

USA **TRIATHLON[®]**



USA Triathlon 2023 Multisport Competition Rules

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Preface

USA Multisport Competition Rules and Membership Eligibility

The Competition Rules are intended to provide for the orderly and consistent administration of events sanctioned by USA Triathlon and are not designed to establish standards of care for the safety of participants or other persons. Every participant, official, volunteer and spectator should consider all safety issues and make related decisions prudently without reliance upon the Competition Rules. USA Triathlon makes no express or implied warranty, guarantee, or representation regarding the degree of safety, which may or may not result from compliance with the Competition Rules. Examinations or inspections of equipment at sanctioned events are undertaken solely to monitor compliance with the Competition Rules and do not guarantee or ensure safety from personal injury or property damage. The safety of race equipment is the sole responsibility of the participant.

An event with a minimum \$5000.00 prize purse must limit the Elite Division to athletes holding a USA Triathlon Elite License or an elite license from a World Triathlon member federation. All individual prize money in the amount of \$5000.00 or more is reserved for the Elite Division.

Membership in USA Triathlon is available to all persons in good standing with USA Triathlon who submit a completed application, pay the required membership fee and comply with all the requirements determined by USA Triathlon to be applicable to the specific category of membership desired. No person shall be denied membership based on race, ethnicity, color, religion, sex, gender identity, national origin or disability.

Introduction

Authority: These Competition Rules ("Rules") are adopted by USA Triathlon and govern the administration of all races and events sanctioned by USA Triathlon. These Rules are binding on all members of USA Triathlon and all persons who enter or participate in any event sanctioned by USA Triathlon. USA Triathlon has the responsibility to ensure that the technical aspects of triathlon, duathlon, aquabike, aquathlon, paratriathlon and any other discipline falling under our authority, are of the highest quality, with emphasis on the safety of each athlete and the fairness of each event. Any difficulty in the interpretation or application of these Competition Rules should be referred to the head of the USA Triathlon Officials Program.

The rules outlined in this document are underpinned by the World Triathlon Competition Rules. For any event, a race director may request from USA Triathlon a specific exception or addition to these rules. Any such request should be made with the consideration of the participant's safety as the highest priority. All requests for rule changes must be made in writing. All exceptions or additions to these rules must be expressly approved in writing by the appointed representative of USA Triathlon and must be announced to all participants prior to the event.

This document is to be read in conjunction with all applicable policies and procedures as established by USA Triathlon. All participants in sanctioned events are subject to the requirements of USA Triathlon membership found in Appendix D of these Competition Rules.

1. Purpose

These rules are designed to set forth a standard set of parameters within which athletes can participate in events governed by USA Triathlon and compete in a positive atmosphere of equal opportunity. These rules shall be interpreted and construed in a manner consistent with their purpose.

1.1 These rules are intended:

- a.) to promote and maintain sportsmanship, equal opportunity and fair play.
- b.) to endorse the principle that events governed by USA Triathlon are individual sports and encourage individual performance and initiative.
- c.) to protect the health, safety and well-being of participants.
- d.) to promote the integrity of sport and emphasize ingenuity and skill without unduly limiting the athlete's freedom of action.
- e.) to foster the foregoing ideals through the establishment and enforcement of rules that penalize participants who seek to gain an unfair advantage.

2. Multisport Conduct

2.1 General Conduct.

At or during an event, or while at the event site, all participants must:

- a.) practice good sportsmanship at all times.
- b.) be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others.
- c.) be responsible for understanding and following the Competition Rules, which may include any Rule exceptions, additions and conditions applicable to the event.
- d.) obey instructions from event officials.
- e.) obey traffic regulations unless otherwise instructed by an event official.
- f.) treat other athletes, officials, volunteers and spectators with respect and courtesy.
- g.) avoid the use of abusive language.
- h.) be responsible for keeping on the designated course.
- i.) not wear, use or carry items deemed to be a hazard to oneself or others, e.g. a hard cast, jewelry, glass/metal containers or mirrors (reference to mirrors does not apply for athletes with a disability using a hand-cycle or other medically verified condition).
- j.) not use any equipment that will distract the athlete from paying full attention to their surroundings.
 - (i) Athletes may not use communication devices of any type, including but not limited to mobile phones, smart watches for communication in any distracting manner during the competition.
 - (ii) A “distracting manner” includes but is not limited to the use of headphones, two-way radios, the making and receiving of phone calls, sending and receiving text messages, playing music, using social media and taking photographs.
 - (iii) Mere possession of a mobile phone or smart watch shall not constitute the use of illegal equipment in a distracting manner.

- (iv) Using a communication device in a distracting manner during the competition may result in disqualification.
- k.) not obstruct or interfere with the forward progress of another athlete, or jeopardize the safety and welfare of another athlete, race official, spectator or member of the public.
- l.) not accept assistance from anyone, except as defined in Section 2.2.d.
- m.) not discard any equipment on the course, except at the approved, dedicated locations.
- n.) not cause offense to others through deliberate acts of nudity, or urination, in any form, visible by the public.
- o.) register and pay any required registration fee or be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year. Any person who in any way assists another athlete to violate this rule by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.
- p.) self-report violating any of the Competition Rules to the Head Referee or retire from the event.
- q.) wear any provided timing chip or similar timing device on race day. Failure to return non-disposable timing chips to timing or race management after the event or upon withdrawing from the event, or failure to pay the replacement cost of a lost timing chip may result in disqualification from the event and may result in being barred from future USAT sanctioned events.

2.2 Race Conduct.

All participants in USA Triathlon sanctioned events must adhere to the rules in this section:

- a.) Entire Course. It is the participant's responsibility to read all supplied information provided in the event materials; and to know and keep on the course. Athletes must complete the entire course as prescribed, including all segments in the correct segment order as prescribed by race management. Any failure to so complete the entire course shall be deemed to constitute an unfair time advantage, regardless of overall timing data for the individual athlete, and may result in disqualification. Athletes who depart from the course must reenter at the point of departure before continuing. Athletes who cross the finish line prior to completing all segments of the course who can safely reenter the course at their point of departure in the judgment of the Head Official and in concurrence with the Lead Timer may be allowed to complete the course as prescribed. Failure to complete the entire course as stated in this section. at USA Triathlon Events may result in disqualification or the assignment of DNF in the race results at the discretion of the Head Official for the event.

Adverse effects on overall time caused by delays on course, including but not limited to traffic, accidents, trains, weather, or straying off course are considered part of the participant's time and may not be mitigated by "adjustment."

- b.) Unsportsmanlike Conduct. Verbal or physical abuse of others is not acceptable or tolerated. Participants shall always refrain from unsportsmanlike conduct while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers, and spectators. Any violation of this section may result in disqualification.
- c.) Obstruction. Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this section may result in a variable time penalty or disqualification.
- d.) Unauthorized Assistance. No participant shall accept assistance from any person other than event personnel (including volunteers), but such assistance is limited to providing nutrition, drinks, mechanical and medical assistance. The receipt of information regarding the progress, split times, or location of other athletes on the racecourse shall not be considered the acceptance of unauthorized assistance. No participant shall be accompanied by any non-participants on the course (this constitutes pacing, which is prohibited). Any violation of this section may result in a time penalty.

Participants competing in the same event may assist each other with incidental items such as, but not restricted to, food and drinks after an aid station, pumps, tubular tires, inner tubes, and puncture repair kits; Participants may not provide any item of equipment to another participant competing in the same event which results in the donor participant being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels, and helmet. The penalty for this will be disqualification of both participants.

A participant shall not physically assist the forward progress of another participant on any part of the course. This will result in both athletes being disqualified.

- e.) Race Numbers. Participants shall always plainly display their race numbers, and shall maintain the race number in an unaltered, unobstructed, and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this section may result in a variable time penalty.
- f.) Glass Containers. No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this section may result in disqualification.
- g.) Unauthorized Equipment. No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this section may result in a variable time penalty.
- h.) Endangerment. No participant shall commit any dangerous act which could cause injury to any participant, including officials, event staff, volunteers, and spectators. Any violation of this section shall result in disqualification.
- i.) Acts of Agents. The conduct of any agent acting with apparent authority on behalf of a participant shall constitute grounds for penalizing such participant if such agent's conduct violates any of these Rules.
- j.) Wave Starts. When the beginning of any event is commenced by starting designated "waves" or groups of participants at different times, all participants shall start in and with

the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Times will not be adjusted for any participant who starts in a wave later than the one assigned. Any participant who starts in an open or elite wave in an event with age group waves shall be ineligible for age group awards.

- k.) At USAT National Events and World Triathlon Qualifying Events only, cycling and running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race.

2.3 Doping Control Rules. USA Triathlon condemns the use of substances or methods on the World Anti-Doping Agency (WADA) Prohibited List. Athletes will follow the USA Triathlon Anti-Doping rules, as outlined in the USA Triathlon Anti-Doping Policy as outlined in Appendix I.

2.4 Health. Triathlons and other multisport events are strenuous activities, and the health and welfare of athletes is of paramount importance.

- a.) Athletes must withdraw immediately from an event if deemed and informed by the event medical personnel that the athlete appears to present a danger to the health or welfare of the athlete and/or others.
- b.) Time limits for the swim leg, bike leg and overall finish time may be established for an event to ensure safe competition.

3. Penalties

3.1 General Rules.

Failure to comply with the USA Multisport Competition Rules may result in an athlete being penalized, disqualified, suspended, or banned.

The nature of the rule violation will determine the subsequent penalty. Technical Officials are allowed to assess penalties even if the infringement is not listed in these rules:

- a.) if the Technical Official deems that an unfair advantage has been gained, or
- b.) if an unsafe situation has been created.

3.2 Issuing of a Warning.

The purpose of a warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude. An official can administer a warning to an athlete to correct a minor infringement provided:

- a.) The Official uses the following process when issuing a warning:
 - (i) An official believes a violation is about to occur
 - (ii) An athlete violates a rule unintentionally
 - (iii) No advantage has been gained
- b.) The Official will attract the attention of the athlete (a yellow card may be shown to gain the athlete's attention), the athlete will be stopped, if necessary, asked to modify their behavior, and be allowed to continue the race immediately afterwards. Failure to modify or rectify the behavior may result in issuing a Yellow, Blue or Red Card.

3.3 Issuing of Yellow, Blue, and Red Cards.

The Official uses the following process when issuing a penalty:

- a.) gain the attention of the athlete
- b.) confirm with the athlete their race number
- c.) show the athlete a Yellow, Blue or Red Card and inform the athlete of the rule infringement
- d.) advise the athlete what action needs to be taken

3.4 Athlete Conduct. When shown a Yellow, Blue, or Red Card by an official, an athlete must obey any instruction from the Technical Official.

An athlete may complete the event even if shown a Yellow, Blue, or Red Card by an official unless otherwise instructed.

3.5 Yellow Card Stop-Start Penalty.

This is a time penalty for a minor infringement that is served by an official anywhere on the course. This penalty involves the display of a Yellow Card by an official and advisement on when and where the athlete is to serve the penalty. The athlete may resume racing only after being instructed to do so by an official.

If the athlete is instructed to proceed to a bike course penalty area to serve a Yellow Card Stop penalty, then the athlete is required to attend the next penalty area. Failure to do so may result in disqualification. While in the penalty area the athlete will be registered in a Penalty Area Log. The athlete may resume racing only after being instructed to do so by the Penalty Area personnel. Appendix B lists examples of Yellow Card Stop-Start penalty infringements.

3.6 Blue Card Time Penalty for Drafting.

This is a time penalty for an infringement that is served by an official on the bike course. This penalty involves the display of a Blue Card by an official and advisement on when and where the athlete is to serve the penalty. The athlete may resume racing only after being instructed to do so by the official.

If the athlete is instructed to proceed to a bike course penalty area to serve a Blue Card Time penalty, then the athlete is required to stop at the next penalty area. Failure to do so may result in disqualification. While in the penalty area the athlete is required to be registered in a Penalty Area Log. While in the bike penalty area, athletes may consume only the food and/or water that is on the athlete's bike or person.

Athletes in the penalty area are prohibited from:

- a.) using the restroom while serving a penalty in the bike penalty area. If the matter is of an urgent nature the official has the discretion to pause the time of the penalty while an athlete uses the restroom.
- b.) making adjustments to equipment or performing any type of bike maintenance.

3.7 Penalties.

The duration of the time penalty will vary according to the length of the bicycle course segment.

Drafting violations:

- a.) 5 minutes in long distance events
- b.) 5 minutes in middle distance events
- c.) 2 minutes in standard (Olympic) distance events
- d.) 1 minute in sprint and shorter events

Other infringements:

- a.) 1 minute in long distance events
- b.) 30 seconds in middle distance events
- c.) 15 seconds in standard (Olympic) distance events
- d.) 10 seconds in sprint distance and shorter events

3.8 Multiple Blue Card Time Penalties.

If an athlete receives multiple Blue Card Time penalties, then the athlete must serve those penalties and may complete the event. For events with a bicycle course distance less than 80km, two or more Blue Card Time penalties may result in the athlete being disqualified by the Head Referee at the completion of the event. For events with a bicycle course distance equal to or greater than 80km, three or more confirmed Blue Card Time penalties may result in the athlete being disqualified by the Head Referee at the completion of the event.

3.9 Disqualification Penalty.

A disqualification may be issued for a violation that is a major infringement. At the completion of the event the Head Referee will rule on the violation. Appendix B lists examples of red card violations.

3.10 Violation Report.

An official must provide a Violation Report to the Head Referee in the following situations:

- a.) if the official has issued a Red Card to an athlete, or
- b.) due to circumstances, the official was unable to issue a Red Card in person, or
- c.) if an athlete did not serve a Blue Card Time Penalty (example: an athlete who was penalized for drafting fails to report to the Penalty Area to serve the time penalty), the official responsible for reconciling the Blue Card penalties shall complete the Violation Report. The name of the official who issued the Blue Card shall be included in the report.

3.11 Disqualification.

This is a penalty given by the Head Referee under any of the following circumstances:

- a.) on the personal observation
- b.) because of a Violation Report or Reports made by an official
- c.) because of a protest
- d.) other evidence, such as information provided by a timing company

This penalty removes an athlete as a finisher from the results of an event.

The burden of proof required for the Head Referee to make a ruling, based on the evidence at hand, is “beyond reasonable doubt”. Where the Head Referee’s decision is to disqualify an athlete during or immediately following completion of the race, the Head Referee must post the ruling (athlete race number and rule infringed) on the Penalties Notice Board, which is to be displayed in a prominent location that athletes will have access to at the finish, for example, the athlete recovery area. The Head Referee may wish to personally meet with a disqualified athlete to discuss the ruling, but this is not a mandatory requirement.

3.12 Suspension and Expulsion.

Penalties, including disqualification, suspension, and expulsion, may be imposed upon race participants and/or members of USA Triathlon who violate any of these Competition Rules or who solicit, encourage, or assist a violation of these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee or USA Triathlon. The process is initiated by the Head Referee via the referral of the details of the infringement, through the Head Referee, to the relevant authority. Severe infringements include, but are not limited to, the following:

- a.) conduct of an unusual, protracted, violent or severe nature
- b.) fraud
- c.) participating when ineligible
- d.) violation of USA Triathlon’s Anti-Doping Policy

4. Swimming Conduct

4.1 When wetsuits are allowed, all components of the wetsuit will fit to the athlete’s body tightly. When mandatory, the wetsuit must cover at least the torso and back.

4.2. An athlete may use any swimming stroke for propulsion through the water. It is permissible to tread water or float.

4.3. An athlete may stand on the bottom or rest by holding an object such as a buoy or stationary boat. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress.

4.4. In an emergency, an athlete should raise an arm overhead and call for assistance. If further assistance is given to the athlete, beyond the use of an object on which to rest, the athlete must withdraw from the event. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraw from the race or receive medical assistance.

4.5. The temperature parameters for the use of wetsuits and maximum time to be in the water for the varying swim distances are as follows:

a.) Elite or Development (inclusive of Youth, Junior, and U25)

Swim Length	Mandatory	Forbidden
Up to 1500m	60.6° F and below	68 F and above
1501m and longer	60.6° F and below	71.6° F and above

b.) USA Triathlon National Championship and World Triathlon Qualifying Age-Group Races

Swim Length	Mandatory	Forbidden
All Distances	60.8° F and below	76.2° F and above

c.) All Other Races and Waves*

Swim Length	Mandatory	Permitted	Allowed	Forbidden
All distances	60.6° F and below	Up to 78° F	78.1° F - 83.9 F**	84° F and above

*Participants in a non-competitive race or wave are not eligible to have their results submitted for rankings. **Participants who choose to wear a wetsuit in a competitive non-National Event Age Group race when the water temperature exceeds 78 F are not eligible to have their results submitted for rankings or Age Group Awards.

d.) Maximum Stay in Water

Swim Length	Elite and Development	Age-Group
Up to 300m	10 min.	20 min.
301m to 750m - below 87.8° F	20 min.	30 min.
301m to 750m - 87.8° F and above	20 min.	20 min.
751m to 1500m	30 min.	1h 10 min.
1501m to 3000m	1h 15 min.	1h 40 min.
3001m to 4000m	1h 45 min.	2h 15 min.

4.6 Modifications.

The Head Referee, following consultation with medical staff or the Event Organizer, may amend the wetsuit determination temperatures for athlete safety reasons.

The swim distance can be shortened or even cancelled using the following tables as a guide*:

Original Swim Length	Below 54°F	54°F - 56°F	56.1°F - 57°F	57.1°F - 59°F	59.1°F - 86°F	86.1°F - 89.9°F	90°F - 91.9°F	92°F or Above
Less than 300m	Cancel	No adjustment	No adjustment	No adjustment	No adjustment	No adjustment	No adjustment	Cancel
300m - 749m	Cancel	No adjustment	No adjustment	No adjustment	No adjustment	300m	Cancel	Cancel
750m – 1499m	Cancel	750m	No adjustment	No adjustment	No adjustment	750m	Cancel	Cancel
1500m – 1999m	Cancel	750m	1500m	No adjustment	No adjustment	750m	Cancel	Cancel
2000m - 2999m	Cancel	750m	1500m	No adjustment	No adjustment	750m	Cancel	Cancel
3000m – 4000m+	Cancel	750m	1500m	3000m	No adjustment	750m	Cancel	Cancel

*Note that the temperatures in these tables are not always the water temperature used in the final decision for altering swim distances.

Among other factors such as humidity, acclimation, regional adaptation, wind, and precipitation or if the water temperature is lower than 22C degrees Celsius/71.6 degrees Fahrenheit and the air temperature is lower than 15 degrees Celsius/59 degrees Fahrenheit, then the adjusted value is to decrease the measured water temperature according to the following charts:

		Air Temperature (°F)										
Measured Water Temperature		59	57.2	55.4	53.6	51.8	50	48.2	46.4	44.6	42.8	41
	71.6	65.3	64.4	63.5	62.6	61.7	60.8	59.9	59.0	58.1	57.2	Cancel
	69.8	64.4	63.5	62.6	61.7	60.8	59.9	59.0	58.1	57.2	56.3	Cancel
	68	63.5	62.6	61.7	60.8	59.9	59.0	58.1	57.2	56.3	55.4	Cancel
	66.2	62.6	61.7	60.8	59.9	59.0	58.1	57.2	56.3	55.4	54.5	Cancel
	64.4	61.7	60.8	59.9	59.0	58.1	57.2	56.3	55.4	54.5	53.6	Cancel
	62.6	60.8	59.9	59.0	58.1	57.2	56.3	55.4	54.5	53.6	Cancel	Cancel
	60.8	59.9	59.0	58.1	57.2	56.3	55.4	54.5	53.6	Cancel	Cancel	Cancel
	59	59.0	58.1	57.2	56.3	55.4	54.5	53.6	Cancel	Cancel	Cancel	Cancel
	57.2	57.2	57.2	56.3	55.4	54.5	53.6	Cancel	Cancel	Cancel	Cancel	Cancel
55.4	55.4	55.4	55.4	54.5	53.6	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	

4.7 Measuring Water Temperature.

Water temperature should be taken one hour prior to the start of the event on competition day. It is strongly recommended that the temperature be taken at the middle of the swim course and in two other areas on the swim course, at a depth of 24 inches. Where the average measured figure is 80.6 °F or below, the lowest measured temperature will be considered as the official water temperature. Where the average measured figure is above 80.6 °F, the highest measured temperature will be considered as the official water temperature.

4.8. For aquathlon events (normally run-swim-run), the Local Organizing Committee (LOC) should plan for a swim-run where the water temperature is expected to be below 71.6 °F. Where a run-swim-run aquathlon has been planned, but on competition day the water temperature is below 71.6 °F, the format will change to swim-run.

4.9. Wetsuits, Caps/Hoods, Gloves, and Booties.

- a.) For the purpose of these rules, wetsuits are swimwear made of material providing thermal insulation. Wetsuits cannot exceed 5 millimeters thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5mm thickness limit. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5mm shall be disqualified. When wetsuits are permitted, wetsuit tops and/or shorts (constructed of rubberized, buoyant material such as polyurethane or neoprene) are allowed but may not be worn in addition to a wetsuit.
- b.) An athlete must wear the swim cap if provided by the Race Director on the outside of all other swim caps. For aquathlons or other multi-swim events, wearing the swim cap, if provided, is compulsory. In an aquathlon event athletes may carry the official event swim

cap and goggles during the first run segment and may wear them in the Transition Area.

- c.) When the swim is wetsuit allowed, wetsuit caps and hoods are allowed and must comply with Section 4.9b by wearing your official swim cap over the additional cap or hood.
- d.) Wetsuit boots and neoprene socks are allowed when wetsuits are allowed but must not aid in propulsion (no webbed boots/socks or web-like construction between the toes).
- e.) Gloves. When wetsuits are mandatory, gloves may be worn, but must not aid in propulsion (no swim resistance gloves, hand paddles, webbed gloves, or web-like construction between the fingers). When wetsuits are not mandatory, gloves are only allowed in non-competitive races or waves. The Head Referee may inspect gloves to determine compliance with this rule.

Note: Any violation of this section may result in disqualification.

4.10. Athletes in Competitive Races or Waves Must Not Use:

- a.) artificial propulsion devices
- b.) buoyancy or flotation devices if deployed
- c.) wetsuits with thickness exceeding 5mm
- d.) wetsuits, or any part of the wetsuit, when they are forbidden because of the water temperature
- e.) any clothing containing rubberized material (neoprene) in a non-wetsuit swim
- f.) snorkels

Note: Any violation of this section may result in disqualification.

4.11. Swimskins. May be worn and need to meet the same requirements as a race suit. Please see definition of a Race Suit in Appendix A.

Note: Any violation of the sections in Rule 4 may result in disqualification.

5. Cycling Conduct

5.1 An athlete is not permitted to make any forward progress without the bicycle and all its component parts. If a bicycle is rendered inoperable, a participant may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other participants. Any violation of this section shall result in disqualification.

5.2 Bicycle helmets are compulsory and must be approved by a testing authority which is recognized by any national federation that is an affiliate of World Triathlon.

- a.) Helmets must be used in all official activities when the athlete rides the bike: competition, familiarization, and training sessions.

- b.) Unless otherwise approved by a national federation that is an affiliate of World Triathlon, any alteration or addition to any part of the bicycle helmet, including the chin strap, or the omission of any part of the helmet is prohibited.
- c.) The helmet must be securely fastened and fit properly at all times and any garment worn underneath must not affect the fit when the athlete 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.
- d.) If an athlete moves the bike off the course for any reason, the athlete may not unfasten or remove the helmet until after the athlete has moved outside the boundary of the bike course route and has dismounted the bike; and the athlete must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike.
- e.) Helmet race number stickers, provided by race management, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed.
- f.) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible.
- g.) The helmet can be any color or design.
- h.) Helmets with any portion covering the ears are not legal for use in draft-legal events.

5.3 Athletes must always display their bicycle race number on the bicycle course. The number itself must remain unaltered and observable. Those not complying may incur a Yellow Card penalty.

5.4 Bicycle Draft Zone Distances.

- a.) For all events with a cycling distance up to and including the standard distance, the bicycle draft zone is 10 meters long extending backwards from the leading edge of the front wheel (5 bike lengths of clear space between bikes). Athletes have 20 seconds to pass through this zone.
- b.) For all events with a cycling distance greater than a standard distance, the bicycle draft zone is a distance of 12 meters long extending backwards from the leading edge of the front wheel (6 bike lengths of clear space between bikes). Athletes have 25 seconds to pass through this zone.

5.5 Vehicle and Motorcycle Draft Zone Distances.

The draft zone behind motorcycles shall be 15m long and 35m long for all other motorized vehicles. The front edge of the vehicle defines the start of the draft zone. Athletes must not gain or attempt to gain any unfair advantage from any external vehicle or motorcycle. A maximum of 90 seconds will be allowed to pass through the draft zone of a motorized vehicle of any type.

5.6 Drafting.

- a.) For non-draft legal events, the draft zone of an athlete may not overlap the draft zone of another athlete, motorcycle, or vehicle except in the following circumstances:
 - (i) when the athlete is in the process of legally passing another athlete, vehicle, or motorcycle
 - (ii) for safety reasons
 - (iii) for an aid station
 - (iv) for entrance to or departure from a transition area
 - (v) in making an acute turn
 - (vi) when USA Triathlon or the Head Referee expressly excludes a section of the bicycle course from the position foul rules because of overly narrow lanes, construction, detours, or a similar reason.
 - (vii) when the athlete enters the draft zone is seen to be gaining on the forward athlete, motorcycle, or vehicle, and progresses through the zone within the allotted time in the overtaking maneuver. Failure to observe this may result in a Blue Card Time penalty for drafting.
- b.) Once passed, an athlete must immediately begin dropping back out of the draft zone of the forward athlete, before attempting to re-pass. An athlete is deemed to have been passed once the leading edge of the front wheel of the passing bicycle has moved in front of the leading edge of the front wheel of the passed athlete's bicycle. Failure to observe this may result in a Blue Card Time penalty for drafting.
- c.) Elite/Professional Athletes. Prior to entering the draft zone of another athlete, professional athletes must safely move to the side of the athlete being passed and remain there during the passing action (i.e.. no slipstreaming). Failure to do so may result in a Blue Card Time penalty for drafting. Course conditions and the proximity of other athletes will be considered in deciding whether to issue a drafting penalty.

5.7. In non-draft legal events, an athlete passing on the inside (left- or right-hand side depending on traffic flow) of another athlete may receive a Yellow Card Time penalty for an illegal pass.

5.8 Non-Draft Legal Bicycle Equipment:

- a.) Bicycles that meet UCI Specifications are legal for use in non-draft legal races.
- b.) Time trial designed bicycles not otherwise considered legal by UCI are legal in USAT non-draft legal events.
- c.) Recumbent bicycles are not legal for use in any USAT sanctioned event.
- d.) All aspects of the bicycle must be safe to the user and to other participants in the event. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels. There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the

pedals remain stationary.

- e.) All bicycles that are unusual in design must be approved for use in writing by USA Triathlon. The request to use such a bicycle must be submitted to USA Triathlon for approval at least 30 days before the event in question for a decision.

5.9 Bicycle Equipment.

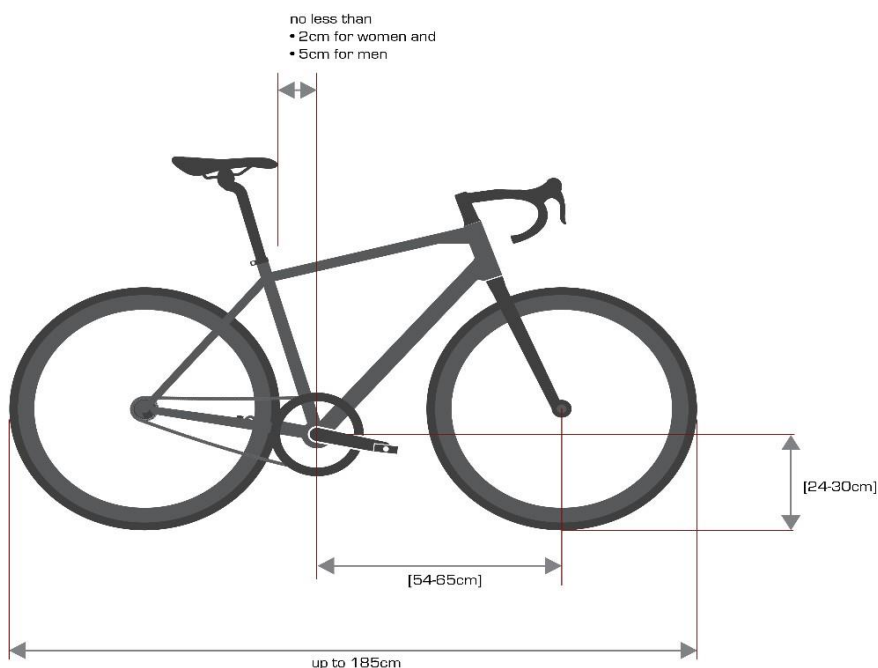
- a.) In general, UCI rules, as of January 1st of the current year, will apply during competition and also during familiarization sessions and official training:
- (i) UCI road race rules for draft-legal triathlon and duathlon competitions;
 - (ii) UCI time trial rules for non-draft legal triathlon and duathlon competitions;
 - (iii) UCI Mountain Bike (MTB) rules for winter triathlon, cross triathlon and cross duathlon competitions. World Triathlon Competition Rules 28 January 2022
- 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 consisting of pedals and a chain. Bicycles are referred to as bikes and will have the following characteristics in the following sections:
- c.) For Elite and Development draft-legal competitions:
- (i) Frames.
 - 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 185cm long, and 50cm wide;
 - The bike will measure between 24cm and 30cm from the ground to the center of the chain wheel axle;
 - There will be no less than 54cm and no more than 65cm between a vertical line passing through the center of the chain wheel axle and a vertical line through the center 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;

- Bikes provided with the UCI Road Race homologation label (Code RD) are always allowed in World Triathlon draft legal events, even if they contravene any of the previous bullets in this 5.2 c) (i) insert.
- Bikes provided with the UCI Time Trial homologation label (Code TT) are forbidden unless they comply with the condition listed above.

(ii) Saddle Position for U25 and Development: There will be a vertical line touching the front-most point of the saddle which will be no less than 5 cm for the men, and 2 cm for the women, behind a vertical line passing through the center of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.

- The expected ratio between E (Femur) and F (Tibia) is around 56% to 44%. Where the athlete's ratio is nearer to 50/50 an exception will be considered.
- Exceptions to this rule may be requested 30 days prior to the competition by the National Federation of the athlete to a panel composed of: - One person designated by World Triathlon Technical Committee; - One person designated by World Triathlon Coaches Committee; - One person designated by the World Triathlon Medical and Anti-Doping Committee.



(iii) Non-Traditional or Unusual Bikes:

- Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the World Triathlon Technical Committee for approval at least 30 days before the event.

- Provided all other criteria of the World Triathlon rules are met, full details of the equipment including images must be supplied to the World Triathlon Technical Committee. The procedure is outlined in Appendix P.
- A catalogue of all previously submitted equipment will be available on the [World Triathlon website](#) with confirmation as to whether it has been accepted or rejected. A form is available on the World Triathlon website for athletes wishing to submit equipment for approval.

(iv) Logos and race number stickers:

- Only logos of bicycle-related products may appear on the athlete's bicycle.
- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame.
- The athlete's full name(s) or family name(s) or initial of the first name and family name(s), may appear once on the bike, either on the horizontal bar of the bike or on the shaft of the seat, with a maximum size of 10cm².
- Bike race number stickers, provided by Race Management, must be placed on the bike as instructed, without any alteration.

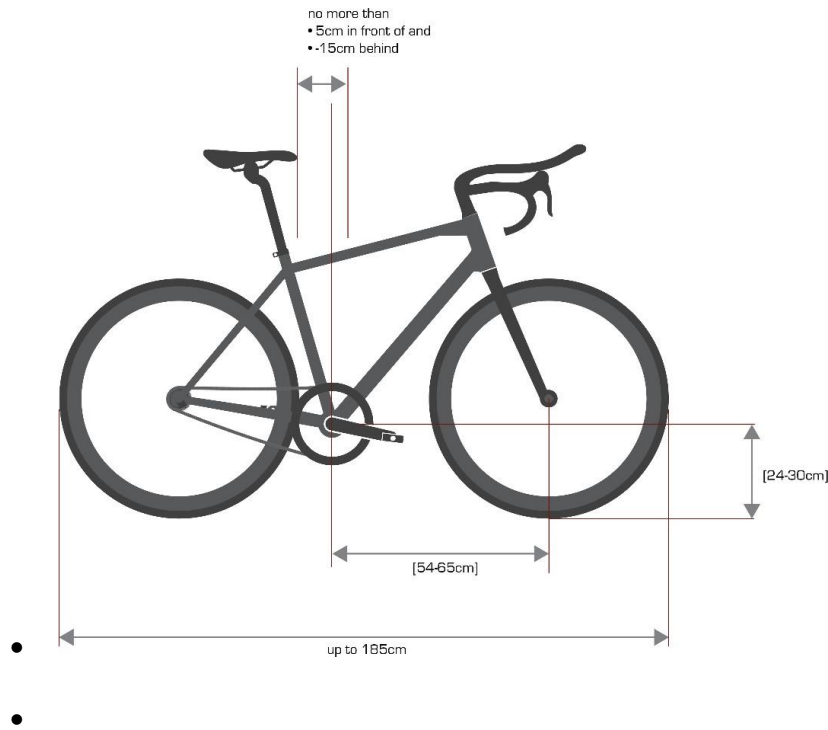
d.) For non-draft legal events, and Age-Group draft-legal events:

(i) Frames:

- The bike will be no more than 185cm long, and 50cm wide.
- The bike will measure between 24cm and 30cm from the ground to the center of the chain wheel axle.
- There will be no less than 54cm and no more than 65cm between a vertical line passing through the center of the chain wheel axle and a vertical line through the center of the front wheel axle.
- 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.
- Bikes provided with the UCI Time Trial homologation label (Code TT) are always allowed in World Triathlon non-draft legal events, even if they contravene any of the previous bullets in this 5.2 d.) (i) insert.

(ii) Saddle-position:

- There will be a vertical line touching the front-most point of the saddle which will be no more than 5cm in front of, and no more than 15cm behind, a vertical line passing through the center of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.



(iii) Non-traditional or unusual bikes:

- Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to USA Triathlon for approval at least 30 days before the Event.

(iv) Logos and race number stickers:

- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame.
- Bike race number stickers, provided by race management, must be placed on the bike as instructed.

e.) Wheels:

- (i) No wheel may contain any mechanisms, which are capable of accelerating it.
- (ii) Tubular tires 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) For Elite or Development draft-legal competitions, wheels are allowed to be used if they are included in the current UCI approved non-standard wheels lists. (Both list applicable, the one contains wheels approved prior 1st January 2016 and the other after this date.) Wheels not on this list must comply to the following criteria:
 - A diameter between 70cm maximum and 55cm minimum, including the tire.
 - Both wheels must be of equal diameter.
 - Wheels shall have at least 20 metal spokes.

- The maximum rim dimension will be 25mm. on each side.
 - The rim must be alloy.
 - All components must be identifiable and commercially available.
- (v) For Age-Group draft-legal competitions, wheels must have the following characteristics:
- Wheels shall have at least 12 spokes.
 - Disc wheels are not allowed.
- (vi) For non-draft legal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Head Referee in the interest of safety, i.e. high winds.

f.) Handlebars:

- (i) For Elite and Elite Development draft-legal competitions, the following handlebar rules will apply:
- Only traditional drop handlebars are permitted. The handlebars must be plugged.
 - Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.
 - Clip-on aero bars are prohibited.
- (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-on aero bars of any kind are not allowed.



- (iii) For non-draft legal competitions, 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.
- g.) Helmets. The requirements for helmets and their use are provided in Rule 5.2.
- h.) 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.
- i.) Disc brakes are allowed.
- j.) Illegal Equipment includes, but is not limited to:
 - (i) Headphone(s), headset(s), technical earplug(s) or smart helmets which are inserted or covering the ears.
 - (ii) Glass containers.
 - (iii) Mirrors without prior approval with a verified medical condition.
 - (iv) Bike or parts of the bike not complying with these rules.
 - (v) Water bottles if placed behind the saddle for draft-legal competitions.
- k.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Head Referee before the competition, must be securely mounted and not endanger any athlete or give unfair advantage.
- l.) Please see the appropriate Draft Legal Checklist via the link in the Appendix

5.10 Draft Legal Bike Check:

- a.) A bike check may include all items listed in 5.9.
- b.) A visual bike check will take place upon Check-in to the transition area before the competition officials will check that bikes comply with the draft legal competition rules.
- c.) Athletes may request approval from the Head Referee after the Athletes' Briefing if their bike is legal.
- d.) Each registered athlete may only check one bike into their transition.
- e.) All athletes must rack their bike before the Transition Area closes. Any athlete unable to do this must inform the Head Referee.

5.11 Overlapping in Draft-Legal Events:

- a.) Elite, Development, and Mixed Relay athletes who have been lapped during the bike segment will be withdrawn from the competition by the officials. Officials may anticipate

this decision, for safety reasons, if the official is totally sure that the overlapping will happen. This provision can be modified by the Head Referee, following the procedure outlined in 1.5. 5.6a Drafting.

5.12 General Guidelines:

a.) There are two kinds of competitions, depending on the allowance of drafting:

- (i) Draft-legal competitions.
- (ii) Draft-illegal competitions.

b.) The competitions will be draft-legal or illegal according to this table:

	Junior and Youth	U25	Elite	Age-Group	Para triathlon
TRIATHLON					
Team Relay	Legal	Legal	Legal	Legal	Illegal
Super Sprint Distance	Legal	Legal	Legal	Illegal	
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Both options	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
DUATHLON					
Team Relay	Legal	Legal	Legal	Legal	
Super Sprint	Legal	Legal	Legal	Illegal	
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
AQUATHLON					
WINTER TRIATHLON					
(all distances)	Legal				
CROSS TRIATHLON AND DUATHLON					
(all distances)	Legal				
AQUABIKE				Illegal	

c.) Draft-legal events:

- (i) Unless otherwise explicitly allowed for reasons of logistics and with prior approval of the sanctioning national federation, it is forbidden to draft off a different gender athlete.
- (ii) It is forbidden to draft off a motorbike or vehicle.

- (iii) The only allowed riding position in draft-legal events requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle (see figure below).



6. Running Conduct

6.1 An athlete may not crawl.

6.2 An athlete may not run barefoot or without footwear on any part of the run course of an event.

6.3 An athlete must always display their run bib number, if provided, on the run course. The number itself must remain unaltered and observable. Those not complying may incur a Yellow Card Stop-Start penalty, unless the official considers that the identification number has been unintentionally lost.

6.4 An athlete cannot be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course.

6.5 At USAT National Events and World Triathlon Qualifying Events only, an athlete cannot be accompanied by any non-competing person in the finish chute (unless an exception has been issued using a special rule approved by the sanctioning officer or Head Referee). Athletes participating at all other USA Triathlon sanctioned events are reminded that any activity during a race judged to constitute endangerment by the Head Official may result in disqualification.

7. Transition Area Conduct

7.1 An athlete must mount and dismount the bicycle at the respective designated mounting and dismounting zones. Athletes must mount their bicycles after the mount line by having one complete foot in contact with the ground after the mount line and must dismount their bicycles before the dismount line by having one complete foot in contact with the ground before the dismount line.

7.2 An athlete must always rack their own bicycle at their designated bicycle rack location only and leave it in a stable position. It must be racked by either the seat or both brake hoods as determined by race management. The bike must be racked in such a manner that the majority of the bike is on the number side.

7.3 If a rack number is assigned, athletes must always place all their equipment at their bicycle rack location on the number side of the rack.

7.4 An athlete must not interfere with another athlete's equipment, but where accidental interference occurs the offending athlete must replace the equipment in its former position and state before proceeding.

7.5 Marking by an athlete of a position in the transition area is forbidden. Marks and objects used for marking purposes may be removed and the athletes may not be notified. Towels or mats used for setting up a transition area in age group non-draft legal races are not considered markings.

7.6 Only equipment to be used in the competition should be left in transition. All other belongings and equipment should be removed before the competition starts unless otherwise allowed by race management.

7.7 Chin Strap Violations.

The helmet must be securely fastened at all times when the participant 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.

- a.) If a participant moves the bike off the course for any reason, the participant may not unfasten or remove the helmet until after the athlete has moved outside the boundary of the bike course route and has dismounted the bike; and the athlete must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike. Any violation of this section which occurs while the participant is in the transition area, unless corrected upon warning, may result in a time penalty. Any other violation of this section may result in disqualification.
- b.) For draft-legal events only, the helmet strap should remain unfastened in the transition area while the athlete is completing the first segment and should remain unfastened until the athlete is prepared to begin the bicycle portion of the event. The helmet strap must be fastened in the transition area prior to the participant taking possession of the bike.

8. Paratriathlon

8.1 General: Paratriathlon, as per the World Triathlon Constitution, is governed by the World Triathlon Competition Rules. This section contains the rules that affect only paratriathlon.

8.2 Paratriathlon Sport Classes:

- a.) World Triathlon Paratriathlon has implemented an evidence-based classification system 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 nine (9) sport classes:
 - (i) PTWC1: Most impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment.
 - (ii) PTWC2: Least impaired wheelchair users. Athletes must use a recumbent handcycle

on the bike course and a racing wheelchair on the run segment.

- (iii) PTS2: Severe impairments. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices.
- (iv) PTS3: Significant impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- (v) PTS4: Moderate impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- (vi) PTS5: Mild Impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- (vii) PTVI1: Includes athletes who are totally blind, from no light perception in either eye, to some light perception. One guide is mandatory throughout the race. Must ride a tandem during the bike segment.
- (viii) PTVI2: Includes athletes who are more severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.
- (ix) PTVI3: Includes athletes who are less severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.

8.3 Paratriathlon Medal Events:

- a.) There will be six (6) medal events as follows:
 - (i) PTWC: PTWC1 and PTWC2 sport class athletes competing together
 - (ii) PTS2
 - (iii) PTS3
 - (iv) PTS4
 - (v) PTS5
 - (vi) PTVI: PTVI1, PTVI2 and PTVI3 sport class athletes competing together

8.4 Classification:

- a.) Paratriathlon Classification Rules are subject to the decisions of the World Triathlon Technical Committee. Any questions should be directed to USA Triathlon High Performance.
- b.) All paratriathletes competing at a World Triathlon-sanctioned competition must have an international paratriathlon classification to ensure they meet the minimum 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 a World Triathlon designated Classification Panel prior to the competition.

- (ii) provide, at time of classification, the “World Triathlon PI Medical Diagnostics Form” or “World Triathlon VI Medical Diagnostics Form” signed by the appropriate medical personnel, a passport sized photo and any other relevant medical documentation.
- c.) Paratriathletes competing at a World Triathlon event, where classification is not available, will be informed through their National Federation to submit specific medical documentation to World Triathlon no later than six 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. World Triathlon will study each request on a case-to-case basis and decide whether the relevant competition results need to be modified.

8.5 Eligible Classes and Competition 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 all together or grouped in waves. Athletes from the same sport class and gender must start in the same wave.
- c.) The Paratriathlon competitions at the Paralympic Games, the World Triathlon Para Championships, the Continental Triathlon Para Championships, World Triathlon Para Series and the World Triathlon Para Cups are taking place on sprint distance will have a time limit of 2 hours.
- d.) In a duathlon event, a Paratriathlon competition should be organized at least in two wave starts with a difference of at least one (1) minute. PTWC1 and PTWC2 athletes should start in the first wave and the rest of the athletes in the second wave.
- e.) At the discretion of the Head Referee the competition format may be changed.
- f.) Athletes in different classes may compete together by using the staggered start called “Interval Start System.”

- (i) In competitions where all classes start together, the relevant compensation time will be added to the final times of the athletes competing in the classes, as follows:

	PTWC1 Men	PTWC2 Men	PTWC1 Women	PTWC2 Women
Sprint triathlon	0:00	+3:00	0:00	+3:38
Sprint duathlon	0:00	+2:40	0:00	+3:13

	PTVI1 Men	PTVI2/PTVI3 Men	PTVI1 Women	PTVI2/PTVI3 Women
Sprint triathlon	0:00	+2:41	0:00	+3:11
Sprint duathlon	0:00	+2:28	0:00	+2:55

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

- (ii) If an athlete is reclassified into a different class following observation, their finishing time will be adjusted according to the designated compensation times.
- (iii) In order to avoid overlapping or issues due to time constraints, the Head Referee may allow a mass start.

8.6 Paratriathlete Briefing:

- a.) When a briefing occurs, all guides and personal handlers must be registered at the briefing.
- b.) All paratriathletes will pick up their own race packet following the briefing. The race packet will include:
- (i) PTWC athletes: red, yellow or green swim cap, 3 race number stickers for the helmet, 1 race number sticker for the handcycle, 1 race number sticker for the racing wheelchair, 4 sets of body marking, 1 race number sticker for the daily wheelchair, 1 bib number for the athlete and 1 bib number for the personal handler.
- (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, 4 sets of body marking, 1 bib number for the athlete or 4 sets of body marking, and 1 bib number for the personal handler if authorized.
- (iii) PTVI: PTVI1 (1 orange swim cap for the athlete) and PTVI2/3 (1 green swim cap for the athlete) Common items: 1 white swim cap for the guide, 6 race number stickers for the helmets, 1 race number sticker for the bike, 4 sets of body marking for the athlete and 1 bib number for the guide with the word "GUIDE" written on it.

8.7 Paratriathlon Personal Handlers:

- a.) Securing qualified personal handlers shall be the responsibility of the paratriathlete and they should all be identified, and when provided, receive credentials from the officials at the Paratriathlon Briefing.
- b.) Personal handlers are to be allotted as follows: 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 the competitions. The approval for already classified athletes will be done by an Approval Panel composed of:
 - (i) World Triathlon Head of Classification.
 - (ii) A member of the World Triathlon Paratriathlon Committee.
 - (iii) A person designated by the Sport Department.
 - (iv) Up to one (1) personal handler for sport class PTWC.
 - (v) No personal handlers for sport class PTVI1, PTVI2 and PTVI3 (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. PTVI1, PTVI2 and PTVI3 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 USA Triathlon Competition Rules in addition to further regulations deemed appropriate or necessary by the Head 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 one athlete.
- g.) All personal handlers shall be located within two (2) meters of their athletes' transition spot during the competition. Permission from an official is required in order to move outside that zone.

8.8 Paratriathlon Registration. When required:

- a.) Briefing registration:
 - (i) Paratriathletes must 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.
 - (ii) Paratriathletes must attend the briefing with their personal handler.
 - (iii) Immediately after the briefing, they will collect their race package and their personal handler will collect the personal handler's t-shirt, as provided by Race Management.
- b.) Paratriathlete lounge check in. When provided:
 - (i) Paratriathletes and personal handlers must check in together.
 - (ii) Personal handlers need to present themselves with the bib number and the official personal handler's t-shirt.
 - (iii) If a paratriathlete is present without his/her personal handler, the athlete has to wait until the personal handler arrives. If the paratriathlete wishes to register on his/her own, then the personal handler 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 Head Referee.
 - (v) Two timing chips will be delivered to all athletes during this process.
 - (vi) Equipment (prosthesis, crutches, etc.) for the pre-transition area (must have a race number on it) will be checked at the paratriathlete lounge.

8.9 Pre-Transition Area:

- a.) If a pre-transition area exists, paratriathletes in PTWC1, PTWC2, PTS2, PTS3, PTS4 and PTS5 sport classes may remove their wetsuits in this area. Only personal handlers from athletes racing in the PTWC1 and PTWC2 sport class are allowed to assist their assigned paratriathlete in this area but cannot propel nor push the athlete forward.
- b.) All PTWC1 and PTWC2 athletes must transfer in a day chair from pre-transition to transition. The wheelchairs provided by the PTWC1 and PTWC2 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 PTWC1 and PTWC2 wheelchairs according to their race number.
- d.) There should be a dedicated space in the pre-transition area with numbered chairs from 1-9+0, to set up and display all prosthetic devices/crutches for Paratriathletes from the

PTS2, PTS3, PTS4 and PTS5 sport classes (if required). PTS2, PTS3, PTS4 and PTS5 athletes must leave their prosthesis or crutches at the chair with the same number as the last digit of their race number. 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 Technical Official situated at the water exit. All of the equipment will be lined up in numerical order.

- e.) No athlete equipment can be left in the pre-transition area, once the athlete exits the pre-transition area. The personal handler is allowed to carry the equipment of an athlete.
- 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.

8.10 Transition Area:

- a.) Race Management should provide a minimum of 16 swim exit assistants at the swim exit area, who will be responsible for assisting the paratriathletes from the swim exit to the pre-transition area. The final number of swim exit assistants shall be determined by the assigned official. Only these persons will be allowed to enter this area. Their training should be supervised by the assigned official.
- b.) During the swim exit, the paratriathletes will receive assistance from the swim exit assistants according to their swim cap colors 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 mobility equipment shall remain within each Paratriathlete's assigned space in the transition zone. All used swim caps, goggles, wetsuits, swim tethers, helmets must be placed in the box provided in their space.
- f.) Bike shoes must be left in the athlete assigned space in the transition area, before and after the bike segment.

- g.) PTVI1, PTVI2 and PTVI3 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 PTWC1 and PTWC2. PTWC1 and PTWC2 Paratriathletes are allowed to ride the handcycle inside the transition area.
- h.) Each PTWC1 and PTWC2 Paratriathlete will have an individual space of 4x2 meters. The athlete, the handlers and all the equipment will be inside this space, while completing transition activities.
- i.) A post-transition area after the first transition spot and before the mount line will be provided to drop off prosthetic legs used for athletes who do not wish to hop a long distance in transition. That equipment would move back to the athlete's space in the transition zone by a technical official or an authorized person by the Head Official to perform this action. That equipment must be clearly identified with the athletes.

8.11 Paratriathlon Swimming:

- a.) For safety reasons, categories will be presented during the paratriathletes' presentation at competition start in the following order: PTVI1, PTVI2, PTVI3, PTS5, PTS4, PTS3, PTS2, PTWC1 and PTWC2. For safety reasons, PTWC1 and PTWC2 paratriathletes 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 paratriathlete has not completed the swim course within this time limit and is more than 100 meters short of the finish, they shall be removed immediately from the water.
- h.) Wetsuits will not be permitted when the water temperature is 24.6 °Celsius or above.
- i.) If the water temperature is between 30.1°C and 32.0°C, the maximum stay in water 20 minutes.
- j.) The swim portion may be cancelled if the official water temperature is higher than 32°C or lower than 15 °C. (Official water temperature is calculated, as indicated in the chart below). 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 (All values in °C)								
		15	14	13	12	11	10	9	8	7
Water Temperature (All values in 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

8.12 Paratriathlon Cycling:

- a.) Paratriathlon competitions are non-draft legal 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 section 5.10.
- 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 handcycles 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 hand grips and prosthetics can be fixed to the bike or to the athlete’s body, but not both simultaneously.
- j.) Except for handcycles (PTWC1 and PTWC2), 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.) For use in World Triathlon competitions all requests for impairment adaptations to any bike or handcycle must be submitted to the designated party for the must be submitted by the corresponding National Federation in writing for World Triathlon approval at least one (1) month before the event in which the athlete wishes to compete in, with a clear explanation and a minimum of 5 pictures using the form named “Equipment Adaptation Form” posted under:
http://www.triathlon.org/about/downloads_category/paratriathlon. The solicitant will be informed by the World Triathlon on the outcome of the request once the panel has reviewed the information. If accepted, the information will be incorporated to the “Approved Para triathlon Impairment Adaptations on Bicycles” file under the same location
- m.) USA Triathlon and the race 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.) If the use of the bib number is mandatory, it must be visible from the back.

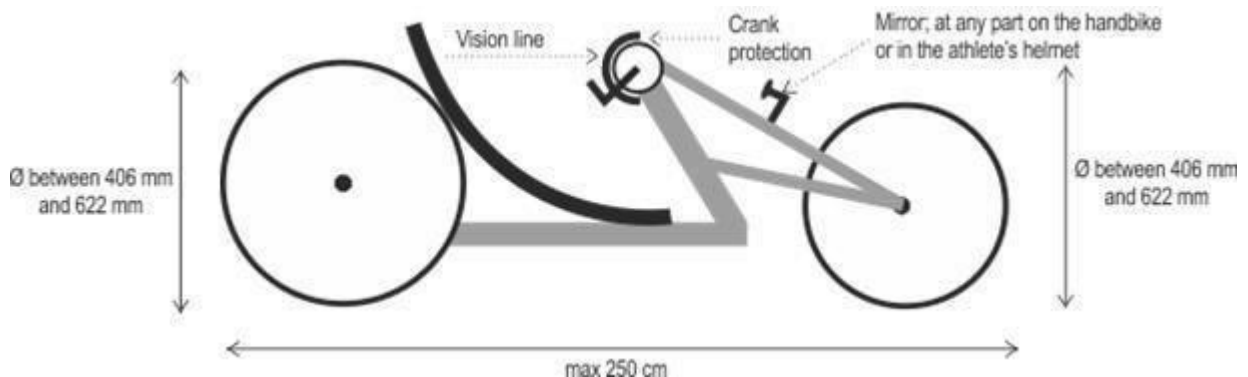
8.13 Paratriathlon PTWC1 and PTWC2 Swimming:

- a.) Athletes may only use up to 3 bindings made of non-floating material 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 must 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 knee braces have to be approved by the designated USA Triathlon Paratriathlon representative or a Head Official authorized by the designated USA Triathlon Paratriathlon representative.
- d.) The use of wetsuit bottoms is always permitted. 5 mm +/- 0.3 mm thickness applies

8.14 Paratriathlon PTWC1 and PTWC2 Cycling:

- 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, 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 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 shall be steerable and 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, chainwheels, chain and gears, with hand grips 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 center of the crank housing/crank set, when the athlete 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 center of the paratriathlete's eyes and (#2) the distance from the ground to the center 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 competition.
- (vii) Wheels of the handcycle may vary in diameter between a (ERTRO) 406 mm minimum and a 622 mm maximum, excluding the tire. 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 center of each tire where the tires touch the ground.
- (viii) Disc wheels are allowed.
- (ix) Disc brakes are allowed.
- (x) A handcycle shall not measure more than 250 cm in length or 75 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) 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) quick release body harness is permitted.
 - (xv) Paratriathletes must ensure that their lower limbs have enough support/bracing/footrest to prevent them from dragging or making contact with the ground during the event.
- c.) The bib 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 line exiting Transition 1 and at the dismount line on entering Transition 2. Once stopped, the assigned Official will say "Go" and the athlete can continue the competition. 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.

8.15 Paratriathlon PTWC1 and PTWC2 Running:

- a.) All paratriathletes 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 tire, shall not exceed 70 cm. The maximum diameter of the small wheel, including the inflated tire, 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) Paratriathletes 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 tires.
 - (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 the 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 cards will be used to inform the athletes. Drafting is entering the motorbike or vehicle drafting zone (penalties outlined in 3.):
- (i) Motorbike draft zone: the draft zone behind a motorbike will be 15 meters long.
 - (ii) 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 is ahead of his/hers.
- f.) PTWC1 and PTWC2 athletes will be judged as finished, the moment in which the center

of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line.

- g.) The bib 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.

8.16 Paratriathlon PTS2, PTS3, PTS4 and PTS5 Running:

- a.) Athletes with a lower limb deficiency are permitted to use a prosthesis on that limb only to ensure both legs are balanced and to allow for symmetrical movement during competition. The effective need/use of prostheses, orthoses or other special adaptive equipment must be approved during the classification evaluation and/or evaluated by the Classification Advisory Group.
- b.) The use of running blades is only allowed as long as they are mounted on a prosthesis.
- c.) Athletes will wear a bib number or four sets of body decals, which will be visible from the front.

8.17 Paratriathlon PTVI1, PTVI2 and PTVI3: The following additional rules apply to all visually impaired (PTVI1, PTVI2 and PTVI3) Paratriathletes 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 license from the same National Federation.
 - (iii) Each athlete is allowed a maximum of one (1) guide during each competition.
 - (iv) An athlete cannot act as a guide until a period of twelve (12) months has passed since his/her last sprint or standard distance elite triathlon World Triathlon event or any elite triathlon event recognized by World Triathlon on sprint or standard distance.
 - (v) All guides must comply with minimum age requirements as per the USAT Competition rules.
 - (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 in order to gain unfair

advantage.

- (viii) Athlete and guide shall not be more than 1.5m apart during the swim segment and no more than 0.5m 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 PTVI1 athletes must wear blackout goggles throughout the entire competition. 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 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 World Triathlon Anti-Doping Rules.

b.) Swimming:

- (i) Each athlete must be tethered to their own guide during the swim.
- (ii) At no time may a guide propel, pull or push the Paratriathlete with any part of their own body in order to gain an unfair advantage.
- (iii) The guide must swim next to the athlete within a maximum separation distance of 1.5m from the athletes' head to the guide's head. The tether must be elastic rope with bright or reflective color and up to 80cm long measured with no tension. It can be fixed at any point of the athletes' body.

c.) Cycling:

- (i) All Paratriathletes 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 2.70m long and 0.5m wide.
 - The tandem top tube, and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.

d.) Running:

- (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 competition. 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 0.5m maximum separation distance.
- (iv) Free Leading zones: for safety reasons, contact is allowed 10m 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 Head Referee and indicated at the athlete's briefing.

8.18 Outside Assistance:

- a.) Head Referees may determine areas or sections of the course where paratriathletes may receive assistance, what assistance may be provided and the instructions and conditions applicable.
- b.) Assistance can be provided to a paratriathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, Event Personnel, or another athlete in the same race.

8.19 Hygiene:

- a.) It is mandatory for all paratriathletes, 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.

8.20 Paratriathlon Development Races:

- a.) The enforcement of the Paratriathlon rules in may be modified on a race-by-race basis in partnership with the assigned officials, race management, and the coaches assigned by High Performance.

9. Cross Triathlon and Duathlon

9.1 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.

9.2 Distances:

- a.) The distance of cross triathlon is outlined in Appendix K.
- b.) The distance of cross duathlon is outlined in Appendix K.
- c.) The course should have demanding hills and challenging technical aspects. A 5% tolerance margin will be accepted for the distance of the bike course, provided it has been approved by the Head Referee.

9.3 Official Training and Familiarization:

- a.) Official training and familiarization sessions may be conducted by the Head Referee and the Race Management. Athletes and coaches may attend these official training and familiarization sessions.
- b.) Conduct on competition days: Athletes are not allowed to warm up or do any course familiarization while a competition is in progress.

9.4 Mountain Biking:

- a.) The minimum tire diameter is 26 inches and maximum is 29 inches. The minimum cross section is 1.5 inch.
- b.) Front and rear wheels may have different diameter.
- c.) Studded and/or slick tires are allowed.
- d.) Athletes are allowed to push or carry the bike over the course.
- e.) Drafting is allowed for same gender and also different gender athletes. For safety reasons there may be no passing zones on the course.
- f.) Lapped athletes will not be removed from the competition.
- g.) Clip-on aero bars are not allowed.
- h.) Traditional-road handlebars are forbidden.
- i.) Traditional MTB bar ends are authorized. Ends must be plugged.
- j.) Athletes must bring their own tools and parts and must carry out their own repairs.

9.5 Transition Area:

- a.) See all reference in Competition Rules, section 7.

9.6 Running:

- a.) Spike shoes are allowed.

9.7 Coaches Stations:

- a.) Coaches will have a designated space available on the bike and run segments in order to supply athletes with their own food and beverages.

9.8 Special Needs:

- a.) Additional stations on the bike and or run may be provided for special needs.
- b.) Any items given out at these stations will be the handed out by volunteers supplied by the Race Management.
- c.) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.
- d.) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The athlete is responsible to carry out their own repairs.

10. Aquabike

10.1 General:

- a.) A USA Triathlon event offering a swim and bike only competition may not fall under the formal aquabike rules. A formal aquabike under USA Triathlon Rules shall consist of swimming, transition area 1, and cycling.
- b.) The aquabike finish in a formal aquabike race under USA Triathlon Rules shall be at the designated finish line timing area prior to the dismount area. Between the finish area and the awards gantry a distance of 40-200m should be designated as a safety precaution. Finishing position shall be determined by use of timing devices.
- c.) Aquabike events will be organized only for age-group categories.
- d.) Aquabike may be included in the program of an event, which includes a triathlon race. Aquabike will have the same swim and bike distances as the triathlon programed in the same event.
- e.) Aquabike may happen as a standalone event on the distances indicated in Appendix A.

10.2 Specific Rules

- a.) General rules, specific rules and rule exceptions applicable to the triathlon event from which the aquabike event is attached are applicable also for the aquabike event.

- b.) Rules applicable to triathlon are applicable to aquabike in case of standalone events.

11. Indoor Triathlon

11.1 Definition:

An Indoor triathlon consists of a triathlon, which takes place in a closed space such as a sports pavilion, which has a swimming pool, a cycling track and a running track.

11.2 Swimming:

Maximum two athletes are allowed per lane of 2.5 meters wide, where they must keep to the side all the time.

11.3 Transition Area:

Following the swim there may be a ten (10) second "neutralized" time period that is compulsory for all athletes. The purpose of this period is to sponge excess water off the athletes. Water on the track makes it very slippery and dangerous for all athletes. Not complying with this rule will result in disqualification.

11.4 Cycling:

- a.) The lapped athletes will be not removed from the race.
- b.) Athletes can draft from others who are on a different lap.

11.5 Running:

Spike shoes are not allowed.

12. Middle- And Long-Distance Events

12.1 Penalties:

Details about penalties are outlined in section 3.

12.2 Special Needs Station:

- a.) Additional stations on the bike and or run may be provided for special needs.
- b.) Any items given out at these stations will be the handed out by volunteers supplied by Race Management.

12.3 Transition area:

- a.) In the transition area, Race Management staff may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes.
- b.) Athletes are allowed to replace their uniforms in the transition area. If the athlete needs to become nude to do it, this action needs to be done inside the tent provided by the

Race Management for this purpose. All the uniforms used by the athlete must comply with the World Triathlon Competition Rules.

- c.) For the events where the bag drop system is in place, all equipment must be deposited inside the proper bag provided by the Race Management. The only exception is the bike shoes that may remain attached to the pedals at all times.

12.4 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 that it needs to be zipped up prior to crossing the finish line.

12.5 Outside Assistance:

- a.) Medical assistance, food and liquid are permitted at aid stations, special needs stations.
- b.) Bike catchers may be provided.
- c.) Bike Mechanic support may be provided at the approved locations and by the approved vehicles.
- d.) The Race Management may provide helpers to remove wetsuits.
- e.) All other outside assistance is prohibited.

13. Winter Triathlon and Winter Duathlon

13.1 General

- a.) Winter Triathlon and Winter Duathlon may take place in different formats:
 - (i) Winter Triathlon:
 - 3 segments: Running, mountain biking and cross-country skiing
 - 6 segments: Running, mountain biking and cross-country skiing repeated continuously twice
 - (ii) S3 Winter Triathlon: Running, skating and cross-country skiing
 - (iii) Winter Duathlon:
 - 6 segments: Running and cross-country skiing repeated continuously three times
- b.) All segments of the competition will be preferably on snow or ice. The run and bike

segment can also take place on a different surface.

- c.) Conduct on competition days: Athletes are not allowed to warm up or do any familiarization on the course while a competition is in progress.

13.2 Running:

- a.) Running shoes are mandatory on the running segment. This rule is not applicable to age-Group athletes.
- b.) Running shoes with spikes are allowed.

13.3 Mountain Biking:

- a.) The minimum tire diameter is 26 inches and the maximum is 29 inches. The minimum cross section is 1.5 inch.
- b.) Front and rear wheels may have different diameters.
- c.) The bike segment of winter triathlon competitions is laid out as a cross-country course over snow and may follow normal roads or paths.
- d.) Athletes are allowed to push or carry the bike over the course.
- e.) Drafting is allowed. For safety reasons there may be no passing zones on the course. Lapped athletes will not be removed from the competition.
- f.) Clip-ons are not allowed.
- g.) Traditional-road handlebars are forbidden.
- h.) Athletes must bring their own tools and parts and must carry out their own repairs.
- i.) Spiked tires are allowed provided that the spikes are shorter than 5 mm. measured from the tire surface.
- j.) Traditional MTB bar ends are authorized. Ends must be plugged.

13.4 Skiing:

- a.) Testing of equipment (skis) is allowed prior to the competition on specially marked tracks, or on the competition-course, if announced by the Technical Officials.
- b.) Athletes cannot be accompanied by team members, team managers or other pacemakers on the course, during the competition.
- c.) Athletes are allowed to change one ski and both poles.
- d.) Athletes may ski using their preferred technique.
- e.) Head Referee may determine that the classic style is mandatory in specific areas.
- f.) Wearing the bike helmet during the ski segment is not allowed. However, due to the

effect of cold temperatures on mobility, wearing a helmet could be authorized by the Head Referee.

- g.) Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible.
- h.) The last straight (50-100m) will be the finish chute. This zone is normally separated into corridors to avoid the athletes impeding other athletes' progress. They must be clearly marked and highly visible, but the markings must not interfere with the skis. The corridors should be as long as possible. The number, width and length of corridors will be determined by the Head Referee.
- i.) In the finish chute, athletes are not allowed to change from one corridor to another, except to overtake.
- j.) Athletes cannot remove their skis until at least 10m past the finish line. The last ski check will take place after this line.
- k.) Ski shoes are mandatory in the cross-country ski segment. This rule is not applicable to age-group athletes.

13.5 Skating:

- a.) All types of skates, including Nordic blades, are allowed.
- b.) Athletes are not allowed to change any of the skates.
- c.) Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible.
- d.) Athletes will wear helmets, as outlined in Competition Rules 5.2 g.

13.6 Transition Area:

- a.) Skiing inside the transition area is forbidden.
- b.) Athletes must put on and take off their running shoes and skates within the transition area, in the athletes' own space. If a "Nordic blades changing zone" is provided, athletes may choose to put the Nordic blades on there.
- c.) In the transition area, Technical Officials may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes.
- d.) All athletes must have their helmet securely fastened from the time they remove their bike from the rack at the start of the bike leg or when they put the skates on, until after they have placed their bike on the rack at the finish of the bike leg or when they take the skates off.

- e.) A “Nordic blades changing area” may be created by the side of the edge of the ice.
- f.) A littering zone will be placed after the “ski placing line” where the athletes can discard the shoe covers.

13.7 Coaches’ Station:

Coaches will have a designated space available on the bike segment in order to supply athletes with their own food and beverages.

13.8 Special Needs Station:

- a.) Additional stations on the bike and or run may be provided for special needs.
- b.) Any items given out at these stations will be the handed out by volunteers supplied by the Race Management.
- c.) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.
- d.) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The athlete is responsible to carry out their own repairs.

13.9 Finish Definition:

An athlete will be judged as “finished,” the moment the tip of the front ski boot crosses a vertical line extending from the leading edge of the finish line.

13.10 Weather conditions:

The competition will be cancelled when the air temperature is lower than -18 °C.

14. Team and Relay Events

Type of competition	
Triathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Triathlon-LD	Adding 3 best times
Duathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Duathlon-LD	Adding 3 best times
Winter	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Cross-Triathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Cross-Duathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Aquathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Corporate-Triathlon	Corporate

14.1 Types of Events:

- a.) Mixed Relay: A team is composed of 4 athletes: 2 men and 2 women, who will compete in the following order: man, woman, man, woman. Each of them will cover a complete aquathlon, triathlon, cross triathlon, duathlon, cross duathlon, winter triathlon or winter duathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th athlete. Time is continuous and the timing does not stop between athletes.
- b.) 2x2 Mixed Relay: A team is composed of 2 athletes: 1 man and 1 woman, who will compete in the following order: man, woman, man, woman. Each of them will cover a complete twice aquathlon, triathlon, cross triathlon, duathlon, cross duathlon or winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the second leg of the 2nd athlete. Time is continuous and the timing does not stop between athletes.
- c.) 3x Relay: A team is composed of 3 athletes of the same gender. Each of them will cover a complete aquathlon, triathlon, cross triathlon, duathlon, cross duathlon or winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the 3rd athlete. Time is continuous and the timing does not stop between athletes.
- d.) Corporate: A team is composed of 3 athletes regardless of gender. The first athlete 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 athlete. Time is continuous and the timing does not stop between athletes.

- e.) Team Relay: The total team time is the addition of the 3 best times of the athletes from the same gender. In case of a tie, the time of the third team member will determine the team result.

14.2 Eligibility:

The general eligibility rules based on athlete age apply regarding race distances for team and relay events:

- a.) Categories for Age-Group specific races will be as the following: 15-19 years, 20-29 years, 30-39 years 40-49 years 50-59 years, 60-69 years, 70 and above years.
- b.) All athletes in the team need to be within the range of the age category of the team.

14.3 Competition Day Check-in:

All the team members must check in together. Team members can use the same bike.

14.4 Relay Exchange:

The relay exchange from one team member to another may take place inside the exchange zone or other designated area, which should be 15m long; The exchange is completed by the in-coming athlete, using their hand to contact the body of the out-going athlete within the relay zone; If the exchange occurs unintentionally outside the exchange zone, the team will receive a stop/go penalty (age group) or serve penalty at run penalty box (Elite and Development). If the relay exchange was done intentionally outside the relay zone, the team will be disqualified. If the exchange is not completed, the team will be disqualified; Prior to the relay exchange, the athletes will wait in a pre-relay exchange area until the official tells them to enter the exchange zone

14.5 Infringements:

Infringements due to starting before the official start signal will be served by the first athlete in Transition 1. All other time penalties will be penalized with a Yellow Card Stop/Go Penalty (age group) or serve penalty at run penalty box (Elite and Development).

14.6 Finish:

Only the last team member is allowed to cross the finish line.

15. Modifications to the Rules

These rules will apply to all events that fall within the jurisdiction of USA Triathlon. To that end, throughout these Competition Rules, unless otherwise specified, the term 'triathlon' is used in its generic form to imply any of those events.

It is important to know the intent and purpose of a rule so that it may be intelligently applied in each situation. An athlete must not be permitted an advantage not intended by a rule, or to place the health or welfare of anyone in jeopardy. To implement this philosophy, many of the rules are written in general terms. This practice minimizes the necessity for a multiplicity of rules and provides the officials with

ample authority to adapt their application of the rules to fit conditions. Technical Officials must base their determination on whether an unfair competitive advantage, not intended by the rules, has been gained or health or welfare of any athlete has been jeopardized.

16. Exceptions to the Rules

These USA Triathlon Competition Rules will be applicable to all events sanctioned by USA Triathlon. Where the USA Triathlon Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, those laws will override the USA Triathlon Competition Rules the extent of the inconsistency, and athletes must be notified of the implications of these laws as early as possible and not later than prior to the start of the event.

Exceptions for special circumstances in a particular event may only be gained from USA Triathlon, though, with prior approval.

17. Amendments

18.1 The designated authority of USA Triathlon's National Events may approve the addition of special rules through amendments for a particular event, provided that:

- a.) Participants are informed of each additional special rule before the event; and
- b.) Each additional special rule and the reasons for its inclusion are approved by the designated authority of USA Triathlon's National Events before the day on which the event is to be conducted.

18. Unauthorized Exceptions or Additions

If an exception or addition of a race completion rule is not authorized, the event cannot be sanctioned. Any existing sanction may be invalidated. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from state and local authorities to use roads and waterways.

19. Rule Changes

The USA Triathlon Competition Rules may be changed from time to time by the USA Triathlon Board, at its absolute discretion consistent with the following conditions:

- a.) Any rules change will be consistent with the intent of the World Triathlon and USA Triathlon Competition Rules.
- b.) Any such rule change shall not take effect until 14 days after it has been posted on the USA Triathlon website.

20. Protests

An athlete may file a protest with the Head Referee provided that the matter under consideration has not previously been ruled upon by the Head Referee. A protest cannot be made on any matter involving

a judgment call by an official. Matters relating to the lodging and consideration of protests are explained in Appendix F – Protest Procedures.

21. Appeals

An athlete may file an appeal with USA Triathlon against a ruling of the Head Referee, provided that the decision appealed against is not a judgment call and has not previously been the subject of an appeal and ruled upon by the Race Competition Jury. Matters relating to the lodging and consideration of appeals are explained in Appendix E Race Competition Jury and Appendix G – Hearings and Appeals.

AT. Adaptive Triathlon Rules, Accessibility Divisions, and Recommendations

Preface: Not all athletes with ADA defined impairments fit into a Paratriathlon medical classification or can follow the strict equipment usage rules of Paratriathlon. This section defines the currently approved acceptable accommodations for the various needs of ATs for participation in multisport events. While not completely comprehensive in terms of allowable accommodations for accessibility, these rules, defined accessibility divisions, and recommendations are intended to provide direction for participation for AT athletes. Athletes requiring accommodations for participation in multisport that are not represented in this document should reach out to USA Triathlon and formally request those additional accommodations for consideration and approval as well as inclusion in future versions of the AT category at rulesandofficials@usatriathlon.org.

AT 1. General Conduct: The conduct of athletes in competition, other than equipment restrictions, shall be governed by Paratriathlon Rules and the USAT Competition Rules.

AT 2. Eligibility: Participation in the Adaptive Triathlon Division is available to all athletes with a medically verified physical, visual, neurological, or intellectual impairment that limits one or more major life activities. Formal Paratriathlon classification into approved categories is not required for participation in the Adaptive Triathlon Division nor does such classification status prohibit an athlete from participating in the Adaptive Triathlon Division.

AT 2.1 Adaptive Triathlon Division 1 (ATD1).

- a.) This division may be offered in agreement with Race Management at any accessible USAT sanctioned race, including being offered alongside Paratriathlon at USAT Paratriathlon Championships, USAT Paratriathlon Development Series, USAT Paratriathlon Championship events.
- b.) This division is open to athletes with physical and visual impairments that are not able to be classified into Championship Paratriathlon competition categories or choose not to do so.
- c.) This division is open to athletes who choose not to race according to USAT or World Triathlon Paratriathlon rules (for example by choosing different equipment, racing with a guide of a different gender, etc.).
- d.) Adaptive Triathlon Division 1 consists of three main sub-divisions
 - (i) ATD1 Ambulatory

- (ii) ATD1 Wheelchair
- (iii) ATD1 Visually Impaired

AT 2.2 Adaptive Triathlon Division 2 (ATD2)

- a.) This division may be offered in agreement with Race Management at any accessible USAT sanctioned race including USAT Youth and Junior National Championships and any other designated USAT National Championship.
- b.) This division is open for those athletes who require adaptations and/or accommodations to be able to race multisport events but can do so with limited assistance or equipment adaptations. Those eligible include all those with medically verified intellectual impairments including but not limited to Downs Syndrome, autism, etc.
- c.) Intellectual impairment athletes are those athletes with certain limitations in cognitive functioning and other skills, including communication and self-care. These limitations can cause a person to develop and learn more slowly or differently.

AT 2.3 Adaptive Triathlon Division 3 (ATD3)

- a.) This division may be offered in agreement with Race Management at any accessible USAT sanctioned race including USAT Youth and Junior National Championships and any other designated USAT National Championship.
- b.) This division is open for those other athletes who require adaptations to be able to race multisport events but can do so with limited assistance or equipment adaptations.
- c.) Those eligible include but are not limited to those athletes with medically verified conditions such as TBI/PTSD, chronic diseases, congenital conditions, neurological conditions, etc.

AT 2.4. Adaptive Triathlon Division 4 (ATD4)

- a.) This division may be offered in agreement with Race Management at any accessible USAT sanctioned race including any designated USAT National Championship.
- b.) This division is open for athletes who race with another athlete who pulls, pushes, or propels the athlete through the race course. For reasons of athlete safety, these are teams that must start in their own wave and behind all other athlete waves.

AT 2.5 Adaptive Triathlon Temporary Mobility Impairment (ATTMI)

- a.) This division may be offered in agreement with Race Management at any accessible USAT sanctioned race excluding USAT National Championship Events.
- b.) This division is a participatory category that allows athletes with some form of medically verified, significant, and temporary injury that would require accommodations for participation in multisport events. Athletes wishing to participate in this category may request suitable accommodations from Race Management and they may be provided without prior approval of USA Triathlon. However, the athlete's results are not eligible for rankings or awards that may be available to the participants in the other divisions referenced in this document.

AT 3. Equipment:

- a.) Athletes participating in an Adaptive Triathlon Division will often require unique equipment adaptations and accommodation needs for accessibility. As a result, rules and accommodations for these athletes shall remain necessarily flexible in most areas.
- b.) In most cases, adaptive equipment used in the Adaptive Triathlon Division should conform to the equipment standards referenced in the USA Triathlon and/or World Triathlon Competition Rules.
- c.) Exceptions for equipment use accommodations and accessibility include but are not limited to:
 - (i) Participants with any impairment that may affect balance may choose to use stabilizer wheels on the bicycle. The BIKE USA, Inc. Stabilizer Wheel Kit is an adult training wheel kit and it has been approved for use. For information and pictures of the product, see <http://www.stabilizerwheels.com>
 - (ii) Recumbent style tricycles are allowed for use by ATD1 Ambulatory, ATD1 Wheelchair, ATD2, ATD3, and ATTMI categories. NOTE: Recumbent bicycles are not allowed for any participant.
 - (iii) Hand-cycles that do not meet the Paratriathlon measurement restrictions for length, wheel size, seat angle, or have no safety bars, are allowed.
 - (iv) Adaptive Triathlon athletes may use any of the allowed adaptive equipment in combinations that are not permitted in Paratriathlon.
 - (v) Requests to use any equipment that allows for participation within the Adaptive Triathlon Divisions should be made to USA Triathlon at rulesandofficials@usatriathlon.org at least 14 days prior to the event.

AT 4. Accessibility:

AT 4.1 Accessibility for all athletes who could not otherwise participate in multisport events is the guiding foundation of Adaptive Triathlon. Therefore, in partnership with coaches, Race Management, athletes, and those who support them, every effort will be made to be flexible in terms of allowable accommodations for the assistance necessary for participation with athlete safety always a first consideration.

AT 4.2 Participation assistance. Conduct and standards for handlers and guides, as defined in this document shall remain as defined in the Paratriathlon rules with the exception that guides are not required to be the same gender as the visually impaired athlete.

AT 4.3 Categories of allowable assistance:

- a.) Handler: A person who provides assistance to an adaptive athlete who requires physical assistance in transition or at the water.
- b.) Guide: The term **guide** is strictly used for those guiding a visually impaired athlete. The guide and athlete will be tethered together and will use a tandem bicycle to complete the event.

- c.) Race Partner: Someone who provides more limited assistance in the form of guidance and support for II athletes who with such assistance can complete the portions of a multisport event without the accompaniment of a Co-athlete.
- d.) II Co-athlete: Someone who races alongside II athlete to ensure a safe event for the athlete and fellow competitors.

AT 5. Adaptive Triathlon General Recommendations: In partnership with coaches, Race Management, athletes and those who support them, the following recommendations will be used to make final determinations on various aspects of accommodations and accessibility decisions for participation in the Adaptive Triathlon Divisions.

AT 5.1 Starts.

- a.) Wave Starts: Based on the logistics required for a safe and orderly race Adaptive Triathlon divisions may be started in a single wave or broken into separate waves distinct from other age-group waves.
- b.) Time Trial Starts: Based on the logistics required for a safe and orderly race Adaptive Triathlon divisions may be started as a part of a time trial start. In these cases, Adaptive Triathlon athletes should be started with a time gap prior to the start of the Age-Group athlete's time trial start with safety for all the primary determining factor on the timing of the Adaptive Triathlon time trial start.

AT 6. Adaptive Triathlon Recommendations: In partnership with coaches, Race Management, athletes and those who support them, the following recommendations will be used to make final determinations on various aspects of accommodations and accessibility decisions for participation in the Adaptive Triathlon AT2 Division.

AT 6.1 AT2 Mandatory Clinic and Race Briefings. Athletes are required to attend the event specific Clinic and Race Briefing prior to race day. During the clinic, an assessment will be held to determine the pace and time of each athlete to take into consideration the event race distance in which the athlete will participate.

AT 6.2. AT2 Transition. AT2 athletes and their Co-Athletes will be racked side by side. Parents are allowed only if their need is determined at the mandatory pre-event clinic and race briefing. In some cases, if the need for parental presence is determined on race day due to unforeseen circumstances allowance should be made in this area.

AT 6.3 AT2 Competitor Co-athletes. AT2 Co-athletes must be athletes that can maintain appropriate pace with the AT2 athlete throughout the entire race. They may be either gender. May be any age, (15 or older), and must be able to effectively help the athlete safely complete the course. Co-athletes support the AT2 athlete as follows:

- a.) Swim beside the athlete. (No Tether)
- b.) Bike beside or behind the athlete. No tandems allowed unless visually impaired. Adaptive bikes are acceptable.

- c.) Run beside (or directly behind) the athlete.
- d.) For bike and run portions of multisport events Co-athletes will be clearly identified with visual markers designating them as such.

AT 6.4 Recommended Race Distances for ATD2 Athletes:

- a.) 200m swim
- b.) 10k bike (No Tandem Bike unless Visually Impaired)
- c.) 2k run

AT 6.5 AT2 Recommendations for Age-Group Ranges and Determination for Participation. Training groups for intellectually impaired athletes may include athletes with a wide range of chronological ages that do not necessarily represent the intellectual age of the individual athlete. As a result, judgment should be used to determine which athletes should compete in the age group appropriate to their abilities.

- a.) Explanation. Often ATD2 athletes are chronologically older than 18, but intellectually, some fit better at the youth and junior level.
- b.) AT2 athletes that are chronologically older than racing age may, based on a pre-event assessment permitted to participate in a non-age specific category within a standard ATD2 Division.
- c.) Whenever possible ATD2 athletes should be allowed to race in this division competing against athletes within their own age-group range.
- d.) In some cases, chronologically older athletes may be a better fit to race at Age-Group Sprint Nationals.

GM Gravel Multisport Rules and Recommendations

GM 1. General:

Gravel Triathlon consists of swimming, biking, and running. Gravel Duathlon consists of running, biking, and running.

GM 2. Distances and Courses:

The distances for gravel multisport events shall be determined by race management with a fair competition and athlete safety as the primary considerations. When possible, courses should have demanding hills and challenging technical aspects.

GM 3. Illegal and Legal Equipment:

- a.) Time trial bicycles and aero bars of any type are prohibited.
- b.) Fixed gear bicycles and recumbent bicycles are prohibited.
- c.) All other bicycles currently allowed under the competitive rules are allowed.
- d.) Bar ends must be plugged.

GM 4. Course Progress:

- a.) Drafting is allowed. (See Race your own race in Recommendations)
- b.) Athletes are allowed to push or carry the bike over the course.
- c.) For safety reasons race management may establish no passing zones on the course.
- d.) Lapped athletes will not be removed from the competition.

Recommendations

Race your own race: While gravel multisport is a draft legal sport, athletes found to be intentionally abandoning their own ambitions to advance the position of another athlete may be barred from future gravel multisport events. Such a determination is solely a race management decision.

Race Starts: At the sole discretion of race management races may be started as mass starts, wave starts, or time trial starts.

Note: Where the above rules do not supersede, the standard USA Triathlon Competition Rules will apply.

NC: Non-Competitive Rules and Guidelines

NC 1. Guidelines:

These recreational rules, like the competitive rules, are still intended:

- a.) to promote and maintain sportsmanship, equal opportunity and fair play.
- b.) to encourage individual performance and initiative.
- c.) to protect the health, safety and wellbeing of participants.
- d.) to promote the integrity of sport and triathlon as a positive cultural force in modern day society.
- e.) to foster the foregoing ideals through the appropriate enforcement of the competitive rules and the education of new athletes.

NC 1.1 Recreational Rules:

For any sanctioned event, a race director may note as part of their USA Triathlon sanction that their race or an associated race wave will be deemed as recreational rather than governed by the full competition rule set therefore these athletes would not be eligible for rankings. However, they are eligible for awards from race management and their NC results should be submitted to USAT for participation tracking purposes. These recreational Rules are offered as a concise document for those race directors who wish to have an event or wave focused on non-competitive athletes. The consideration of the participant's safety remains the highest priority. Athletes racing in a recreational wave must be clearly identified as such for appropriate enforcement of the rules.

NC 1.2 There is no prohibition for bare torso.

NC 2. Membership Eligibility and Permit Requirements for Recreational Waves or Races:

All participants in events sanctioned by USA Triathlon must be members of USA Triathlon and be able to present a valid annual membership card or must purchase a USA Triathlon single event permit. Standard USA Triathlon rules governing the membership requirements cannot be waived or amended,

NC 2.1 Awards, Rankings, and Prize Money:

- a.) For Non-Competitive Races and Waves, Race Management may provide participants such participation recognition in the form of awards within their Non-Competitive Race or Wave only.
- b.) The race results of Non-Competitive Race and Wave participants shall not be forwarded to USA Triathlon for the purpose of rankings.

NC 3. Rules Enforcement:

The use of these participatory rules does not mean that the competitive rules are not to be integral to the race but rather that the manner of their enforcement is focused on proactive education rather than punitive in nature. These guidelines are intended to give greater latitude to race directors seeking to encourage participation at new developmental races and for athletes new to the sport.

NC 3.1 General Conduct and Race Conduct:

Proactive “warn and amend” rules enforcement.

No other USAT Triathlon Competitive Rules regarding General or Race Conduct are eligible for amendment.

NC 4. Swimming Conduct:

Allowing the use of a snorkel, swim vest, deployed buoyancy device, or buoyancy pants at any temperature in a separate and final wave.

NC 5. Cycling Conduct:

Warn and amend for infractions of the position foul rules.

Allowing athletes who cannot complete an attempted pass in the allotted amount of time to drop back out of the draft zone without penalty.

NC 6. Running Conduct:

Warn and amend for all infractions of the competition rules other than disqualification.

SY: Supplemental Youth Rules

SY 1. The rules set forth in this document are constructed to supplement the USA Triathlon Competitive Rules and shall apply to all competition sanctioned as “Youth Events.” For any issue not specifically addressed in these Youth Rules, the relevant USAT Competitive Rules shall apply.

SY 2. Penalties. The type of penalty for violating a specific rule is listed at the end of the rule as either “T” for Time or “DQ” for Disqualification. Time penalties shall be administered per the table and are added to the participant’s final time.

<u>1st Offense</u>	<u>2nd Offense</u>	<u>3rd Offense</u>
1:00 minutes	2:00 minutes	Disqualification

SY 3. Membership and Eligibility:

- a.) All Youth participants shall compete based upon their age on December 31 of the year of the event.

The minimum age for Youth competition is six years and the maximum is 15 years of age on December 31 of the year of the event.

- b.) Youth participants must be Youth members of USA Triathlon. Youth Membership in USA Triathlon is available to all persons, age 17 and under, in good standing with USA Triathlon who, along with their parents or guardians, submits a completed application, pay the required membership fee, and comply with all the requirements determined by USA Triathlon to be applicable to Youth Membership.

Race officials reserve the right to require proof of age from each participant in the form of a birth certificate or other official proof of age document. Failure to produce a proof of age document may result in disqualification from the event.

SY 4. Swimming Rules:

- a.) Proper swimwear must be worn. DQ
- b.) No flotation devices of any kind may be used during the swim. DQ
- c.) No artificial propulsive devices such as fins, paddles, or gloves may be used. DQ
- d.) Swimmers must be able to complete the entire course using any stroke. Swimmers may not make forward progress by pulling on lane ropes, swim gutters or any other inanimate object. T
- e.) Goggles or face masks may be worn but are not required.
- f.) If provided by the event, swimmers must wear the assigned swim cap throughout the swim. T
- g.) Participants must follow instructions given by lifeguards and officials including prohibitions against running on the pool deck or diving in restricted areas. Warn and amend, time penalty or disqualification at the official’s discretion

Appendix A Definitions

Appellant: A athlete submitting an appeal.

Aquathlon: The term recognized by World Triathlon and USA Triathlon for a sport which combines swimming and running skills in continuum.

Aquabike: The term recognized by the World Triathlon and USA Triathlon for a sport which combines swimming and cycling skills in continuum.

Assistance: Any attempt by an unauthorized or unofficial source to help or to stabilize a athlete.

Bicycle Course: That part of the race route over which it has been defined in the race brief that the bicycle is to be ridden, walked, or carried. The bicycle course begins at the Bicycle Mount Zone and concludes at the Bicycle Dismount Zone.

Blue Card: This is shown by an official to an athlete who has committed an infringement (see also Time Penalty)

CMO: Certification Mentoring Official. Charged with guiding new candidates and officials requesting advancement through the process and confirming their completion of the requirements.

Development Athletes: (Youth, Junior, and USAT U-25 Athletes) "Junior" triathletes are between the ages of 16 and 19, with racing age determined on December 31 of the competition year. "Youth" triathletes are between the ages of 13 and 15, again with racing age determined on December 31 of the competition year. The Under-25 or "U25" division is a bridge between Junior Elite, Collegiate (Draft-Legal) and Elite competition. To compete in the U25 division, an athlete must be between the ages of 18 and 25 as of December 31st of the competition year.

Duathlon: The term recognized by the World Triathlon and USA Triathlon for a sport which combines cycling and running skills in continuum

Elite: Elite category athletes who hold a professional membership are athletes holding a USAT Elite License or an elite license from a World Triathlon member federation. In the United States this includes USA Triathlon membership.

Finisher: A athlete who completes the entire race course within the rules and crosses the finish line, with any part of their body.

Head Referee: An Official who is responsible to the Technical Delegate, when assigned, to hear and make final decisions on all rule infringements reported by Officials and on all protests.

DLC: Draft Legal Coordinator

Interference: A deliberate block, charge or abrupt motion which impedes another athlete.

Judgment Call: Any assessment of events, circumstances, or the race environment by an official. For the avoidance of any doubt a judgment call is, but is not limited to, a determination that a athlete is guilty of drafting, blocking, or behavior resulting in the athlete gaining an unfair competitive advantage.

NTA: National Technical Assessor. Charged with assessing qualifications for existing officials for re-leveling their status as well as guiding new candidates and officials requesting advancement through the process and confirming their completion of the requirements. May work in conjunction with a CMO.

Pass: When one athlete's bicycle draft zone overlaps another athlete's bicycle draft zone, makes continual forward progress through that zone, and passes within a maximum period specified in

Penalty Area: One or more designated areas on the course where athletes may be required to serve a time penalty for a rule violation.

RAC: Race Assignment Coordinator

Race Suit: For sun protection or for religious reasons, an athlete may wear a one piece or two-piece suit. The suit may cover the shoulders and arms but not extend above the neck or past the wrist or ankle, except for a suit worn for religious reasons when it may cover the head or hair. The face may not be covered. The top section of a two-piece suit must not extend above the neck. When the use of wetsuits is forbidden, unless otherwise specified, clothing covering the arms below the elbow and covering any part of the legs below the knees is also forbidden. The body of the race suit must be comprised of 100% textile material such as nylon or Lycra but must not include rubberized material such as polyurethane or neoprene.

Athletes may wear any type of race suit (comprising of 100% textile material) throughout the race except that the race suit must not cover hands or feet and must not contain any material which assists in buoyancy.

Red Card: This may be shown by an official to a athlete who is suspected of committing a violation (or major infringement). In association with this, the technical official submits a Violation Report to the Head Referee, who makes a ruling at the completion of the race. Meanwhile, the athlete is permitted to complete the race.

Results: The timed finish positions of all athletes after infringement reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.

Run Course: That part of the race route over which it has been defined in the race brief that the athlete is to run or walk. In multisport events the run course commences at the exit from the Transition Zone boundary and concludes at the finish line. In duathlons, the first Run Course commences at the start line and finishes at the entry to the boundary of the Transition Zone; the second Run Course commences at the exit from the Transition Zone boundary and concludes at the finish line.

Sanction: A permit issued by the authority of USA Triathlon for the conduct of a national championship, or a race of a national race series, or for an international event staged in the United States, through the authority delegated to it by USA Triathlon, for all other events. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and provide the greatest potential for the conduct of a safe and fair event.

Sports Conduct: The behavior of a athlete during competition. Previously referred to as "sportsmanship," good sports conduct is interpreted as fair, rational and courteous behavior, while bad sports conduct is any behavior on the part of a athlete which is judged to be unfair, unethical, or

dishonest, a violent act, intentional misconduct, abusive language, intimidating behavior, or persistent infringement of the rules.

Stop-Start Penalty: A Yellow Card Penalty which imposes a brief delay on an athlete who is assessed by a race official to have committed a minor infringement.

Swim Course: That part of the race route over which it has been so defined in the race brief. In triathlons and aquathlons, the swim course commences at the start line and concludes at the entry to the boundary of the Transition Zone.

Technical Delegate/Head Referee: An Official, who is qualified by USA Triathlon, who is responsible for ensuring that all aspects of the USA Triathlon Race Competition Rules and Race Operations Procedures, when applicable, are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the TD/HR is responsible for convening and chairing the Race Competition Jury. The TD/HR may be responsible for conducting or overseeing the conduct of race sanctioning. At lower end events where no TD/HR is specifically appointed, the senior official present may also fulfill the role of TD/HR.

Technical Official/Official: Accredited race officials who are qualified by USA Triathlon as Officials, and are appointed to be responsible for observing, assessing, and reporting on the performance of athletes in a sanctioned event in relation to USA Triathlon Competition Rules.

Time Penalty: A Blue or Yellow Card Penalty which imposes a time penalty on an athlete who is assessed by a race official to have committed an infringement.

Transition Zone: A location within a defined boundary which is not a part of the swim course, the bicycle course, or the run course and within which each athlete is allocated an area for the storage of individual items of clothing and equipment.

Yellow Card: This is shown by an official to an athlete who has committed a minor infringement (see also Stop-Start Penalty)

Appendix B Examples of Yellow, Blue and Disqualification Infringements

Common examples of Yellow, Blue, and Red Card infringements are listed below. This list is intended as a guide only and is not exclusive. Note that the same infringement may attract different penalties, depending on the competitive environment, the context of the event, and the severity of the offense. The Technical Official may issue a warning with the opportunity for the athlete to amend the behavior when no unfair competitive advantage has been gained.

Conduct	Yellow Card	Blue Card	DSQ
Bicycle helmet not securely fastened while in possession of the bicycle	X		X
Discarded equipment (intentional littering where prohibited may result in a Blue Card penalty)	X		
Mounting before the mount line	X		
Dismounting after the dismount line	X		
Illegal pass	X		
Blocking	X		
Drafting		X	
Deliberately not wearing race numbers provided	X		
Not completing the entire course			X
Using a phone or other communication device			X
Failure to obey an official's instructions			X
Offensive behavior such as nudity or public urination			X
Outside assistance	X		X
Abusive language or violent behavior*			X

*Abusive language and/or violent behavior displayed by athletes or members of the public will not be tolerated. Such altercations will be handled on a case-by-case basis by the event organizer and could lead to disqualification of the athlete.

Appendix C Age Determination

Age determination for all categories is determined by age on December 31st during the season of the triathlon competition.

Appendix D Membership, Eligibility and Competition Categories

D1. Membership/Permit Requirements: All participants in events sanctioned by USA Triathlon must be members of USA Triathlon and be able to present a valid annual membership card or must purchase a USA Triathlon single event permit. Any athlete who intentionally participates in an event despite (i) lack of membership, or (ii) ineligibility for the relevant membership class shall be suspended or barred from membership in USA Triathlon and banned from participation in any sanctioned event for a period of up to one year.

D2. Membership Eligibility: Membership in USA Triathlon is available to all persons in good standing with USA Triathlon who submit a completed application, pay the required membership fee, and comply with all the requirements determined by USA Triathlon to be applicable to the specific category of membership desired. No person shall be denied membership based on race, color, religion, sex, national origin, or disability.

D3. Athletes' Membership Rights: All athletes shall be entitled to due process with respect to any action revoking or suspending the athlete's membership in USA Triathlon. Due process shall include:

- a.) reasonable notice (usually in writing) of the charges or allegations made against the athlete.
- b.) a reasonable time within which to prepare a defense and to answer the charges or allegations.
- c.) the opportunity to respond to the charges and the ability to have the assistance of legal counsel in the preparation of any defense.
- d.) a hearing before an impartial and disinterested decision-making body; and,
- e.) the ability to appeal an adverse decision and notice of the proper procedure for making such an appeal.

No person shall be suspended from USA Triathlon or declared ineligible to participate in USA Triathlon sanctioned events without fair notice of the allegations against such person and the opportunity for a hearing.

D4. Membership Categories: Annual membership in USA Triathlon will be available in the following categories and subject to the following requirements:

- a.) Elite. (1) Elite annual membership will be available to certain qualified, highly competitive, and experienced athletes. An elite annual member is eligible to receive prize money directly. Any person wishing to apply for an elite annual membership should contact USA Triathlon (<http://www.usatriathlon.org>) for consideration. (2) Elite Collegiate: Athlete who qualifies according to the criteria listed above and does not accept prize money. Elite athletes holding an elite license from their National Federation or having raced as an elite athlete in international events are prohibited from competing within age group categories as an age group athlete or for age group awards. Elite athletes are eligible for overall, Open or elite division awards only. Prior to entering any USAT event, athletes must disclose their elite status and failure to disclose such is cause

for Disqualification and up to a one-year suspension from USAT sanctioned events.

- b.) Age Group. The age-group divisions are defined in the chart below. Elite license holders may return to age-group membership status upon written request to USA Triathlon. To return to eligibility the athlete must be one year removed from Elite racing competition before applying for age-group membership.
- c.) Weight Class Division. In events where a weight class division is offered, the minimum weight shall be 220 pounds for men and 165 pounds for women, monitored by the event organizer. The weight class age categories for men and women shall be 39 years of age and under and 40 years of age and over. Participants are not eligible to compete in a weight class division and in an age group division at the same event. However, their results will be returned to USAT for the purpose of Age-Group rankings.

D5. Prize Money: Distribution of prize money shall comply with the following standards:

- a.) When prize money is available in any event, no restrictive rules or conditions which have the effect of impeding performance may be placed upon any one category of members or group of participants unless such rules or conditions are imposed equally upon all those participants who are eligible for prize money.
- b.) Prize money for any sanctioned event shall be distributed equally between men, women, and non-binary athletes when such a category is offered in both amount and depth. For more information on eligibility to participate in the non-binary category see the USA Triathlon Gender Inclusion Policy found at <https://www.teamusa.org/USA-Triathlon/About/Multisport/DEIA/Sport-is-a-Human-Right>. For each placing where prize money is offered for one gender, including any bonus for swim, bike, or run placing, there must be a corresponding and equal place for the other gender offering the same amount of prize money.
- c.) Where the depth of prize places exceeds the number of athletes in any category, that portion of prize money designated for the places for which there are no finishers will not be distributed.

D6. Single Event Permits: At the discretion of USA Triathlon, persons who are not annual members of USA Triathlon may be allowed to participate in certain sanctioned events through the issuance of a single event permit. USA Triathlon shall determine the fee and establish the requirements necessary to obtain a single event permit. Any person obtaining a single event permit shall be subject to all the Rules, Regulations, and Policies of USA Triathlon.

Category	Description
High Performance Pathway Categories	
Elite	An event with Prize money that is only available to appropriate licensed athletes.
Under 25 Development	This category is reserved for triathletes who are turning 18, 19, 20, 21, 22, 23, or 25 in the year of competition, and requires a USA Triathlon Elite Membership.

Category	Description		
World Triathlon Junior	This category is reserved for triathletes who are turning 16, 17, 18 or 19 in the World Triathlon Competition year, and are endorsed by their USA Triathlon to compete in draft legal triathlon.		
World Triathlon Youth	This category is reserved for athletes who are turning 14 & 15 in the World Triathlon competition year and are endorsed by their USA Triathlon to compete in draft legal triathlon.		
Age-Group Categories (Women, Men, and Non-binary)			
Open	A category that has prize money below the “Elite” threshold of \$5,000.00. This category is open to professional and age group athletes		
Age Groups	a. 15 - 19 years	g. 45 – 49 years	m. 75 – 79 years
	b. 20 – 24 years	h. 50 – 54 years	n. 80 – 84 years
	c. 25 – 29 years	i. 55 – 59 years	o. 85 – 89 years
	d. 30 – 34 years	j. 60 – 64 years	p. 90 – 94 years
	e. 35-39 years	k. 65 – 69 years	q. 95 – 99 years
	f. 40 – 44 years	l. 70 – 74 years	100+ years

*For developmental purposes USA Triathlon extends the age of participants in the U category to 25 to allow for the participation of athletes turning 24 during the race year.

Appendix E – Race Competition Jury

The Race Competition Jury is to be chaired by the event organizer or designee and is to comprise two other members as outlined below:

E1. International Events – in accordance with World Triathlon rules.

E2. National Series Events - two other persons who are either:

- a.) Member of USA Triathlon Board; or
- b.) Accredited Official not involved in the ruling under appeal.

E3. State level championship events – two other persons, each of whom are either:

- a.) Member of USA Triathlon Board; or
- b.) Accredited Official not involved in the ruling under appeal.

E 4. All other events – two other persons, each of whom are either:

- a.) Accredited Official not involved in the ruling under appeal.; or
- b.) Member of USA Triathlon with an understanding of the rules of triathlon; or
- c.) Member of the committee of a triathlon club affiliated with USA Triathlon.

For all USA Triathlon Events, if a Chair has not been appointed then their replacement should also be someone meeting the above criteria.

Appendix F Protest Procedures

F1. Proper Subject of a Protest:

An athlete may file a protest with the Head Referee provided that the action protested has not previously been reported by an official and ruled upon by the Head Referee. Such protest may include athlete eligibility, equipment, timekeeping, or actions of another athlete or official.

No protest may be filed with respect to matters which were observed by or previously ruled upon by a race official. No person may file a protest which requires a judgment call. A "judgment call," as used in these Rules, means the resolution of a dispute involving one or more material facts which cannot be determined with certainty solely through the production of tangible physical evidence. The term "judgment call" shall include but shall not be limited to a resolution of:

- a.) any purported violation of the cycling position foul Rules (including alleged drafting violations)
- b.) allegations of blocking, obstruction, or interference
- c.) allegations of unsportsmanlike conduct

Any protest filed in contravention of this section shall be summarily dismissed.

F2. Protests Involving Eligibility:

Protests contesting the eligibility of any participant to compete or to represent an organization in an event shall be made in writing to USA Triathlon or to the Head Referee one hour before the event begins. A participant may be allowed to compete under protest if USA Triathlon or the Head Referee deems it appropriate.

F3. Standing to File Protest:

Protests may only be filed by participants who directly observed the subject of the protest, who were directly and personally involved in any incident relevant to the protest, and who possess direct, detailed, and personal knowledge of the subject of the protest.

F4. Summary Dismissal of Protest.

With respect to each protest filed, the Head Referee shall make an initial determination as to whether the protest complies with all the provisions of the Article and whether the protest is factually sufficient to support a ruling by the Protest Committee. If the protest is improper or deficient in any respect, the Head Referee shall summarily reject and dismiss the protest and shall not be required to submit the matter to the Protest Committee. If the defect is curable in the opinion of the Head Referee, the Head Referee may allow the protest to be resubmitted within a reasonable time, even if the time period in Section F5 has already expired.

F5. Timing of protest:

All protests must be filed in writing and submitted to the Head Referee within sixty (60) minutes after the person filing the protest has completed the event.

F6. Contents of Protest:

All protests must be factually sufficient to support a just ruling by the Protest Committee and must contain the following:

- a.) The specific Competition Rule or Rules alleged to have been violated.
- b.) The location and approximate time of the incident.
- c.) The person or persons involved in the incident.
- d.) A detailed statement of the specific facts, including a diagram if necessary or appropriate.
- e.) The signature of the person filing the protest, which shall constitute an affirmation that the facts stated therein are true.

Failure to comply with any aspect of this section shall subject the protest to summary dismissal.

F7. Notice of Protest:

All persons involved in or affected by a protest shall be notified thereof and shall have access to the contents of the protest.

F8. Protest Committee:

The Protest Committee shall be comprised of the Head Referee and two Judges appointed by the Head Referee. The Head Referee shall serve as chairperson of the Protest Committee and shall have full authority to conduct the protest and maintain order. The Protest Committee will issue a final determination with respect to all protests timely filed and not subject to summary dismissal.

F9. Protest Hearing:

In hearing a protest, members of the Protest Committee shall weigh the evidence and testimony impartially and shall render a decision in accordance with their best judgment.

During all protests:

- a.) The Head Referee will read the protest.
- b.) The person who filed the protest and all participants involved in the incident must be present, unless medically unable to attend in which case the Head Referee shall postpone the hearing or allow a representative to participate on behalf of the injured person.

- c.) All persons required to be present shall be allowed three minutes to relate their accounts of the incident, or such additional time as the Head Referee may allow.
- d.) A maximum of two witnesses for each participant involved in the protest may be allowed to speak for three minutes each.
- e.) No spectators or partial observers shall be allowed to participate in the hearing.

F10. Protest Ruling:

After dismissing all parties, the Protest Committee shall review the evidence and render a prompt decision. The decision will be posted immediately.

F11. Effect of Protest Decision:

The summary dismissal of a protest by the Head Referee or the decision of a Protest Committee shall be final, and official race results shall reflect those determinations. Official results and the determination of any Head Referee or Protest Committee can be subsequently modified only by USA Triathlon pursuant to an appeal duly filed in accordance with Appendix G of these Rules.

F12. Announcement of Official Results:

Until all protests are finally determined, the official results of any event shall not be announced, and no prizes for that event shall be awarded unless any outstanding protest is officially withdrawn.

F13. Presence of Participants:

All race participants are required to be present and to participate in the hearing of any protest in which they were involved. A Protest Committee may render a decision in the absence of any participant who fails to appear in a timely manner. Except for medical reasons, all participants shall remain available for participation in any protests until such time as official race results are announced, the period for filing all protests has expired, or permission to leave the vicinity is granted by the Head Referee.

Appendix G Hearings and Appeals

G1. Hearings and Appeals.

USA Triathlon has established processes for Hearings and filing an Appeal through a grievance process in line with the USOPC grievance process. Information on that process can be found at the links below:

<https://www.teamusa.org/usa-triathlon/about/usat/governance>

https://www.teamusa.org/-/media/USA_Triathlon/PDF/Governance/Feb-2023-USAT-Grievance-and-Disciplinary-Policy.pdf?la=en&hash=6881A0D66928DE1779885AF56571B544C09DC90F

G2. Proper Subject of Appeal.

No person may file an appeal with respect to a judgment call as defined in Section F.1. Members may appeal the final decision of a Protest Committee, and punitive action affecting their membership in USA Triathlon, or any other matter involving an interpretation of the Competition Rules of which an appeal is

not otherwise prohibited by this article. Any appeal filed through the grievance process that is not the proper subject of an appeal may be summarily dismissed and any filing fee retained by USA Triathlon.

Appendix H Timing, Burden of Proof and Results

A competition will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the competition, except if the event is conducted under the “rolling start system”. In the case of a photo finish the athlete whose torso breaks the plane of the finish line first shall be the winner regardless of the timing chip data.

Timing: Athletes must wear any provided timing chip or similar timing device on race day. Failure to return non-disposable timing chips to timing or race management after the event or upon withdrawing from the event, or failure to pay the replacement cost of a lost timing chip may result in disqualification from the event and may result in being barred from future USAT-sanctioned events.

Burden of Proof: If an athlete fails to wear or loses their timing device during their race, the burden of proof for completion of the race must necessarily lie primarily with the athlete. The athlete is responsible for making every effort to obtain a replacement device per the guidelines and instructions of the athlete guide and pre-race briefings. Athletes are encouraged, but not required, to wear a personal timing device capable of providing GPS data which may be used to validate their results if necessary.

Where electronic timing is used and an athlete fails to start the race without wearing their timing device, they are subject to disqualification.

Where electronic timing is used and an athlete loses their timing device and the athlete cannot provide personal electronic data to validate their time, and a manual backup system is used, they may be given a time using that manual backup system, provided they recorded a time on at least one point of the course sufficient in the view of the Head Official and Head Timer to validate their results.

Where no timing point is recorded or validated by the Head Official, the athlete will be recorded in the results as Did Not Finish (DNF). Photographic evidence is insufficient to confirm completion.

Results: The official results will list the athletes according to their finish time and in the competition category they are competing in.

Results will include the following Invalid Results Markers (IRM):

- a.) DNS (Did not start)
- b.) DNF (Did not finish)
- c.) DSQ (Disqualified)

For disqualified athletes the final results should not be displayed.

Results will be official once the Head Referee signs them. Incomplete results can be declared official at any time. The Head Referee will use all the resources available to decide the final position of every athlete. The information from technology will be used to assist in the decision-making process. The Head Referee may decide, based on the available evidence, that a competition is tied if there is no way of

defining which athlete crossed the line first. Results of tied athletes will be sorted according to race numbers.

Official results may be modified by the following bodies:

- a.) Head Referee up to 48 hours after the completion of the event
- b.) Competition Jury.
- c.) Head Referee as the result of a protest concerning timing and results
- d.) Head Referee as the result of an appeal.

Appendix I Anti-Doping

USA Triathlon condemns the use of substances or methods aimed at artificially enhancing athletic performance. The use of prohibited substances or methods or the use of substances or methods aimed at artificially enhancing performance, frequently referred to as "doping," contravene the ethics of both sport and medical science, threaten the integrity and dignity of Olympic sport, erode public confidence in the Olympic Movement and jeopardize the wellbeing of athletes. Additionally, the use of substances on the WADA Prohibited List or the practice of artificially enhancing performance is inimical to the concept of sportsmanship and frustrates the desire to conduct fair athletic competitions.

As a member National Governing Body of the United States Olympic and Paralympic Committee ("USOPC") and as a member Federation of World Triathlon ("WT"), USA Triathlon adheres to the anti-doping rules of the USOPC, USADA, WADA, and World Triathlon. In addition, USAT complies with USOPC Bylaws Section 8.7.j, which provides that, as a condition of membership in the USOPC, each National Governing Body complies with the anti-doping policies and with the policies and procedures of the independent anti-doping organization designated by the corporation to conduct drug testing and adjudicate anti-doping rule violations. The USOPC has designated the United States Anti-Doping Agency ("USADA") as that organization.

It is the responsibility of each member of USA Triathlon to comply with the applicable anti-doping rules, regulations, and policies of WT, USOPC, IOC, WADA, and USADA, which are hereby incorporated in full by USA Triathlon.

It is also the responsibility of each member of USA Triathlon to submit, without reservation or condition, to in-competition and out-of-competition (OOC) doping controls conducted by the World Triathlon, USADA or WADA. OOC testing of athletes may take place at any place or any time and may include an athlete's home or training site, USA Triathlon elite-level camps, training sessions at USOPC facilities or at other designated sites. Athletes may also contact the USADA Drug Reference Line at (800) 233-0393 for information on medications and other substances regarding the anti-doping rules of WADA, World Triathlon, USOPC, and USADA.

Pursuant to USOPC Bylaws Section 8.7.j, the conducting of doping controls of members and the management of positive, elevated test results and/or other doping violations for USA Triathlon members (post October 2, 2000) is the responsibility of USADA. Any inconsistent provisions with USADA's full responsibility of anti-doping matters including the testing, adjudication/results management, or sanctioning of doping violations, elsewhere in USA Triathlon Competition Rules are hereby superseded. USA Triathlon will, without further process, enforce and publish any sanction

communicated to USA Triathlon by USADA resulting from adjudication of a doping violation under the USADA Protocol.

Appendix J Elite and Development Penalties and Violations

This list is a resume of the most common penalties and infringements. In case of different interpretations of the text in this appendix and the main body of the Competition Rules, the main body of the Competition Rules will be applied.

All the references to Elite in the charts below include Elite, U25, Junior and Youth athletes.

GENERAL

RULES	PENALTIES
1. An athlete who competes in a category different from his/her age, in a distance in which it is not allowed, or before the 24-hour period.	- DSQ from all the events included in this period
2. Failing to follow the prescribed course.	- Warning and re-enter the competition by the same point If not: DSQ
3. Departing the course for reasons of safety, but failing to re-enter at the point of departure when advantage is gained.	- If advantage is gained: Time penalty
4. Using abusive language or behavior toward any official.	- DSQ and report to the World Triathlon Tribunal for possible suspension
5. Using unsportsmanlike behavior.	- DSQ and report to the World Triathlon Tribunal for possible suspension
6. Blocking, charging, obstructing, or interfering the forward progress of another athlete.	- Unintentionally: warning and amend - Intentionally: DSQ
7. Unfair contact. The fact that contact occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favorable positions, is not a violation.	- Unintentionally: warning and amend - Intentionally: DSQ

RULES	PENALTIES
8. Accepting assistance from anyone other than a Technical Official, race official or other athlete.	- Warning and amend if it is possible and return to the original situation
9. Refusing to follow the instructions of Technical Officials or race official.	- DSQ
10. Failure to wear the unaltered race numbers if provided by the Local Organizing Committee, in the proper way ordered by the Technical Delegate and announced at the Athletes' Briefing.	- Warning and amend - If not corrected: DSQ
11. Wearing bib number during the swim segment when wetsuits are forbidden;	- Warning and amend - If not corrected: DSQ
12. To dispose of rubbish or equipment around the course outside the clearly identified places, such as aid stations or rubbish disposal points;	- Warning and amend - If not corrected: Time penalty
13. Using illegal, dangerous or unauthorized equipment to provide an advantage or which will be dangerous to others.	- Warning and amend - If not corrected: DSQ and removed from competition
14. Violating competition-specific traffic regulations.	- Unintentionally: Warning and amend if possible - If not corrected or intentionally: DSQ
15. Contrived or intentional ties by elite, U25, junior and youth athletes, or paratriathletes in World Triathlon sanctioned events.	- DSQ
16. Wearing a different uniform than the one presented in the check-in, either in competition or in the award ceremony.	- Warning and amend - If not corrected: DSQ
17. Wearing during the competition or the award ceremony a uniform which doesn't meet the Competition Rules.	- DSQ
18. Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee, when not allowed.	- Warning and amend - If not corrected: DSQ

RULES	PENALTIES
19. Not covering the arms during the competition following a request from the Technical Delegate based on the weather conditions.	<ul style="list-style-type: none"> - Before the competition: Warning and amend - If not corrected: DSQ and removed from competition
20. In Middle and Long Distance events, wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
21. In Middle and Long Distance events, wearing a uniform with front zipper undone during the last 200m of the run.	<ul style="list-style-type: none"> - Warning and amend
22. Displaying any kind of demonstration of political, religious or racial propaganda.	<ul style="list-style-type: none"> - Warning and amend - If not: DSQ and removed from competition
23. Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information.	<ul style="list-style-type: none"> - DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension
24. Participating when not eligible.	<ul style="list-style-type: none"> - DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension
25. Repeated intentional violations of World Triathlon Rules.	<ul style="list-style-type: none"> - DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension
26. Drug abuse.	<ul style="list-style-type: none"> - Penalties will apply according to the WADA rules
27. For an unusual and violent act of unsportsmanlike behavior.	<ul style="list-style-type: none"> - DSQ, removed from competition and inform USA Triathlon and/or World Triathlon Tribunal for a possible suspension
28. Compete with a bare torso when prohibited.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
29. Indecent exposure or nudity.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ

RULES	PENALTIES
30. Outside assistance: To give another athlete a complete bike, frame, wheel(s), helmet or any other item equipment which results in the donor athlete being unable to continue with their own competition.	- DSQ of both athletes
31. Gain unfair advantage from any vehicle (excluding drafting).;	- DSQ
32. Not stopping in the next penalty box being obliged to do so.	- DSQ
33. Warming up on the course while another competition is in progress.	- Warning and amend - If not corrected: DSQ
34. Competing under suspension.	- DSQ, removed from competition and reported to USA Triathlon and/or the World Triathlon Tribunal for extending suspension or expulsion.
35. Carrying out ambush marketing in the award ceremony.	- Forfeit the prize money earned in the event.
36. Intentionally missing a technological fraud test after being selected.	- DSQ, removed from competition, and report to USA Triathlon and/or World Triathlon Tribunal for potential suspension
37. Using any device, which makes the bike not only human powered and resulting in technological fraud in a wave or race where such a modification has not been explicitly allowed.	- DSQ, removed from competition, and reported to the USA Triathlon and/or World Triathlon Tribunal for potential suspension.
38. Using any device distracting the athlete from paying full attention to their surroundings.	- Warning and amend - If not corrected: DSQ
39. An athlete physically assists the forward progress of another athlete.	- DSQ of both athletes

BRIEFING (NON-APPLICABLE FOR Age-Group)

RULES	PENALTIES
40. Not attending the Athletes' Briefing, without notifying the Technical Delegate.	- Athletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list of the event and from all start and wait list in the events on the next 30 days
41. Athletes entering the briefing hall after the briefing has started and athletes not attending the briefing but informed the Technical Delegate about their absence.	- Time penalty served in Transition 1 applicable for the specific distance
42. Athletes missing 3 or more briefing in Triathlon/Paratriathlon World Cup or World Triathlon/Paratriathlon Series in the same calendar year, no matter if the athlete informed the Technical Delegate or not.	- Removed from the start list from every subsequent competition at which they miss the briefing

START

RULES	PENALTIES
43. Starting before the starter's signal.	- Time penalty
44. Starting in a wave earlier than the one the athlete is assigned to.	- DSQ
45. Not moving forward before touching the water.	- Time penalty
46. To change the start position once selected.	- Warning and amend - If not corrected: DSQ
47. To block more than one start positions.	- Warning and amend - If not corrected: DSQ

SWIM

RULES	PENALTIES
48. Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee, in a non- wetsuit swim.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
49. Not wearing the official swim cap from the time of the line-up.	<ul style="list-style-type: none"> - Intentionally: Warning and amend - If not corrected: DSQ
50. Make contact and continue to impede the progress of the other athlete without making an effort to move apart.	<ul style="list-style-type: none"> - Time penalty
51. Deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm.	<ul style="list-style-type: none"> - DSQ and may report to World Triathlon Tribunal for potential suspension or expulsion.
52. Wearing wetsuit not covering the torso, when the wetsuit is mandatory.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ and removed from competition
53. Athletes wearing branded second swim cap visible any time from the athletes' line-up till Transition 1.	<ul style="list-style-type: none"> - Before the competition: Warning and amend - During the competition:

TRANSITION

RULES	PENALTIES
54. Rack the bike improperly, outside the athletes' own space or blocking the progress of other athletes.	<ul style="list-style-type: none"> - Before the competition: Warning and amend - During the competition: - Age-Group: Warning and amend - Elite Non-draft-egal and Paratriathlon: Time penalty - Elite Draft Legal: Time penalty

RULES	PENALTIES
55. To have the helmet strap fastened in T1 while completing the first segment of a Draft Legal race.	- Age-Group: Official will undo the strap. - Elite and Paratriathlon: Official will undo the strap and time penalty.
56. Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike.	- Age-Group: Warning and amend - Elite and Paratriathlon: Time penalty
57. Mount the bike before the mount line.	- Age-Group: Warning and amend - Elite and Paratriathlon: Time penalty
58. Dismount the bike after the dismount line.	- Age-Group: Warning and amend - Elite and Paratriathlon: Time penalty
59. Discharge or store the athlete equipment outside the designated area.	- Age-Group: Warning and amend - Elite and Paratriathlon: Time penalty
60. Marking of position in transition area.	- Warning and amend - If not corrected, marking and objects used for marking purposes will be removed and athlete will not be notified.

BIKE

RULES	PENALTIES
63. Not wearing helmet during bike familiarization and/or official bike training sessions.	- To be excluded from the specific session
64. Make forward progress without the bike, during the bike segment.	- Warning and amend - If not: DSQ
65. Drafting in a non-draft legal competition on sprint and standard distance events.	- 1st offence: Drafting time penalty - 2nd offence: DSQ

RULES	PENALTIES
66. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 20 seconds on sprint and standard distance events.	<ul style="list-style-type: none"> - 1st offence: Drafting time penalty - 2nd offence: DSQ
67. Re-passing by an overtaken athlete prior to dropping out of the draft zone on sprint and standard distance events	<ul style="list-style-type: none"> - 1st offence: Drafting time penalty - 2nd offence: DSQ
68. Drafting in a non-draft legal competition on middle- or long-distance events.	<ul style="list-style-type: none"> - 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ
69. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 25 seconds on middle- and long-distance events.	<ul style="list-style-type: none"> - 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ
70. Re-passing by an overtaken athlete prior to dropping out of the draft zone on middle- and long-distance events.	<ul style="list-style-type: none"> - 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ
71. Drafting off a different gender athlete in draft legal events.	<ul style="list-style-type: none"> - 1st offence: Warning and amend - 2nd offence DSQ
72. Drafting off an athlete being in a different lap.	<ul style="list-style-type: none"> - Warning and amend - If not: DSQ
73. Drafting off a vehicle or motorbike in a non-draft legal competition.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: Drafting time penalty
74. Drafting off a vehicle or motorbike in a draft-legal competition.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ

RULES	PENALTIES
75. Blocking in a non-draft legal competition.	<ul style="list-style-type: none"> - Time penalty - If not: DSQ
76. Blocking in a draft-legal Age-Group competition.	<ul style="list-style-type: none"> - Time penalty - If not: DSQ
77. Wearing the helmet unfastened or insecurely fastened, during the bike segment.	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite and Paratriathlon: Time penalty - If not corrected: DSQ and removed from competition
78. Take off the helmet on the bike course, even if stopped.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
79. Not wearing a helmet during the bike segment.	<ul style="list-style-type: none"> - DSQ and removed from competition
80. Competing with a different bicycle than the one presented at the check in, or modified after getting the approval at the check-in.	<ul style="list-style-type: none"> - DSQ
81. While in the bike penalty box, athletes consume food and/or water other than that is on the athlete's bike or person.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
82. Athletes using the restroom while serving a penalty in the bike penalty box.	<ul style="list-style-type: none"> - Penalty paused
83. Making adjustments to equipment or performing any type of bike maintenance while serving a penalty.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
84. Dangerous riding during the bike segment.	<ul style="list-style-type: none"> - Time penalty - If intentionally repeated: DSQ and removed from competition

RUN AND SKI

RULES	PENALTIES
85. Crawl during the running segment.	- DSQ and removed from competition
86. Running together and/or taking pace from other athlete/s that is/are one or more laps ahead. (Applicable to Elite, U25, Junior, Youth athletes and paratriathletes);	- Warning and amend - If not corrected: DSQ
87. Being accompanied by any non- competing athletes, team members, team managers or other pacemakers on the course or along the course.	- Warning and amend - If not corrected: DSQ
88. Run or ski wearing a helmet.	- Warning and amend - If not corrected: DSQ
89. To use posts, trees, or other fixed elements to assist maneuvering curves.	- Time penalty
90. Being accompanied by any non- competing person in the finish chute.	- DSQ
91. Not use classic style where mandatory	- First offence Time penalty, - Second offence DSQ
92. Changing corridors in the finish chute, impeding the progress of other athletes.	- DSQ

TEAM RELAY SPECIFIC

RULES	PENALTIES
93. One or more declared team members in a standalone relay event, entering the briefing hall after the briefing has started or not attending the briefing.	- 10 seconds time penalty for the team served in Transition 1 by the first team member

RULES	PENALTIES
94. Not submitting the team declaration form within the specified time	- Teams will be removed from the start list of the event and from all start and wait list in the events on the next 30 days
95. Team relay exchange completed outside of the exchange zone.	- Time penalty
96. Team relay exchange not completed, or intentionally completed outside the changing zone.	- DSQ

PARATRIATHLON SPECIFIC

RULES	PENALTIES
97. Paratriathletes who use catheters or other urinary diversion devices, have spillage during training, competition or classification.	- Warning and amend - If not corrected: DSQ
98. Using adapted cleats and bike shoes with exposed cleats that are mounted on prosthetic legs (which are allowed in the pre-transition area) and the cleats are not covered or not surrounded by anti-slip material.	- Warning and amend - If not corrected: DSQ
99. Paratriathlete without a temporary, review or confirmed class status according to the regulated timelines.	- DSQ
100. Paratriathlete competes wearing or using any prostheses or special adaptive equipment which are not officially approved.	- Warning and amend - If not corrected: DSQ
101. Paratriathletes using unprotected sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful.	- Warning and amend - If not corrected: DSQ and removed from competition
102. Paratriathlete's classification is considered Not Completed (CNC).	- Removed from the start list

RULES	PENALTIES
103. Paratriathlete who have been classified as non-eligible for a para triathlon competition;	- Removed from the start list
104. Paratriathlete fails to attend scheduled classification session.	- Reasonable explanation: Give second chance - If not: Removed from the start list
105. Paratriathlete who is intentionally misrepresenting his/her skills and/or abilities.	- First offence: DSQ - Second offence: DSQ and report to World Triathlon Tribunal for potential suspension or expulsion
106. Guides and personal handlers, who have not registered at the athletes' briefing.	- Access to the FOP removed
107. Personal handler not carrying the special credentials which were given by the LOC/World Triathlon.	- Warning and amend - If not corrected: DSQ the paratriathlete that the athlete is handling
108. Paratriathlete receiving help from more personal handlers that the athlete has registered.	- DSQ
109. Any action taken by the personal handler which propels the paratriathlete forward.	- DSQ the paratriathlete that the athlete is handling
110. Personal handler repairing a paratriathlete's bike in an area other than the athletes' transition spot or the wheel station during the competition.	- DSQ
111. Paratriathlete's equipment in the pre-transition area which haven't been registered.	- Warning and amend - If not corrected: DSQ
112. Personal handlers' present in the pre-transition area from PTS2, PTS3, PTS4 and PTS5.	- Warning and amend - If not corrected: DSQ the athlete that they are handling
113. Paratriathletes with an absent lower limb not using a prosthesis or crutches to reach from	- Warning and amend - If not corrected: DSQ

RULES	PENALTIES
Pre- Transition area to Transition 1 and hopping on one leg.	
114. PTWC1 and PTWC2 paratriathletes doing the transition outside the individual space.	- Time penalty
115. PTWC1 and PTWC2 athletes not stopping completely at the mount and at the dismount lines or continue before the Technical Official say "Go".	- Time penalty
116. PTWC1 and PTWC2 athletes drafting off a vehicle or motorbike during the run.	- Warning and amend - If not corrected: Drafting time penalty
117. Paratriathletes leaving equipment in pre-transition after exiting it.	- Warning and amend - If not corrected: Time penalty
118. PTVI1, PTVI2 and PTVI3 athletes competing with a guide who is not complying with the requirements.	- DSQ
119. PTVI1, PTVI2 and PTVI3 athletes are not tethered during the swim or the run.	- Warning and amend - If not corrected: DSQ
120. PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 1.5m away from their guide, during the swim.	- First offence: Time penalty - Second offence: DSQ
121. PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 0.5m away from their guide, during the after the swim exit.	- First offence: Time penalty - Second offence: DSQ
122. PTVI1, PTVI2 and PTVI3 athletes pulled or pushed by the guide.	- DSQ
123. PTVI1, PTVI2 and PTVI3 paratriathlete crosses the finish line and the guide is beside or behind the paratriathlete but further apart than the required 0.5 meters maximum separation distance.	- DSQ

RULES	PENALTIES
124. Paratriathlete enters the Field of Play with a guide dog.	- Warning and amend - If not corrected: DSQ
125. PTVI1 athletes not wearing blackout goggles or glasses during the applicable segments.	- DSQ

Appendix K Competition Distances and Age Requirements

TRIATHLON:

	Swim	Bike	Run	Minimum age required
2x2 Mixed relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15
3x Same gender relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15
4x Team relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15
Super Sprint Distance	250m to 500m	6.5km to 13km	1.7km to 3.5km	15
Sprint Distance	Up to 750m	Up to 20km	Up to 5km	16
Standard Distance	1500m	40km	10km	18
Middle Distance	1900m to 2999 m	80km to 90km	20km to 21km	18
Long Distance	1000 3000m to 4000m	100 91 km to 200km	10 22 km to 42.2km	18

DUATHLON:

	Run	Bike	Run	Minimum age required
2x2 Mixed relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15
3x Same gender relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15
4x Team relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15
Sprint Distance	5km	20km	2.5km	16
Standard Distance	5 km	30 km	5 km	18
	10 km	40 km	5 km	18
Middle Distance	10km	60km	10km	18
Long Distance	10 km	120 km	20 km	18
	20km	150km	30km	18

AQUATHLON:

	Run	Swim	Run	Minimum age required
2x2 Mixed Relay (distances per leg)	1.25km	500m	1.25km	15
2x2 Mixed Relay. Cold waters. (distances per leg)		500m	2.5km	15
3x Same gender relay (Distances per leg)	1.25km	500m	1.25km	15
3x Same gender relay. Cold waters (Distances per leg)		500m	2.5km	15
4x Mixed relay (Distances per leg)	1.25km	500m	1.25km	15

	Run	Swim	Run	Minimum age required
4x Mixed relay, Cold waters (Distances per leg)		500m	2.5km	15
Sprint Distance	1.25km	500m	1.25km	16
Sprint Distance (cold waters)		500m	2.5 km	16
Standard Distance	2.5km	1000m	2.5km	16
Standard Distance (cold waters)		1000m	5km	16
Long Distance	5km	2000m	5km	18
Long Distance (cold waters)		2000m	10km	18

WINTER TRIATHLON & DUATHLON:

Winter Triathlon	Cross-Country Run	Mountain Bike	Cross-Country Ski	Minimum age required
2x2 Mixed relay (Distances per leg)*	1km	2km	2km	15
3x Same gender relay (Distances per leg)	2 to 3km	4 to 5km	3 to 4km	15
4x Mixed relay (Distances per leg)	2 to 3km	4 to 5km	3 to 4km	15
Sprint Distance	3 to 4km	5 to 6km	5 to 6km	16
Sprint Distance (Run + Bike + Ski + Run + Bike + Ski) Distances per segment*	2km	3km	3km	16
Standard Distance	7 to 9km	12 to 14km	10 to 12km	18

Standard Distance (Run + Bike + Ski + Run + Bike + Ski) Distances per segment*	4km	6km	6km	18
Standard distance specific for AGs	5km	10km	10km	18

(*) +/- 10 %

S3 Winter Triathlon	Run	Skating	Cross-Country Ski	Minimum age required
Standard Distance	4 to 6km	10 to 14km	7 to 9km	16

Winter Duathlon	Cross-Country Run	Cross-Country Ski	Minimum age required
2x2 Mixed relay. (Distances per leg)*	1km	2km	15
Sprint Distance (Run + Ski + Run + Ski + Run + Ski) Distances per segment*	2km	3km	16
Sprint distance specific for AG (Run + Ski)	6km	9km	16
Standard Distance (Run + Ski + Run + Ski + Run + Ski) Distances per segment*	4km	6km	18
Standard distance specific for AG (Run + Ski)	12km	18km	18

(*) +/- 10 %

CROSS TRIATHLON:

	Swim	Mountain Bike	Cross-Country Run	Minimum age required
Team Relay	200m to 250m	4km to 5km	1.2km to 1.6km	15
Sprint Distance	500m	10km to 12km	3km to 4km	16
Standard Distance	1000m to 1500m	20km to 30km	6km to 10km	18

CROSS DUATHLON:

	Cross-Country Run	Mountain Bike	Cross-Country Run	Minimum age required
Team Relay	1.2km to 1.6km	4km to 5km	0.6km to 0.8km	15
Sprint Distance	3km to 4km	10km to 12km	1.5km to 2km	16
Standard Distance	6km to 8km	20km to 25km	3km to 4km	18

AQUABIKE:

	Swim	Bike	Minimum age required
Standard Distance	1500m	40km	18
Middle Distance	1900m to 3000m	80km to 90km	18
Long Distance	3000 to 4000 m	90 to 200 km	18

Appendix L Draft Legal Checklists

USAT Triathlon Draft Legal Information and Checklists can be found at <https://www.teamusa.org/usa-triathlon/usat-for-me/officiating>.