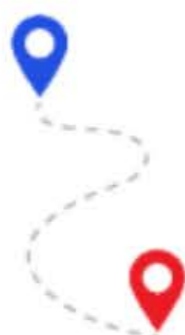


All the information below taken from the World Triathlon Competition rules, available to download from the World Triathlon website.

triathlon.org

KNOW THE COURSE

Make sure you know which route to take – check out course maps. If unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!



BEHAVIOUR

Everyone involved in your race is there to ensure you have a safe and enjoyable experience. Please respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

OUTSIDE ASSISTANCE

Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes includes but is not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be disqualification of both athletes. Athletes may provide to other

athletes competing in the same competition other items of equipment provided that the donor is able to continue with their own competition.

An athlete cannot physically assist the forward progress of another athlete. This will result in DSQ. If the athlete receiving assistance accepts it is not actively trying to reject this assistance, he will be DSQ.

LITTERING

Dispose properly all litter/equipment within clearly identified areas such as aid stations or rubbish disposal points set by the Event Organiser.



HEALTH CONDITIONS

World Triathlon encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport.



CLEAN SPORT

World Triathlon fights for a clean sport. All athletes are responsible for familiarising themselves with the World Triathlon Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances and methods.

ILLEGAL EQUIPMENT

Any device distracting the athlete from paying full attention to the surroundings is forbidden (e.g. MP3 players, mobile phones and personal video recording devices.) Leave these outside transition.



UNIFORM

Athletes uniforms must comply with the guidelines regarding authorized identification.

Uniforms must be worn during the entire competition.



ZIPPER

Front zipper can be undone any length provided that (1) zipper is always connected at the bottom, and (2) the top of the uniform always cover the shoulders.

The uniform must be fully zipped in the last 100m before the finish line.



RACE BIB NUMBER

Race bib numbers are mandatory during the run leg only. They must be visible from the front.

Take care not to fold or damage your number!



KNOW THE RULES

All the information below taken from the World Triathlon Competition rules, available to download from the World Triathlon website.

triathlon.org

WETSUIT USE TEMPERATURE

Swim Length	Forbidden	Mandatory
< 1500m	22°C and above	15.9°C and below
> 1500m	24.6°C and above	15.9°C and below

For 60+ Age-Group, the rule for distance above 1500m is valid for all distance

DRAFT ILLEGAL BIKE



DRAFT LEGAL BIKE



HYDRATION SYSTEM

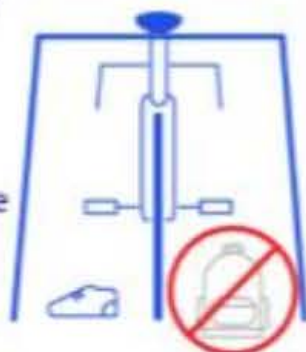
Hydration volume mounted to components that rotate around the steering axis must have a combined maximum capacity of 2 litres. Rear Mounted hydration systems cannot contain more than two water bottles of maximum 1L per bottle.

Check the specifications in the rule interpretation around the World Triathlon fairing rule.



TRANSITION

Competitors should only bring into transition what is needed for the competition. Personal bags and belongings must be deposited at the bag drop off area.



OTHER TIME PENALTIES THAN DRAFTING

There are two types of infringement penalized with time penalties. They will be served at the following locations:

Drafting: see specific poster

Other infringements

- 1 min. – long distance events;
- 30 sec. – middle distance events;
- 15 sec. – standard distance events;
- 10 sec. – sprint distance and Mixed Relay events;
- 5 sec. – shorter distance.



YELLOW card

Infringement	Where
Start	T1
Swim	T1
Transition 1	Warning at T1
Bike	Bike Penalty Box
Transition 2	Warning at T2
Run	Warning/Time Penalty on the spot

HELMET

All athletes must have their helmet securely fastened and cannot open/close the locking mechanism of the helmet from the time they unrack their bike until they rack it back and let go after the finish of the bike segment.



PROTEST

Athletes can protest against the conduct of an athlete, Technical Official, a Coach or any accredited personnel, or against decisions made by the Head Referee. Protest cannot be made for drafting violation or if time penalty has been served.



FINISH

Athletes cannot be accompanied by any non-competing person in the finish chute.



All the information below taken from the World Triathlon Competition rules, available to download from the World Triathlon website.

WHAT IS DRAFTING and BLOCKING?

Drafting is taking shelter behind another athlete or motor vehicle during the bike leg to gain a competitive advantage.

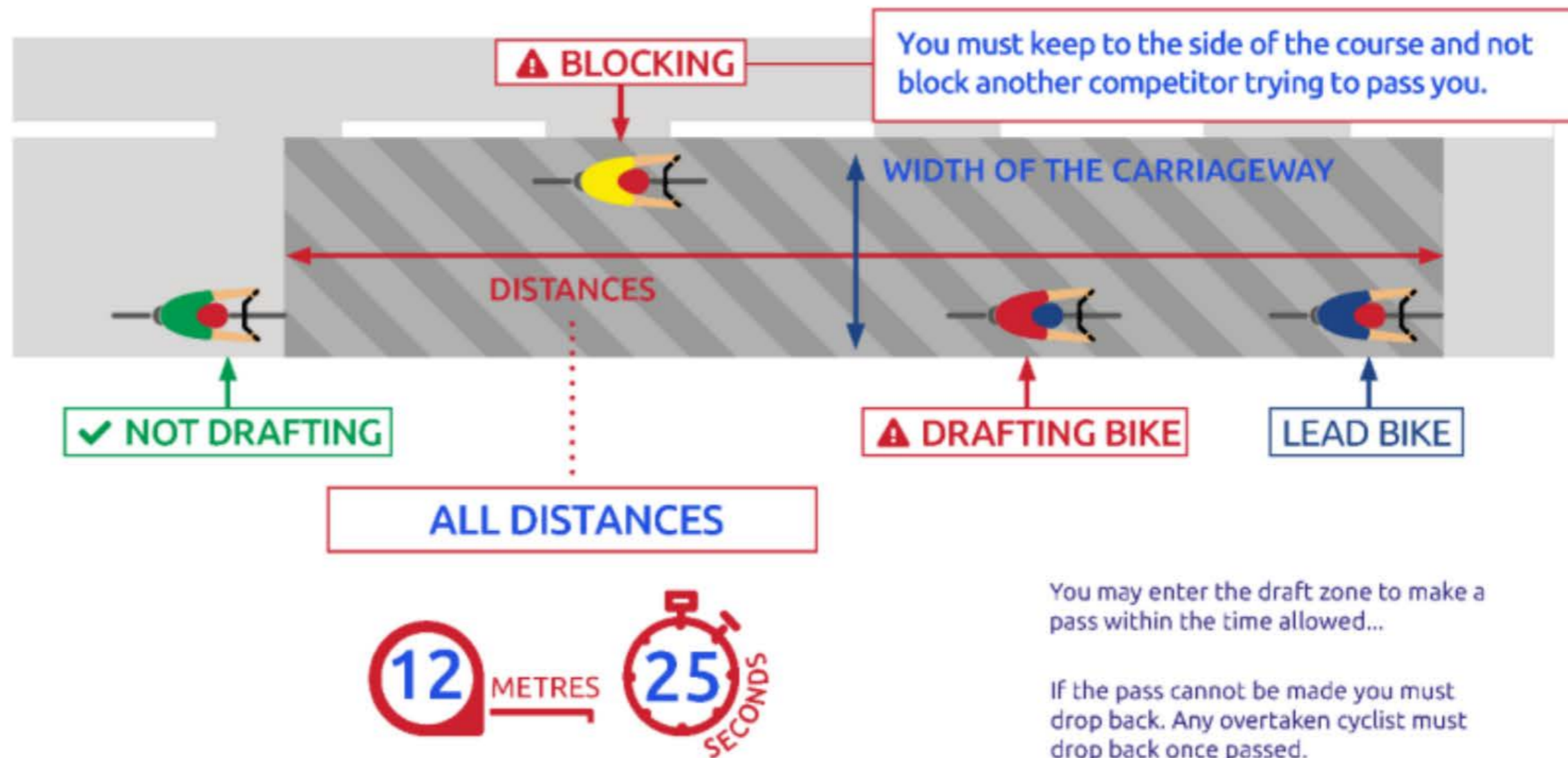
Blocking is holding a position on the course which prevents an athlete behind from passing you.

Technical Officials do not have to provide a warning about drafting before issuing a time penalty.

Both infractions are sanctioned by a time penalty to be served in the next penalty box.



DRAFTING vs NOT DRAFTING vs BLOCKING



PENALTIES

	DRAFTING			BLOCKING
	1st offence	2nd offence	3rd offence	
SHORTER	30 sec*	DSQ*	n/a	5 sec
SPRINT & MIXED RELAY	30 sec*	DSQ*	n/a	10 sec
STANDARD	1 min	DSQ	n/a	15 sec
MIDDLE	2 min	2 min	DSQ	30 sec
LONG	3 min	3 min	DSQ	1 min

Time penalties must be served in the **next penalty box**.

* If the sprint event is draft legal, there are no drafting penalties.

OTHER VEHICLES



You must remain **15 m** behind motorcycles and **35 m** behind other vehicles to prevent drafting.