



Competition rules – S3 Winter Triathlon 2017

1. GENERAL RULES

- 1.1. No accompaniment and no technical assistance are allowed on the course; except in case of equipment failure;
- 1.2. Participants must wear their competitor's bib for all aspects of the race;
- 1.3. On-course warming or sightseeing of the course are not permitted, unless the technical delegate and/or race director declare(s) otherwise;
- 1.4. Littering on the course is forbidden and will result in disqualification;
- 1.5. Using audio devices is forbidden;
- 1.6. Slower competitors must give way to faster competitors;
- 1.7. Use and/or presence of non-standard equipment during the race or in the transition area will result in automatic disqualification;
- 1.8. Only one pair of snowshoes, skates and skis per competitor is allowed in the transition area;
- 1.9. Triathlon Québec competition rules are applicable. In aspects of the race not covered by Triathlon Québec competition rules, rules of the applicable sport federation will be used.

2. SNOWSHOEING

- 2.1. The entire course must be completed with snowshoes attached to participant's feet;
- 2.2. Walking poles are forbidden;
- 2.3. The snowshoes must have a minimum width of 18 centimetres (7 inches) and length of 51 centimetres (20 inches), and must have a minimum useable surface of 774 cm² (120 square inches);
- 2.4. Snowshoes will be checked with templates at the entry to the transition area;
- 2.5. Competitors must take off their snowshoes within the transition area, in the designated spot;
- 2.6. Only manufactured snowshoes are permitted;
- 2.7. The structure of the snowshoe as well as its original composites must remain intact;
- 2.8. Temporary changes are accepted, such as the withdrawal of some moving parts.

3. SKATING

- 3.1. Participants must wear a certified helmet (skating, cycling, hockey, ski) and are strongly encouraged to wear protective (leather or Kevlar) cut-resistant gloves;
- 3.2. Helmets must be secured in place before putting on skates;
- 3.3. Helmets may only be undone and removed after skates are removed and placed in the participant's designated spot in the transition area;
- 3.4. All types of skates are allowed (Nordic blades are permitted);
- 3.5. Skates must be put on and laced while the athlete is seated on their chair in the transition area;
- 3.6. Nordic blades must be put on while the athlete is seated on their chair in the transition area or in a an area at the edge of the ice that has been preapproved by the technical delegate;
- 3.7. Blade guard must be left in the designated area at the edge of the ice;
- 3.8. The slowest skaters must circulate on the inside ring;
- 3.9. Passing must be done on the right and right only.





4. CROSS-COUNTRY SKIING

- 4.1. While in the transition zone, skis and poles must be kept in a vertical position at all times. The tip of the poles must point downwards while the tip of the skis must point upwards;
- 4.2. Skis must be secured to feet and straps attached to wrists at the exit of the transition area, i.e. after crossing the mount line;
- 4.3. Skis and wrist straps must be removed before entering the transition zone;
- 4.4. All styles of skis are permitted. The technical director and/or the race director may indicate certain restrictions depending on the course;
- 4.5. To pass another athlete when there is insufficient space to do so, the athlete who wishes to pass must shout "track" to the athlete in front of him or her. The athlete being passed must move over to the right and allow the passage of the faster athlete;
- 4.6. Depending on the course, freestyle may be banned in the last 30 to 50 m before the finish line. In this case, double poling may be required, and prepared lanes should be used;
- 4.7. Only one pair of skis is allowed in the transition area. These skis must be marked with the athlete's bib number;
- 4.8. It is forbidden to change skis on-course. If one of the athlete's skis breaks during competition, the athlete may change that ski, but must retain at all times one of the original skis;
- 4.9. Competitors may not remove their skis until they are 10 metres past the finish line, and a final ski check may take place (number must match the competitor's bib).
- 4.10. A "cross-country skiing equipment area" may be provided at the edge of the track where athletes may leave replacement equipment (one ski and two poles).

5. TRANSITION AREA

- 5.1. Competitors may only use the spot allotted to them;
- 5.2. Competitors must never impede other competitors;
- 5.3. Competitors must themselves place their equipment in their designated spot;
- 5.4. Competitors must not touch or move other competitors' equipment;
- 5.5. Athletes must have a competitor's bib on in order to gain access to the transition area;
- 5.6. At all times, only competitors are permitted in the transition area;
- 5.7. Competitors are not allowed to put skis or pole straps on while in the transition area;
- 5.8. Any movement within the transition area must happen with skis and poles pointing upward;
- 5.9. Competitors may leave equipment in the "waste area" located before the mount line.

Definition of the finish

A competitor is considered to have completed their race when the timing chip attached to his or her ankle has crossed the finish line. The first foot that crosses the finish line will determine placings if two athletes finish at the same time.





Disciplinary measures for competitors

If a competitor does not comply with competition rules, he or she may be subject to a warning, a time penalty, disqualification, suspension, expulsion or fine, in conformity with Triathlon Québec competition rules, section C: 'Discipline of competitors'.

Time penalties will last **15 seconds** for each minor infraction. Unless otherwise noted, these time penalties are to be served in the penalty tent located on-course. After three minor infractions, the competitor is automatically disqualified. Major infractions will result in immediate disqualification.

Major infractions include unsportsmanlike conduct, including disrespect of an official, volunteer, another athlete etc., or any action that has serious consequences (for example, causing injury to others, on purpose or by accident). Minor infractions are involuntary infringements of the Competition Rules.

Failure to follow the following rules will result in a minor offense (15-second penalty):

- Competitors must use only their designated space;
- False start (15 seconds purged in the transition zone)

If a competitor does not complete the required number of skating laps, he or she will be immediately disqualified. However, and **only when specified at the pre-race meeting by the technical delegate, a time adjustment (penalty) may be added after the race is completed.** The time penalty would be calculated as follows:

- Average lap time of the competitor x 2. The maximum number of missed laps is 2 for a 400m loop and 1 for a 401m-to-800m loop. For loops longer than 800m, time penalties will not be applied and disqualification will be automatic.

Penalty tent

Unless otherwise noted, penalty time must be served in the penalty tent located on the course. Athletes must stop at the tent if their bib number appears on the penalty board in front of the tent, or of an official indicates that there is a penalty to be served. If an athlete fails to stop at the penalty tent, he or she will be immediately disqualified.





Weather considerations

The competition jury should study the forecast and decide whether a race needs to be modified, suspended or cancelled if:

- The performance of participants can be hindered by the weather conditions (strong winds, very damp weather, heavy snow, icy trails);
- Temperatures are below **-20°C**, without factoring in wind chill, for a race that is 15 kilometres or less;
- Temperatures are below **-18°C**, without factoring in wind chill, for a race longer than 15 kilometres.

The following factors should be taken into account for safety reasons in cold weather: temperature, time spent in exposed conditions, competition distance, type of course and wind chill factor.

