

Competition Rules Summary

2019



The ITU Competition Rules are intended to create an atmosphere of sportsmanship, equality, and fair play; provide safety and protection; emphasize ingenuity and skill without unduly limiting the athlete's freedom of action; and penalize athletes who gain an unfair advantage. All athletes are responsible to know, understand, and follow the ITU Competition Rules, and should especially note the following key rules at sanctioned events in Newfoundland and Labrador.

1. Athletes will:
 - a) practice good sportsmanship at all times;
 - b) be responsible for their own safety and the safety of others;
 - c) obey traffic regulations and instructions from race officials;
 - d) treat other athletes, race officials, volunteers, and spectators with respect and courtesy;
 - e) avoid the use of abusive language;
 - f) inform a Technical Official after withdrawing from a competition;
 - g) compete without receiving assistance other than from event personnel and race officials;
 - h) avoid displaying any kind of demonstration of political, religious or racial propaganda;
 - i) not dispose of rubbish or equipment around the course except at clearly identified places, such as aid stations or rubbish disposal points. All items must be kept with the athlete and returned to their transition spot;
 - j) not attempt to gain an unfair advantage from any external vehicle or object;
 - k) follow the prescribed course;
 - l) not use any device 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 cell phones, smart watches, and two-way radios, in any distracting manner during the competition.
2. Athletes must be a minimum age to compete in any event, as outlined in section 2.5 and Appendix A of the ITU Competition Rules.
3. 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, will be disqualified from the events he/she took part in. Any awards, prizes and points will be removed.
4. Athletes must wear the uniform during the entire competition. The uniform must cover the whole torso in the front; the back may be uncovered from the waist up.
5. The format and distances of the competition may be modified by the Technical Delegate as outlined in the ITU Competition Rules [see sections 2.12, 4.4, 10.2].
6. Failure to comply with the ITU Competition Rules may result in an athlete being verbally warned, issued a time penalty, disqualified, suspended, or expelled from competition. It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty;

Swim:

7. Wetsuits, when authorized, may cover the arms but not the hands. When wetsuits are not authorized, the arms may not be covered during the swim. Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden.
8. Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground at the beginning and the end of every swim lap. Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat.
9. Athletes must follow the prescribed swim course.
10. Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty. Where athletes deliberately target another athlete

to impede their progress, gain unfair advantage and potentially cause harm, this action will result in disqualification.

11. Wetsuit use rulings will follow the ITU Competition Rules [section 4.2]. Athletes who do not comply with the ruling will not be permitted to race.
12. Early starters will receive a time penalty in Transition 1.

Cycling:

13. An athlete is not permitted to make forward progress without being in possession of the bike.
14. Athletes must obey the specific traffic regulations for the event. Dangerous riding may result in a penalty; this includes but is not limited to passing another athlete on the wrong side and centre line violations.
15. Athletes leaving the field of play for safety reasons have to return to it without gaining any advantage. If an advantage is gained due to this action, the athlete will receive a time penalty.
16. All equipment must comply with the ITU Competition Rules (frames, wheels, handlebars, helmets, pedals, other equipment and devices). Headphones are not permitted.
17. Athletes must comply with the ITU Competition Rules governing drafting and blocking [sections 5.5, 5.6, 5.7].

Run:

18. Athletes will:
 - a) run or walk but not crawl;
 - b) wear the official race number on the front during the run segment;
 - c) not use posts, trees or other fixed elements to assist maneuvering curves;
 - d) not be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course.
19. The use of headphones is not permitted.

Transition Area:

20. 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 until after they have racked their bike at the finish of the bike leg.
21. Athletes must:
 - a) use only their designated bike rack and place all equipment within 0.5m of their own space;
 - b) not impede the progress of other athletes in the transition area;
 - c) not interfere with another athlete's equipment in the transition area;
 - d) mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line;
 - e) dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line.
22. Nudity or indecent exposure is forbidden.
23. Marking positions in the transition area is forbidden. Marks, towels, and objects used for marking purposes will be removed and the athletes will not be notified.
24. The helmet strap must remain unfastened in the transition area while the athlete is completing the first segment.

Protests and Appeals:

25. A protest is against the conduct of an athlete, Technical Official, or the conditions of the competition. An athlete may file a protest with the Head Referee provided the protest has not been previously observed by the Technical Officials and ruled upon by the Head Referee.
26. An Age Group athlete who protests against another athlete, Technical Official, or concerning an athlete's equipment, must do so in writing to the Head Referee within fifteen (15) minutes after the last athlete finishes the competition.
27. An appeal is a request for a review of a decision made by the Head Referee or the Competition Jury.
28. An athlete may appeal, in writing, the decision of the Head Referee to the Competition Jury. Timelines are as per the ITU Competition Rules [section 13].