratriathlon PTS2, PTS3, PTS4 and PTS5 Running Conduct / Equipment:
- a.) Athletes are permitted to use prostheses provided that the prosthesis replaces a missing body part of the athlete. Athletes may only compete with prostheses, orthoses or other special adaptive equipment that has been checked and approved during the classification evaluation;
- b.) The use of running blades is only allowed as long as they are mounted on a prosthetic leg;**
- c.) Athletes will wear an official race number or 4 sets of body marking, which will be visible from the front.
- 17.16 Paratriathlon PTVI Conduct: The following additional rules apply to all visually impaired (PTVI) competitors and their guides:
- a.) General:
- (i) No guide dogs will be allowed at any time;
 - (ii) Each athlete must have a guide of the same gender and nationality. Both athlete and guide will hold a full race license from British Triathlon;
 - (iii) Each athlete is allowed a maximum of one (1) guide during each race;
 - (iv) An athlete must respect a waiting period of twelve (12) months after his/her last elite ITU event or any elite event recognized by ITU before competing as a guide;
 - (v) All guides must comply with minimum age requirements as per the BTF Competition Rules Appendix A;
 - (vi) In the event of an injury or illness, and upon presentation of a medical certificate, a guide may be replaced up to 24 hours before the official start of the competition. No changes will be allowed after this deadline;
 - (vii) Guides are not allowed to pull or push the athletes;
 - (viii) Athlete and guide shall not be more than 1.5 metres apart during the swim segment and no more than 0.5 metres apart during any other segment of the competition;
 - (ix) Guides may not use paddleboards, kayaks, etc. (on the swim portion) or bicycles, motor bicycles, etc., (on the run portion) or any other mechanical means of transport;
 - (x) All PTVI athletes from sub-class B1 must wear blackout goggles throughout the entire race. Swim blackout goggles may be removed only once the athlete and guide have reached their bike position in Transition area 1. The bike/run blackout glasses must be used from Transition area 1 until the athlete and guide cross the finish line. Both the blackout goggles and the glasses will be checked at registration and the athlete must ensure they do not allow light to enter through the main patched or painted area, nose piece, sides or bottom.
 - (xi) Athletes and guides are subject to ITU Anti-Doping Rules.
- b.) Swimming conduct:
- (i) Each athlete must be tethered to their own guide during the swim;
 - (ii) At no time may a guide lead or pace the competitor nor propel them forward by pulling or pushing;
 - (iii) The guide must swim next to the athlete within a maximum separation distance of 1.5 metres from the athletes' head to the guide's head. **The tether should be elastic rope with bright or reflective colour and up to 80cm long measured with no tension.** It can be fixed at any point of the athletes' body.
- c.) Cycling conduct:
- (i) All competitors and guides must use a tandem bicycle. The specifications of the tandem bicycle are as follows:
 - A tandem is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the pilot. Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains; the maximum sizes will be 2.70 metres long and 0.5 metres wide;
 - The tandem top tube, and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.
- d.) Running conduct:
- (i) Each athlete must be tethered during the run to his/her guide. The tether shall be made from non-elastic material and not store energy and/or offer a performance gain to the athlete.;
 - (ii) The athlete may use an elbow lead during the run. The guide-runner is not allowed to push, pull or otherwise propel athletes in order to gain an advantage at any stage during a race. A guide-runner may assist an athlete who has tripped or fallen to regain his/her footing and/or orientation as long as such assistance does not provide any advantage to the athlete towards his/her running direction;

- (iii) As the athlete crosses the finish line, the guide must be beside or behind the paratriathlete but not further apart than the required 0.5 meters maximum separation distance;
- (iv) Free Leading zones: for safety reasons, contact is allowed 10 meters before and after an aid station, a sharp turn, penalty box, transition area swim exit, pre-transition area or any other section of the run course determined by the Technical Delegate and indicated at the athlete's briefing.

17.17 Hygiene:

- a.) It is mandatory for all paratriathlon competitors, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter bag at all times. This includes during training, competition and classification.

17.18 *This line is intentionally omitted.*

18. WINTER TRIATHLON:

18.1 General:

- a.) British Triathlon will adopt ITU rules for this concept of triathlon, which consists of running, mountain biking and cross-country skiing. Refer to ITU Competition Rules (www.triathlon.org) for distances and specific rules.

19. CROSS TRIATHLON AND DUATHLON:

19.1 General:

- a.) Cross Triathlon consists of swimming, mountain biking (MTB) and cross-country running;
- b.) Cross Duathlon consists of cross-country running, mountain biking (MTB) and cross-country running.

19.2 Distances:

- a.) The recommended distances for Cross Triathlon are found in appendix A;
- b.) The recommended distances for Cross Duathlon are found in appendix A;
- c.) The course should have challenging technical aspects.

19.3 *This line is intentionally omitted.*

19.4 Mountain Biking Conduct:

- a.) The maximum tyre diameter for the MTB is 29 inches/74 centimetres. The minimum cross section is 1.5 inch/3.8 centimetre; **Front and rear wheels may have different diameters;**
- b.) Studded and/or slick tyres are allowed;
- c.) Competitors are allowed to push or carry the bike over the course;
- d.) **Drafting is allowed; for safety reasons it may be forbidden to pass other athletes before entering the transition area.** Lapped competitors will not be removed from the race;
- e.) Clip-ons are not allowed;
- f.) Traditional road handlebars are forbidden;
- g.) Traditional MTB bar ends are authorized. **Ends must be plugged.**
- h.) Cyclocross bikes are forbidden unless they comply with the above criteria.**

19.5 Running Conduct:

- a.) Spiked shoes are allowed.

19.6 *This line is intentionally omitted.*

20. This section is intentionally left blank.

21. AQUABIKE

21.1 General:

- a.) Aquabike consists of swimming, T1, cycling and T2;
- b.) Aquabike at ITU level will be organised only under Long Distance and for Age-Group categories, and included in the program of a Long Distance triathlon event **with the same swim and bike distances;**
- a.) Aquabike events in Britain may be organised over shorter distances at the discretion of the Event Organiser.

21.2 Distance:

- a.) At ITU level - from 1900 metre swim and longer followed by 80km cycle or longer, mirroring the Long Distance triathlon event in which the Aquabike is an included race;
- b.) Aquabike races in Britain should adopt the swim-bike elements from the triathlon distances found in Appendix A.

21.3 Specific Rules:

- a.) At ITU level Aquabike is ruled by the same rules of the Long Distance triathlon event in which it is included;
- b.) Aquabike races in Britain are ruled under the same rules as all other triathlon events.

21.4 Finish:

- a.) Competitors will finish the race at the finish line located by the T2 exit. The time registered at this point is the final time.

22. NON-ELITE PARATRIATHLON IN GREAT BRITAIN:

This section has been removed in its entirety for 2017. Please see Section 17 - Paratriathlon.

23. RULES FOR CHILDREN:

23.1 General:

- a.) Children's events give 8-14 year olds the opportunity to take part in triathlon. Competitors are split into two-year age groups, with each group racing over different distances;
 - (i) The 8-year-old category is run over very short distances to introduce young competitors to the sport.
- b.) These extra rules or rule variances are written for children and their parents/guardians/accompanying adults, and are intended to help make children's events safe and enjoyable;
- c.) Please refer to the sanctioning Home Nation Association or British Triathlon's Child Protection Policy regarding guidelines for the use of photographic and filming equipment at children's competitions.
- d.) The Event Organiser must obtain written consent from a child's parent or guardian that the child has permission to compete in any given event, and is sufficiently fit and healthy;

23.2 Race Distances:

- a.) The following maximum distances are applicable for each age group for triathlon competitions:

TRIATHLON	Pool Swim	Open Water Swim	Cycle - Grass	Cycle - Tarmac	Run
TriStars Start (age 8)	50m	100m	800m	1500m	600m
TriStars 1 (ages 9-10)	150m	200m	2km	4km	1200m
TriStars 2 (ages 11-12)	200m	300m	4km	6km	1800m
TriStars 3 (ages 13-14)	300m	500m	6km	8km	2400m

- b.) The following maximum distances are applicable for each age group for duathlon competitions:

DUATHLON	Run 1	Cycle - Grass	Cycle - Tarmac	Run 2
TriStars Start (age 8)	400m	800m	1500m	200m
TriStars 1 (ages 9-10)	1200m	2km	4km	400m
TriStars 2 (ages 11-12)	1600m	4km	6km	600m
TriStars 3 (ages 13-14)	2km	6km	8km	800m

- c.) The following maximum distances are applicable for each age group for aquathlon competitions:

AQUATHLON	Pool Swim	Open Water Swim	Run
TriStars Start (age 8)	50m	100m	600m
TriStars 1 (ages 9-10)	150m	200m	1500m
TriStars 2 (ages 11-12)	250m	300m	2km
TriStars 3 (ages 13-14)	400m	500m	3km

- d.) Aquabike distances should be taken from the swim and cycle distances of triathlon competitions;
- e.) Age groups are based on the age as at 31st December in the year of the competition;
- f.) Youths (age 15-16) may take part in events up to and including Sprint distance. Written parental consent is required;
- g.) Junior B (age 17-18) may compete in events up to and including Standard distance;
- h.) Junior C (age 19) may compete in events up to and including Middle distance;

23.3 Open Water Swimming:

- a.) Open water swimming is permitted for children from TriStars Start category and above;
- b.) The minimum permissible open water temperature in which children can swim is 11°C;
- c.) Maximum swim distances can only be used when the water temperature is 13°C or above;
- d.) When the water temperature is between 11°C and 13°C then the swim distance should be reduced by an appropriate amount, as decided by the Event Organiser, taking into account other climatic factors on the day;
- e.) Wetsuits are banned for water temperatures greater than 22°C, optional between 14°C and 22°C and compulsory for less than 14°C;
- f.) No maximum thickness for wetsuits (TSS-TS3 only);
- g.) Maximum of 25m between safety craft;
- h.) A minimum requirement of one safety craft to every 10 competitors;
- i.) Other rules pertaining to Open Water Swimming are found in Section 4 - Swimming Conduct.

23.4 Cycling Conduct/Equipment:

- a.) It is the child's parent's/guardian's/accompanying adult's responsibility to ensure the competitor's cycle is in a safe and roadworthy condition;
- b.) Aero bars (handlebar extensions) must not be fitted to cycles where cycling takes place on grass. (Please note that mountain bike bar-ends are acceptable.);
- c.) Where cycling takes place on tarmac, competitors of 13 years or over may use aero bars. Age is taken as at 31 December in the current year;
- d.) In events where there are draft-legal waves, these will follow the current ITU rules on drafting. This may require equipment such as aero bars to be changed; see Section 5 - Cycling Conduct for further information;

- e.) For safety reasons, organisers of draft-legal events or draft-legal waves must contact the permitting Home Nation Association or British Triathlon prior to the race for permission to be granted;
- f.) The cycle sizing rules for adults may not apply to children's cycles, but all cycles must, at least, have:
 - (i) all handlebar and aero bar/bar extensions plugged;
 - (ii) properly fitted and serviceable tyres, wheels, gears and controls;
 - (iii) a working brake on both wheels.
- g.) Gear Restrictions:
 - (i) Apply to specific children's, youth and junior draft-legal events as defined by the British Triathlon Talent team.
 - (ii) For the most up-to-date information on, and how to apply gear restrictions please visit the website <https://www.britishtriathlon.org/gb-teams/talent>.

23.5 Safety:

- a.) The following additional safety requirements apply to events for competitors aged 8-14 years of age:
 - (i) cycling and running must take place on roads or circuits closed to vehicular traffic;
 - (ii) fluids must be made available at the start and finish of both cycle and run sections;
 - (iii) competitors must be visible to marshals at all times.
- b.) No individual support/pacing by cycles or on foot is permitted, except where provided by the Event Organiser;
- c.) In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends or family members into the transition area when the race is in progress. At any other time only one helper, friend or family member will be permitted per competitor.
- d.) Barefoot running is not permitted.

23.6 Penalties:

- a.) Warning:
 - (i) All penalties in Section 3 - Penalties apply.
- b.) Time Penalty:
 - (i) All penalties in Section 3 - Penalties apply;
 - (ii) The time penalties are different depending on age category:
 - TriStars 1 - 10 seconds;
 - TriStars 2 - 20 seconds;
 - TriStars 3 - 30 seconds.
- c.) Disqualification
 - (i) All penalties in Section 3 - Penalties apply, with the exception of:
 - (ii) Breaking road traffic regulations as events must take place on roads or circuits closed to vehicular traffic;
 - (ii) The penalty for (3.4.a.vii) Outside assistance is not valid where it is provided by the Event Organiser as per 22.5.c.
- d.) Parents/Guardians/Accompanying Adults:
 - (i) Failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials, or failure to conduct him or herself in a proper manner may lead to disqualification of the competitor;
 - (ii) Failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials, or failure to conduct him or herself in a proper manner may further lead to disciplinary action against the competitor by the appropriate Home Nation or British Triathlon;
 - (iii) Misconduct by a parent/guardian/ accompanying adult may include, but is not limited to:
 - threatening, abusive or insulting words or conduct;
 - failure to obey marshal/Technical Official instructions;
 - handing water bottles or any other equipment to, or collecting from, competitors;
 - tampering with the equipment of others;
 - unsporting impedence.

24. ELIGIBILITY:

24.1 General:

- a.) A competitor's age is determined by their age on December 31st in the year of competition;
- b.) Competitors aged 15 to 16 years old are eligible to compete in the Youth category;
- c.) Competitors aged 17 to 19 years old are eligible to compete in the Junior category;
- d.) Competitors aged 18 to 23 years old are eligible to compete in an U23 category where it exists;
- e.) Age limits:
 - (i) Youths (age 15 to 16) may participate in events up to and including Sprint distance. Written parental consent is required
 - (ii) Junior B (age 17 to 18) may participate in events up to and including Standard distance.
 - (iii) Junior C (age 19) may participate in events up to and including Middle distance.
- f.) The following age categories will apply at Championship and/or qualification events when required by British Triathlon or the appropriate Home Nation Association:

Code	Category	Age
TSS	TriStars Start	8
TS1	TriStars 1	9-10
TS2	TriStars 2	11-12
TS3	TriStars 3	13-14
A	Youths	15-16
B	Juniors B	17-18
C	Juniors C	19
D	Seniors 1	20-24
E	Seniors 2	25-29
F	Seniors 3	30-34
G	Seniors 4	35-39
H	Veterans 1	40-44
I	Veterans 2	45-49
J	Veterans 3	50-54
K	Veterans 4	55-59
L	Veterans 5	60-64
M	Veterans 6	65-69
N	Veterans 7	70-74
P	Veterans 8	75-79
Q	Veterans 9	80-84
R	Veterans 10	85+

- g.) In events that are not selection, Championship or qualification races, the Event Organiser may reduce the categories to, for example, Junior (under 20s), Senior (20-39), Vet (40-49), Super Vet (50-59), Vintage (60-69), Super Vintage (70-79) and Classic (80+).

24.2 Membership:

- a.) Independent and club members shall be further defined as follows (ages shall be determined as at 31 December in the current year):
 - (i) Seniors shall be aged 20 years or over;
 - (ii) Junior C shall be aged 19 years;
 - (iii) Junior B shall be aged 17 or 18 years;
 - (iv) Youths shall be aged 15 or 16 years;
 - (v) TriStars shall be aged from 8-14 years.
- b.) University and services (military, police and fire):
 - (i) competitors must compete in the name of their first claim club (i.e. the club named on their membership card) unless representing their university or service/service unit;
 - (ii) This allows a student normally racing for the *XXX Triathlon Club* to compete for their university's triathlon club while resident at the university. Similarly, service personnel might choose to represent their service or unit's triathlon club.
- c.) Clubs:
 - (i) Members may change clubs once only during a calendar year, by application to the appropriate Home Nation Association.
 - (ii) Members can only have one club named on their membership card at any one time, with the exceptions as stated in 24.2.b.
- d.) Home Nation Associations:

- (i) Members can only be a member of one Home Nation Association within any one membership year (defined as one calendar year or twelve months);
- (ii) Members may switch between Home Nation Associations only once in a twelve-month period, unless in the following circumstances:
 - The member has a permanent change of address into the Home Nation they have moved into;
 - Exceptional circumstances by written application to the British Triathlon Board, within 28 days of the change is due to take effect;
- (iii) Requests to switch between Home Nation Associations must be made in writing to the British Triathlon Membership Services Team no later than 28 days before the member wishes for the change to take effect.

24.3 British Triathlon Championships:

- a.) To be entitled to hold a British Triathlon Age-Group title or win a British Triathlon Age-Group medal, an individual must hold a valid race license for a Home Nation Association that is recognised by British Triathlon AND be a legal resident or citizen of the United Kingdom at the time of the event;
 - (i) Individuals who do not meet the criteria set out in 24.3.a may participate in an Age-Group championship race, but are not eligible to hold a British Triathlon Age-Group title or win a British Age-Group medal;
 - (ii) Individuals who wish to compete for a British Triathlon Championship must ensure their race license is valid no later than by 5pm, 3 working days prior to the championships. (i.e. 5pm Wednesday before a Sunday event).

24.4 Home Nation Association National Championships:

- a.) To be entitled to hold a Home Nation Association national Age-Group title or win a Home Nation Association national Age-Group medal, an individual must be a valid race licence holder of said Home Nation Association at the time of the event.
 - (i) Individuals who do not meet the criteria set out in 24.4.a may participate in a Home Nation Association Age-Group championship race, but are not eligible to hold a Home Nation Association national Age-Group title or win a Home Nation Association national Age-Group medal.
 - (ii) Individuals who wish to compete for Home Nation Association National Championship must ensure their race license is valid no later than by 5pm, 3 working days prior to the championships. (i.e. 5pm Wednesday before a Sunday event).

24.5 International Racing:

- a.) To be eligible to compete in the Great Britain Age-Group Team an athlete must be both:
 - (i) A valid current member of a Home Nation Association on the date(s) of the Championship;
 - (ii) A British Citizen holding a British passport or have been a legal resident in the United Kingdom for a minimum of one (1) year prior to the Championship.

APPENDIX A: RACE DISTANCES AND AGE REQUIREMENTS:

Triathlon:

	Swim	Bike	Run	Minimum Age
Team Relay	250m	5km	1.5km	15
Super Sprint Distance	250m	10km	2.5km	15
Sprint Distance (pool based)	400m	20km	5km	15
Sprint Distance (open water)	750m	20km	5km	15
Standard Distance	1500m	40km	10km	17
Middle Distance	3000m	80km	20km	19
Long Distance	4000m	120km	30km	19

Duathlon:

	Run	Bike	Run	Minimum Age
Team Relay	2km	8km	1km	15
Sprint Distance	5km	20km	2.5km	15
Standard Distance	10km	40km	5km	17
Long Distance	20km	80km	10km	19

Aquathlon:

	Run	Swim	Run	Minimum Age
Sprint Distance	1.25km	500m	1.25km	15
Standard Distance	2.5km	1km	2.5km	17
Long Distance	5km	2km	5km	19

Cross Triathlon:

	Swim	Mountain Bike	Cross Country Run	Minimum Age
Team Relay	200m	4km - 5km	1.2km - 1.6km	15
Sprint Distance	500m	10km - 12km	3km - 4km	15
Standard Distance	1000m	20km - 25km	6km - 8km	17

Cross Duathlon:

	Cross Country Run	Mountain Bike	Cross Country Run	Minimum Age
Team Relay	1.2km - 1.6km	4km - 5km	600m - 800m	15
Sprint Distance	3km - 4km	10km - 12km	1.5km - 2km	15
Standard Distance	6km - 8km	20km - 25km	3km - 4km	17

In the interests of developing the sport at grass-roots level, triathlon and duathlon events may be organised over alternative distances as determined by the Event Organiser.

In the interests of developing the sport at grass-roots level, aquathlon events may be organised over alternative distances (or in a swim/run format) as determined by the Event Organiser. When the water temperature results in wetsuits becoming compulsory, aquathlon events should revert to a swim/run format.

Events organised for children and youths should adhere to the maximum recommended race distances for those age groups (Section 23, Additional Rules for Children).

APPENDIX B: DEFINITIONS:

Age:	The age of the competitor on the 31st of December of the year of the competition.
Aid/Outside Assistance:	Any kind of material support or personal assistance received by the competitor. Depending on its nature, it may be allowed or forbidden.
Ambush Marketing:	Deliberately using the opportunity of live television and media photographers to expose the sponsor logos larger than the approved sizes, and/or equipment or objects not provided by Event Organiser, BTF or ITU.
Appeal:	A request to the Competition Jury of an event or the BTF Technical Board for a review of the decision of the Technical Official/Competition Jury. Appeals against Official's judgement calls cannot be made. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to the BTF Technical Board independently.)
Aquabike:	Multisport which combines swim and cycle in two segments: the first segment is swimming and finishing with cycling.
Aquathlon:	Multisport which combines swim and run in up to three segments: the first segment may be running or swimming and finishing with running.
Assistance:	Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor.
Bicycle:	The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain. Bicycles are also referred as bikes.
Blocking:	The deliberate impeding or obstructing of progress of one competitor by another. A competitor on the bike course, who is not keeping to the appropriate side of the road.
Blue card:	Card which is used to inform competitors when being penalized for drafting infringement during cycling segment.
British Triathlon Federation:	The national governing body of triathlon, aquathlon, duathlon and its related multisports in Great Britain, affiliated to the ITU, and registered at Michael Pearson East, Oakwood Road, Loughborough, LE11 3WX.
BTF Competition Rules:	The document that contains all the rules and regulations that governs fair and safe competitions.
Charge:	The contacting of one competitor by another from the front, rear or side, and hindering that competitor's progress.
Chief Technical Official:	Responsible for the interpretation and application of the rules relating to any BTF permitted event. The Chief Official is responsible for delivering penalties to competitors who infringe against BTF Competition Rules.
Clean Start:	All the competitors start after the horn. The race continues.
Competition Jury:	Responsible for determining the eligibility of an appeal, to hear and to rule on all appeals against decisions handed down through the Chief Technical Official.
Competitor:	The competitors who register for and compete in BTF permitted events.
Competitor Briefing:	Meeting with the competitor in which they are informed, usually by the Event Organiser (with input from the Technical Official) about all the specifications of the race.
Conflict of interest:	A set of circumstances that creates a risk that professional judgement or actions regarding a primary interest will be unduly influenced by a secondary interest.
Continent:	Each of the five geographical divisions established in ITU. They are: Africa, The Americas, Asia, Europe and Oceania.
Continental Technical Officials (CTOs):	The Level 2 Technical Officials certified by ITU.
Course:	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.
Crawling:	The action by a competitor of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.
Cycling Segment:	Part of the race course over which it has been defined in the Competitor's Briefing the bike is to be ridden, walked or carried within distinctive lane boundaries. The bike course commences from the Mount Line and concludes at the Dismount Line.
Dismount Before The Dismount Line:	A competitor's foot must contact the ground before the dismount line, after the competitor dismounts the bike . If this contact doesn't occur, it is considered an infringement of the rules.
Dismount Line:	A designated line at the entrance of the Transition Area from the bike course before which competitors are to dismount their bikes fully and proceed to the bike racks. The Dismount Line will normally extend for the width of the route into the Transition Area and be identified by flags/line/Technical Official/marshal, or combinations thereof.
Disqualification:	A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the competitor will not be given finish or split times for the event, no account will be taken of the competitor when placings are assessed for any category or for the race as a whole, and the competitor's results will appear as DSQ.
Draft Zone Bicycle:	Zone defined by a competitor during the cycling segment, which is extended to the whole width of the road and 10 metres long in the Standard distance and shorter events and 12 metres long in Middle and Long distance events.
Draft Zone Motorcycle:	Zone defined by a motorbike during the cycling segment which is extended to the whole width of the road and 12 metres long.
Draft Zone Vehicle:	Zone defined by a vehicle during the cycling segment which is extended to the whole width of the road and 35 metres long
Drafting:	To enter in a drafting zone and not completing the overtake in 20 seconds in Standard distance and shorter events or 25 seconds in Middle and Long distance events.
Duathlon:	Multisport which combines cycle and run in three segments: the first segment is running, followed by cycling and finishing with running.
Early start:	When a competitor's foot crossed the vertical plane of the start line, before the start signal.
Elite:	Elite athletes are those competing in elite races.
Event Permit:	A permit issued by the BTF through the Home Nation Associations for the conduct of an event. The issue of such a permit is a declaration that risk assessments and public liability insurance for the event have been inspected and have been found to comply with the requirements for the conduct of a safe and fair event.
Expulsion:	A competitor penalised by expulsion will not be permitted, during his or her lifetime, to take part in any ITU sanctioned event, or any event permitted by the BTF.
Finisher:	A competitor who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).
Force Majeure:	Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, transportation delay or any other, event which is not reasonably within the control of the party affected.

Home Nation Association:	Constituents of the British Triathlon Federation, comprising Triathlon England, triathlonscotland and Welsh Triathlon.
Incapable Competitor:	A competitor deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another competitor.
Indecent Exposure:	The willful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female competitor, the willful complete uncovering of one or both nipples.
Interference:	A deliberate block, charge or abrupt motion, which impedes another competitor.
International Technical Officials (ITOs):	The Level 3 Technical Officials certified by ITU.
International Triathlon Union (ITU):	The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a non-profit corporation domiciled and residing at Maison du Sport International, Av de Rhodanie 54, CH-1007 Lausanne, Switzerland.
ITU Competition Rules:	The document that contains all the rules and regulations that governs fair and safe competitions.
Invalid Start:	Some competitors start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.
Local Technical Officials (LTOs):	Level 1 Technical Officials certified by the BTF. These officials are not permitted to officiate open water elements.
Mount After The Mount Line:	A competitor's foot must contact the ground past the mount line, before the competitor mounts the bike . If this contact doesn't occur, it is considered an infringement of the rules.
Mount Line:	A designated line at the exit from the Transition Area onto the bike course or after which competitors are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit from the Transition Area and be identified by flags/line/Technical Official/marshal, or combinations thereof.
National Technical Officials (NTOs):	Level 3 Technical Officials certified by the BTF, and first stage of the ITU officiating pathway.
Overtake:	On the bike course, when the leading edge of the front wheel of the overtaking bike moves in front of the leading edge of the front wheel of the bike being overtaken. A competitor can pass another competitor only on the right hand side.
Pack:	Two or more competitors with overlapping draft zones.
Pass:	When one competitor's bike draft zone overlaps another competitor's bike draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 20 seconds. A competitor can pass another competitor only on the right hand side.
Penalty:	The consequence on a competitor, who is assessed by an BTF Technical Official to have committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.
Penalty Box:	An area on the bike course or the run course, set aside for the implementation of a time penalty for a rule infringement/violation.
Prosthesis:	An artificial device used to replace a missing body part.
Red Card:	Card which is used to inform competitors about disqualification.
Region:	Group of National Federations, from the same or different continents, linked by geographical or cultural reasons.
Regional Technical Officials (RTOs):	Level 2 Technical Officials certified by the BTF. These officials are permitted to officiate open water elements.
Registration:	Area specified by the Event Organiser where competitor's race licences will be checked; those competitors who do not hold a race licence are required to purchase a day membership (if not done so previously).
Results:	The timed finish positions of all competitors after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.
Right of Way:	When a competitor has established a lead position and pursues a desired course within the limits of the BTF Competition Rules.
Run Course:	Part of the race course, which has been defined at the Competitor Briefing where the competitor is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the Transition Area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the Transition Area; the second run course commences at the exit from the Transition Area and concludes at the Finish Line.
Sport Class:	Elite Paratriathlon sport class is a category defined by ITU in which competitors are categorised in reference to an activity limitation resulting from impairment.
Sportsmanship:	The behaviour of a competitor during competition. Sportsmanship is interpreted as fair, rational and courteous behavior, while bad sports conduct is any behavior judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behavior, or persistent infringement of the rules.
Standard Bridge Piece:	A rigid piece of plastic or metal, which joins both sides of the handlebar clip-on at the ends and is commercially available.
Stop and Go Time Penalty:	A method of imposing a brief delay on a competitor who is assessed by a Technical Official to have infringed the rules, for example, drafting on the bike course. A Penalty Box may be used for this penalty.
Sub-class:	Division made inside a paratriathlon sport class. Each paratriathlon sub-class includes paratriathletes from the same sport class and having similar impairment conditions.
Suspension:	A competitor awarded this penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by ITU or permitted by the BTF. For any suspension because of a doping violation, the athlete will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by BTF, the length of the suspension will be determined by the BTF Technical Board.
Swim Course:	Part of the race course over which it has been defined in the Competitor Briefing that the competitor is to swim within distinctive lane boundaries. In open water triathlons and aquathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the Transition Area.
Technical Official:	A member of the team of Technical Officials, comprised of any officiating level, at an BTF permitted event.
Torso:	The human body excluding the neck, the head and the limbs.
Transition Area:	A location within a defined boundary, which is not a part of the swim course, the bike course or the run course and within which each competitor is allocated an area for the storage of individual items of clothing and equipment.
Triathlon:	A sport of individual or team character and motivation, which combines swimming, cycling and running skills in continuum.
Valid Start with Early Starters:	Almost all the competitors start after the horn, but few of them did start before the horn. The start is declared valid and the early starters will receive a time penalty warning in T1.
Violation:	A rule infringement which results in a penalty.

Warning:	A caution issued by a Technical Official to a competitor during the course of a race. The purpose of a warning is to alert the competitor of the potential for a rule violation to occur and to promote an educational and proactive attitude.
Winter Triathlon:	Multisport which combines different winter sports. It may have two different formats, either starting with running on snow, followed by cycling on snow and finishing with cross country skiing, or starting with snow shoeing followed by skating on ice and finishing with cross country skiing.
Yellow Card:	Card which is used to inform competitors about infringements other than drafting which result in a warning or time penalty.

APPENDIX C: VIOLATIONS AND PENALTIES:

This is a non-exclusive list of the most common penalties and infringements. In case of different interpretation of the text in this appendix, and the main body of the Competition Rules, what is written in the main body of the Competition Rules will be applied.

General

Rule	Penalty
Failing to follow the prescribed course	Educational warning with Stop and Go, re-enter race at correct point if possible. If not corrected, disqualification.
Using threatening, abusive or insulting words or conduct toward Technical Officials, marshals, other competitors or the general public	Disqualification Possible suspension if sufficiently severe
Breach of acceptable conduct by parent/guardian/accompanying adult	Disqualification Possible suspension if sufficiently severe
Accepting assistance from anyone other than a Technical Official, marshal or other competitor	Educational warning with Stop and Go if original situation can be restored. If not, disqualification.
Refusing to follow the instructions of Technical Officials, marshals or the police	Disqualification
Departing the course for reasons of safety, but failing to re-enter at the point of departure	Educational warning, re-enter race at correct point if possible. If not corrected, time penalty.
Alteration of provided race number(s)	Educational warning with Stop and Go once corrected. If not corrected, time penalty.
To dispose of rubbish around the course (unless disposed of in clearly identified places where provided)	Educational warning with Stop and Go once corrected. If not corrected, disqualification.
Using illegal or banned equipment	Educational warning with Stop and Go once corrected. If not corrected, disqualification.
Breaking road traffic regulations	Disqualification
Racing topless or with front fastening undone	Educational warning with Stop and Go once corrected. If not corrected, disqualification.
Attempt to gain unfair advantage from any external vehicle or object	Disqualification
Nudity or indecent exposure	Disqualification
Fraud by entering under an false name or age	Disqualification
Outside Assistance from someone not a Race Official /Marshal	Disqualification

Swim

Rule	Penalty
Diving (unless pre-agreed at time of registering)	Disqualification
Wearing clothing covering any part of the leg below the knee, or on the arm below the elbow in a non wetsuit swim	Educational warning and amend. If not corrected, disqualification

Transition

Rule	Penalty
Rack the bike improperly, outside the competitors own space or blocking the progress of other competitors.	Educational warning with Stop and Go once corrected. If not corrected, disqualification.
Mount the bike before the mount line	Educational warning with Stop and Go once corrected. If not corrected, time penalty .
Dismount the bike after the dismount line;	Educational warning with Stop and Go once corrected. If not corrected, time penalty .
Equipment placed outside the designated area	Educational warning with Stop and Go once corrected.
Marking of position in Transition Area	If can be rectified - educational warning. If cannot be removed but does not pose a hazard to other competitors - time penalty . If cannot be removed but does pose an unsporting impedence or hazard to other competitors - disqualification.

Cycle

Rule	Penalty
Unracking of bike before helmet clipped	Time penalty
Unclipping of helmet before bike racked	Time penalty
Drafting in a draft-illegal Sprint or shorter distance race	First violation noted by Motorcycle Official - 1 minute time penalty Second violation noted by Motorcycle Official - disqualification
Drafting in a draft-illegal Standard distance race	First violation noted by Motorcycle Official - 2 minute time penalty Second violation noted by Motorcycle Official - disqualification
Drafting in a Middle or Long distance race	First and second violation noted by Motorcycle Official - 5 minute time penalty Third violation noted by Motorcycle Official - disqualification
Drafting off a different gender competitor in draft legal events	First violation - educational warning where safe to do so Second violation - disqualification
Blocking in a draft-illegal race	Educational warning where safe to do so
Riding in the transition area	Time penalty
Not wearing a helmet during the bike segment	Disqualification
Dangerous conduct or riding	Disqualification

Run

Rule	Penalty
Crawl during the running segment	Disqualification
To use posts, trees or other fixed elements to assist manoeuvring curves	Time penalty
Run whilst wearing a helmet	Educational warning with Stop and Go once corrected. If not corrected, disqualification

Relays

Rule	Penalty
Relay tag completed outside of designated area	Time penalty
Relay tag not completed	Disqualification

APPENDIX P: NON-TRADITIONAL OR UNUSUAL BIKE APPROVAL PROCESS:

Competitors wishing to apply for the use of a non-traditional or unusual bike must submit details of the bike to the British Triathlon Events Team, who will forward to the ITU for a decision.

The form can be downloaded from the British Triathlon website and must be submitted to British Triathlon no less than 35 days before the event is due to take place. <https://www.britishtriathlon.org/events/competition-rules>

The process as outlined by the ITU is as follows:

1. The manufacturer should provide a product description (with illustrative pictures) about the bike frame to be approved to the ITU.
2. The manufacturer should declare that the frame (in all available/sold frame sizes) fulfils all the criteria of the actual bike safety standards, at the moment the ISO 4210:2015. This declaration should be part of the document package submitted for approval.
3. The manufacturer should demonstrate the compliance with ISO 4210:2015 standard of the frame with a test report issued by an independent third-party laboratory conducting consumer product safety and compliance testing in the field of mechanical testing and accredited to the requirements of EN/ISO/IEC 17025. Test reports should be provided about all available/sold frame sizes (like 48/50/52 etc.) These test reports should be part of the document package submitted for approval.
4. The certification about the compliance with EN/ISO/IEC 17025 of the accredited test laboratory should be part of the document package submitted for approval.
5. The ITU approval panel will study these documents and will take a decision on the acceptance of the request.

Details of non-traditional bikes which have received approval can be found on the ITU website http://www.triathlon.org/about/downloads/category/competition_rules