

## **I. Introduction**

The Triathlon Canada Competition Rules are intended to:

- a) Create an atmosphere of sportsmanship, equality and fair play at all times.
- b) Provide safety and protection.
- c) Penalize competitors who gain unfair advantage.

## **II. General Conduct of Competitors**

Competitors will:

- a) Practice good sportsmanship at all times
- b) Be responsible for their own safety and the safety of others.
- c) Treat other competitors, Officials, volunteers and spectators with respect and courtesy.
- d) Inform race Officials after withdrawing from the race.
- e) Be responsible for knowing and staying on the course.
- f) Not have bare torsos, headsets, headphones or glass containers on course.

## **III. Discipline of Competitors**

### **1. Warning**

a) It is not necessary for an official to give a warning prior to issuing a more serious penalty. The purpose of a warning is to proactively alert competitors to possible rule violations.

b) Warnings may be given when:

- i) A rule violation appears unintentional and can be corrected after warning;
- ii) A race marshal believes a violation is about to occur.
- iii) No advantage has been gained.

c) Will be given by being shown a yellow card. The competitor must stop when safe, dismount with both feet on one side of the bicycle, and raise both wheels off the ground at the same time. The official will then tell the competitor to "GO", and continue in a safe manner. A time/deferred penalty may be issued for safety reasons.

### **2. Disqualification**

a) A competitor may be disqualified for:

- i) Failing to follow the prescribed course
- ii) Blocking, charging, obstructing or interfering with another competitor
- iii) Accepting assistance from anyone other than race Officials; illegal equipment
- iv) Not wearing their unaltered race number provided in the proper way.

- v) Using abusive language or behavior, or unsportsmanlike conduct
  - vi) Wearing items deemed a hazard to oneself or others (e.g. - a cast, headphones)
- b) Is assessed by sounding a whistle, showing a red card, and calling the competitor's number

### 3. Suspension

- a) A competitor can be suspended for unsportsmanlike conduct, etc.

## **IV. Swimming Conduct**

### 1. Rules

- a) A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy, but there must not be any forward progression (e.g. walking or dolphining)
- b) In an emergency, a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered, the competitor must retire from the competition

### 2. Equipment

- a) A competitor must wear the swim cap provided by the race organization
- b) If weather conditions dictate, wet suits may not be allowed.

### 3. Illegal Equipment

- a) Artificial propulsion devices (e.g. - fins, socks, gloves, paddles, flotation devices)

## **V. Cycling Conduct**

### 1. General Rules:

- a) Competitors who have established the right-of-way must not block others
- b) Competitors must obey traffic laws unless otherwise directed by an official
- c) Bare torsos are not permitted.

### 2. Drafting:

- a) Drafting off another competitor or motor vehicle is forbidden. All competitors must reject any attempt by others to draft
- b) For all Age Group competitions in Sprint/Olympic Distance events the draft zone will be a rectangle 10 meters long by 3 meters wide. The center of the leading 3-meter edge will be measured from the leading edge of the front wheel.
- c) A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the zone of another

competitor

- d) If a competitor is unable to pass within the allotted time, they must immediately move out of the draft zone. They may then attempt another pass if they wish.
- e) Draft zones may not overlap
- f) The vehicle draft zone is 35 meters long by 5 meters wide.

### 3. Equipment

a) Bicycles must have the following characteristics:

- i) Fairings or devices which reduce air resistance are prohibited
- ii) The front wheel may be a different diameter than the rear wheel, but must be of spoke construction. Covers are allowed on the rear wheel
- iii) Handlebar ends must be plugged, tires well glued, headset tight, and wheels true
- iv) There must be a well functioning brake on each wheel.

b) Bicycle helmets are compulsory

- i) The helmet must be approved by an officially recognized testing authority (e.g. ANSI or Snell).
- ii) Alterations to the helmet are forbidden
- iii) The helmet must be securely fastened at all times when the competitor is in possession of the bicycle
- iv) Headsets, headphones and glass containers are forbidden

## VI. Transition Area Conduct

1. General Rules:

- a) All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle.
- b) Competitors must use only their designated bicycle rack, and rack their own bike.
- c) Competitors must not impede the progress of other competitors in the transition area.
- d) Competitors must not interfere with another competitor's equipment.
- e) Competitors must mount and dismount their bicycle at the designated area or line.
- f) Cycling is not permitted in the transition area.
- g) Nudity or indecent exposure is forbidden

**Officials are responsible for ensuring that ALL competitors obey the rules.**