



## COMPETITION RULES

1.1 The rules presented here are based on those issued by the ITU and BTA which can be accessed on:

[www.competition.org/rules](http://www.competition.org/rules)  
[www.britishtriathlon.org/events/events.php](http://www.britishtriathlon.org/events/events.php)

It is the competitor's responsibility to fully acquaint himself/herself with the triathlonscotland rules. These merely represent the main aspects so please ensure you familiarise yourself with all the rules.

1.2 Sports other than swimming, cycling and running that are part of multi-sport events shall be run with due regard to the rules normally in force by the governing body of each individual sport where practical when taken as a part of a multi-sport event. For further advice contact triathlon scotland.

1.3 **Age Categories** (Category Definition age at 31/12)

	Male	Female
Vintage	60+ years	60+ years
Super Veteran	50-59 years	50-59 years
Veteran	40-49 years	40-49 years
Senior	20-39 years	20-39 years
Junior C	19 years	19 years
Junior B	17-18 years	17-18 years
Youths A	15-16 years	15-16 years

1.4 **Childrens' Triathlons**

Children's events give 8-14 year olds the opportunity to take part in Triathlon. Competitors are split into two year age groups with each group racing over different distances. The 8-year category is run over very short distances to introduce young athletes to the sport. These extra rules or rule variances are written for children and their parents/guardians, and are intended to help make children's events safe and enjoyable.

1.5 The maximum permissible air temperature in which events can take place is 30C.

1.6 The following maximum race distances are applicable at each age group:

### TRIATHLON

Age	Swim	Cycle	Grass Cycle	Tarmac Run
8 years	50m	800m	2,500m	600m
9/10 years	150m	2km	4km	1,200m
11/12 years	200m	4km	6km	1,800m
13/14 years	300m	6km	8km	2,400m

## AQUATHON

	Swim	Run
8 years	50m	600m
9/10 years	150m	1,500m
11/12 years	250m	2,000m
13/14 years	400m	3,000m

## DUATHLON

	Run	Cycle Grass	Cycle Tarmac	Run
8 years	400m	800m	1,500m	200m
9/10 years	1,200m	2km	4km	400m
11/12 years	1,600m	4km	6km	600m
13/14 years	2,000m	6km	8km	800m

1.7 13/14 years olds may compete in events up to and including 400m swim, 10k cycle, 3k run with both cycling and running taking place on roads closed to other vehicular traffic. Written parental consent is required.

1.8 14/15 year olds may take part in events up to and including Sprint distance. Written parental consent is required.

1.9 16/19 year olds may compete in events up to and including Standard distance.

1.10 19 year olds may compete in events up to and including Middle distance.

1.11 Event organisers must obtain written consent from the child's parent or guardian that their child has permission to compete is fit and healthy, that their child's cycle is roadworthy, and they agree to abide by the rules of the British Triathlon Association.

1.12 It is the Children's Parent's/Guardian's/Accompanying adult's responsibility to ensure that the competitor's machine is in a safe and roadworthy condition. Aero bars (handle bar extensions) must not be fitted to bicycles where cycling takes place on grass. (Please note that mountain bike bar-ends are acceptable). Where the cycling takes place on tarmac, athletes of 13 or over may use aero bars.

1.13 The bicycle sizing rules for adults may not apply to children's bicycles but all cycles must, at the least, have:

- handlebar and aero bar/bar extensions all plugged
- properly fitted and serviceable tyres, wheels, gears and controls
- a working brake on both wheels

1.13.1 The following additional safety requirements apply to events for competitors aged 8 to 14:

- Cycling and running must take place on roads closed to vehicular traffic
- Fluids must be made available at the start and finish of both cycle and run sections
- Competitors must be visible to officials at all times

1.14 No individual support/pacing by bicycles or on foot is permitted, except where provided by the organisers.

**1.15** In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends or family members into any transition area when the race is in progress.

**1.16** The following penalties will be imposed for infringements:

#### **Disqualification**

- Threatening, abusive or insulting words or conduct
- Diving
- Failing to obey marshals
- Nudity
- Outside assistance (other than that given by the organiser)
- Tampering with the equipment of others
- Unsporting impedance

#### **Formal Warning**

If the fault is not rectified after a warning the ultimate sanction is Disqualification.

- Helmet violations on the cycle course
- Illegal equipment (swim, cycle or run)
- Illegal progress (during the swim, cycle or run)
- Topless during bike or run

#### **Time Penalty**

The time penalties will be imposed for:

- Number violations (not able to be rectified after a formal warning)
- Riding in the transition area
- Helmet violations in the transition area

## **2 General Rules for the Competitor**

### **2.1 General Responsibility**

It is the competitor's responsibility to be well prepared for the competition, both regarding general health and race fitness.

### **2.2 Penalties**

**2.2.1** Without prejudice to any disciplinary action taken by the Executive in terms of paragraph 63 of the Articles of Association, a race referee may impose the following penalties on competitors:

- a) Warning
- b) Time penalty
- c) Disqualification

**2.2.2** Reference in this section to the race referee is to the Race Organiser if there is no officially appointed referee.

**2.2.3** It shall be within the authority of race officials and the race organisers to penalise and if necessary disqualify a competitor during the race if satisfied that the athlete in question has seriously breached the rules.

2.2.4 Guidance as to penalties for rule infractions is set out in connection with the rules concerned. However, referees retain a discretion to apply (whether more or less severe) the penalty that is most appropriate in the circumstances having regard to the following general advice:

2.2.5 Warnings are used in the following situations:

2.2.6 When the infraction of a rule seems to be unintentional, and can be corrected after a warning, e.g. the body number is not visible.

When it is possible to correct a rule infraction after a warning, e.g. leaving the transition area without having fastened the helmet.

A warning is announced by the race marshal shouting the competitor's number and 'Warning'. If immediate corrective action required and is not taken by the competitor a further penalty should be imposed.

2.2.7 Disqualification is used in the case of blatant infringements of any rule and, particularly, in the following situations:

2.2.8 Rule infractions that cannot be corrected, e.g. Body number has been cut.

2.2.9 Not correcting rule infractions after warnings, e.g. finishing race with bare torso.

2.2.10 Obvious obstructions or violence against officials or other competitors.

2.2.11 Any conduct that may bring the sport into disrepute

2.2.12 Time penalties are used in the case of infringements that are neither blatant nor serious as to merit disqualification or so minor as to merit only a warning.

2.2.13 A time penalty may be imposed either by a marshal requiring a competitor to stop for a time specified by the marshal or after the race is complete.

## 2.3 Protests

2.3.1 Competitors disqualified will be excluded from the results list. A competitor who has been disqualified or suffered a time penalty may lodge a protest.

2.3.2 Protests can be made against the conduct of fellow competitors, other parties involved in a rule infringement, irregularities in the organisation of the competition and decisions by Race Marshals. Protests may be made by competitors and/or their official representatives.

2.3.3 Protests must be made within one hour of completing or leaving the course, or after being told of the imposition of penalty. Protests must be made to the Race Referee.

## 2.4 Equipment

2.4.1 Each competitor is responsible for his/her own equipment and must check that it accords to the regulations. The competitor must wear any bathing cap and body number provided by the organiser. Penalty for not wearing the bathing cap: disqualification. The body number shall not be cut, folded or hidden.

2.4.2 In the cycling section it shall be worn fully visible on the back of the cycling outfit, in the running section it shall be worn fully visible in front. Penalty: warning, the competitor must stop until body number is properly placed. If no correction takes place: disqualification.

2.4.3 If the organiser provides a frame number to be placed on the bike it shall be fully visible on the bike when seen from the left. The frame number must be of such a size and shape as to be of no hindrance to the competitor. Penalty for not placing frame number on the bike: disqualification. The body number provided by the organiser shall not be larger than 400cm<sup>2</sup>. It is recommended that the numbers of each category are easily distinguishable from each other.

## 2.5 Clothing

The minimum swimming outfit for men is non-transparent bathing trunks and for women, non-transparent full or two-piece bathing suit. An athlete may not compete in the cycling and running segment with a bare torso. The lower body must also be adequately covered. Penalty for infraction of the above: warning, the competitor must stop until necessary correction has taken place. If no correction takes place: disqualification.

## 2.6 Advertising

2.6.1 Advertising on equipment and competitors' clothing is allowed.

## 2.7 Discipline

2.7.1 A competitor may not block, charge or make an abrupt motion so as to interfere (whether intentionally or by accident) with the forward progress of another competitor. Penalty: disqualification.

2.7.2 Competitors must follow the entire course as designated by the organiser. If they leave the course, they must re-enter it at the same point as they left it.

2.7.3 It is the responsibility of competitors to familiarise themselves with the course.

2.7.4 A competitor shall inform the nearest race official after withdrawing from a race. After withdrawal or disqualification the race number must be taken off.

## 2.8 Doping

Doping is forbidden. See section DRUGS FREE SPORT.

## 2.9 Pacing, Outside Help

2.9.1 Competitors may not be accompanied or paced by helpers. Penalty: disqualification. Competitors may not receive physical assistance, food or drink except at official feed stations unless expressly permitted in the race briefing. Penalty: disqualification.

2.9.2 In the case of accidents competitors may continue in the competition after having received first aid to bodily injuries, provided that the race officials deem them fit to continue.

## 2.10 Swimming

2.10.1 Race officials have the authority to pull a competitor out of the race for safety reasons, or when the time limit is reached, at any point during the swim.

2.10.2 Artificial aids such as paddles, fins, and snorkels are not allowed. Hands and feet must be uncovered. Penalty: disqualification. Swim goggles are allowed.

2.10.3 Competitors may swim any style and tread water or float. It is allowed to walk (run) on the bottom at the start and finish, also to stand on the bottom, but the competitor may not make use of either the bottom or floating or stationary objects to gain an advantage. For safety reasons it is allowed, however, to rest temporarily on ropes and buoys. Competitors who break these rules may be disqualified.

2.10.4 In pool swims, the rules of triathlon require that when an athlete is touched on the ankle or leg by a following swimmer, that athlete should allow the swimmer to pass, by stopping at the end of the length. *Passing during a length is not permitted.* Failure to comply with these rules may result in disqualification.

## 2.11 Wetsuits

2.11.1 For pool swims no wetsuits shall be allowed unless the water temperature is below 14 C. At water temperatures of 23 C and above it is forbidden to wear a wetsuit.

2.11.2 A wetsuit may consist of no more than 3 separate parts, namely hood or hat, upper body and lower body. When separate parts are worn, the overlap when standing in an ordinary upright position may be no wider than 5cm. The wearing of wetsuit leggings only is not permitted. It is not allowed to wear socks or gloves.

2.11.3 The material of the section covering the trunk of the body must be of uniform thickness, and the material of leggings and sleeves, also of uniform thickness, may be thinner, but not thicker than that of the section covering the trunk of the body.

## 2.12 Cycling

2.12.1 Bicycles: Bicycles of all types propelled solely by human force, complying with the following specifications and quadrilateral in form with three fixed points (saddle, handlebar and chain set) shall be permitted for competition purposes. Any circular, alternating or other propulsive action brought about by means of hands, or the use of protective shields, wind breaking bodywork, or other devices on any part of the bicycle except the wheels for the purpose of reducing wind resistance, shall be prohibited. Nothing which might enhance acceleration may be built into disc wheels, disc-type wheels, or the rims of such wheels. The interior of such wheels must be accessible for inspection.

2.12.2 The handlebars and stems shall be fashioned in such a way as to present no danger. Their ends shall be solidly plugged.

2.12.3 Normally, forward-pointing brake levers will not be allowed. If a bicycle has no free-wheel, a single brake in good working order may be tolerated as a minimum; if the bicycle does have a free-wheel, two brakes in good working order shall be compulsory.

2.12.4 If the organiser has provided a number for the bicycle it shall be fixed in accordance with paragraph 4.3.

2.12.5 Competitors are personally responsible that their bicycles are in legally satisfactory condition at the start of the race. It is not allowed to receive help from others, during the race be they fellow competitors or outside helpers.

2.12.6 All bicycle parts can be changed during the course of the race except the frame itself. All spares and tools must be carried by the individual competitor.

2.12.7 Traffic regulations must be obeyed if the course is not closed to other traffic, or unless the organiser has issued special rules. Penalty: warning or disqualification.

## 2.13 Drafting

2.13.1 Drafting or taking pace is not allowed during the cycle section of any event unless this specifically announced by the race organiser. The cycle section is an individual event and riders may not take pace from any other cyclist (competitor or not) or vehicle.

2.13.2 Riders must not be closer than 7 metres (approximately 5 bike-lengths) to the next competitor. Side-by-side riding is only permitted during overtaking in which case the manoeuvre should be completed within 30 seconds. It is the responsibility of the overtaken rider to drop back as soon as the overtaking front wheel is level with his/her front wheel.

2.13.3 Race organisers may use static or moving marshals to note any close riding. Static marshals shall note the race numbers if they think the draft zone has been breached. If the athletes appear on more than one marshal's list in the same order, those riders following the lead rider shall be deemed to have been drafting and will receive a penalty. Only trained or experienced marshals will be used for this task.

## 2.13.4 Penalties for drafting

2.13.4.1 For a cycle section of less than 25km: time penalty of 6 minutes;  
For a cycle section of 25 km to 50 km: time penalty of 12 minutes;  
For a cycle section more than 50 km: time penalty 20 minutes.

## 2.14 Cycling helmets

2.14.1 Helmets straps must be fastened to a "snug fit" before moving the cycle from the rack and must remain fastened as such until the cycle has been re-racked. Any athlete moving through transition with an unfastened helmet shall receive a 2 minute penalty.

## 2.15 Other equipment

2.15.1 Containers of food and drink carried by competitors must be of non-fragile materials (not glass, china etc.).

2.15.2 For individuals racing outside Scotland other rules may apply. It is the responsibility of the competitor to make himself/herself familiar with the local competition rules.

## **1.15 General Rules for Organisers**

- 1 Organisers of triathlon, Duathlon and Aquathlon events registered with triathlon scotland must complete an Event Registration Form and the triathlonscotland risk assessment document and must pay the appropriate fees to triathlonscotland.**
- 2. All registered events must be covered by insurance acceptable to triathlonscotland. A copy of the certificate, together with the risk assessment must be displayed at the race venue.**
- 3. Only registered events run by triathlonscotland may qualify for cover under triathlonscotland insurance policy. Details of cover and conditions may be obtained from the triathlonscotland administrator.**
- 4. Individual organisers may not vary triathlonscotland rules. Local conditions may warrant amendment by a triathlonscotland official. Applications for such changes must be submitted in writing to the Events Director and where granted, any such variations must be clearly published to all competitors at least 7 days prior to the event and must be explained in all race briefings.**
- 5. All persons unable to produce a current race licence at race registration shall pay the appropriate day membership fee.**

### **6. Registering of Events**

- 6.1 The method of awarding a registration certificate to an event will be as determined from time to time by triathlonscotland.**
- 6.2 triathlonscotland reserves the right to withhold a registration certificate from any event that does not meet the standards required or whose organiser is not in good standing with triathlonscotland**
- 6.3 The aims of the registration procedure are to:**
  - a. Ensure an event will be safe for the general public, the spectators, the race officials/ volunteers and the competitors.**
  - b. Ensure that the event will not cause undue nuisance to the general public.**
  - c. Ensure the event will be fair and conducted according to triathlonscotland rules.**
  - d. Ensure the event will come up to a minimum standard expected, taking into account the type of event being registered**

### **7. Event Levies**

- 7.1 Race Levies will be based on the total number of starters\* at an event and will be charged at the current rate i.e. this includes competitors who drop out of the event or who are forced to retire**
- 7.2 Race Levies from events run solely for charitable purposes may only be waived at the discretion of the Executive Board. Organisers must submit a written request for race levies to be reduced/waived to the triathlonscotland administrator explaining the reasons for the request**
- 7.3 Unless by prior arrangement with the Director of Domestic Events, race levies are to be paid to triathlonscotland within four weeks of a race or, in the case of a series of races for which a single entry fee is acceptable, within four weeks of the last race of the series.**

## 8. Race Referee

8.1 A referee is an individual who has been trained and assessed by either triathlon scotland or the BTA and has passed a specified examination. They can be identified at an event by their orange “Race Referee” tabards. Referees must be either a full or associate member of triathlonscotland or the BTA.

8.2 For triathlonscotland Championship events there will be a race referee appointed by the Executive Board. For other events, the organiser of the event shall appoint a suitably qualified race referee, or referees, or take direct responsibility for that role. The senior referee, with the race organiser, shall have full jurisdiction over the event. If necessary, and with the advice of local safety experts, the race referee shall have the power to cancel or curtail an event on safety grounds.

8.3 Race referees should adopt a common-sense attitude in all decisions.

8.4 No arrangements are in place in Scotland for the use of Motorcycle Referees

## 9. Water Temperature

9.1 Open Water: the water temperature should be taken from a point in the middle of the course at a depth of 50cm within one hour of the start and be announced to competitors at least 15 minutes prior to the start of the competition. The recommended minimum temperature at which wetsuits should be optional is 14C.

9.2 At temperatures of less than 14C the wearing of wetsuits should be recommended and the following maximum distances considered:

13C	2km
12C	1km
11C	500m

9.3 At temperatures less than 11C it is recommended that no open water swimming takes place. The above guidelines are based on water temperatures alone and assume that the wind chill factor is negligible.

## 10. Race Briefing

The Race Organiser must give a spoken and/or other briefing to competitors prior to the start of the race. A primary purpose of such a briefing is to promote the safety of the race. It is the responsibility of the competitor to take account of the contents of such a briefing. A race briefing must identify a named individual as the race referee or, if there is no referee, the race organiser. In a race in which drafting is not allowed, the briefing shall outline the rules on drafting and state that anti-drafting measures are in place. Where it is intended that marshals be authorised to impose and implement time penalties during the race this should be clearly stated. In respect of other rules, race organisers may make reference to the general rules for competitors as printed in the current triathlonscotland handbook and assume that competitors are familiar with them.

## 11 Prizes

It is expected that potential competitors make themselves aware before entering an event of the proposed prize and award structure. Race organisers must make this information available in order that this can be done. Cash prizes can be awarded to competitors without infringement of their amateur status.

## 12. Photographs and Images of Children

Following advice from the Child Protection in Sport Unit triathlonscotland has adopted the following rules as best practice when using photographs and images of children on websites:

Consider using models of illustrations if you are promoting an activity.

Avoid the use of the first name and surname of individuals in a photograph. This reduces the risk of inappropriate, unsolicited attention from people within and outside the sport.

If the athlete is named, avoid using their photograph.

If a photograph is used, avoid naming the athlete.

Ask for an athlete's permission to use their image. This ensures that they are aware of the way the image is to be used in representing the sport. An Athlete's Permission Form is one way of achieving this.

Ask for parental permission to use an image of a young person. This ensures that parents are aware of the way the image of their child is representing the sport. A Parental Permission Form is one way of achieving this.

Only use images of athletes in suitable dress to reduce the risk of inappropriate use.

If you are commissioning professional photographers or inviting the press to an activity or an event it is important to ensure they are clear about your expectations of them in relation to child protection.

Provide a clear brief about what is considered appropriate in terms of content and behaviour.

Issue the photographer with identification, which must be worn at all times.

Inform athletes and parents that a photographer will be in attendance at an event and ensure they consent to both the taking and publication of films or photographs.

Do not allow unsupervised access to athletes or one to one photo sessions at events.

Do not approve/allow photo sessions outside the events or at an athlete's home.

If parents or other spectators are intending to photograph or video at an event they should also be made aware of your expectations.

Athletes and parents should be informed that if they have concerns they can report these to the organiser.

Concerns regarding inappropriate or intrusive photography should be reported to the event organiser and recorded in the same manner as any other child protection concern.