



ITU Competition Rules

Approved by the ITU Executive Board, in December 2016

Green highlight – added as of December 2016



The ITU Competition Rules is the master source document, found on ITU's website at www.triathlon.org. The web based document acts as the official (authorised) reference document and is maintained based on authorised amendments in accordance with recommendations by the ITU Technical Committee and accepted by the ITU Executive Board.

Contact

International Triathlon Union (ITU)
Maison du Sport International
Av. de Rhodanie 54
Lausanne CH -1007, Switzerland
Tel +41 21 614 60 30
Fax +41 21 614 60 39
Email: ituhdq@triathlon.org
For general information about ITU visit www.triathlon.org



TABLE OF CONTENTS

1. INTRODUCTION: _____	5
2. CONDUCT OF ATHLETES: _____	8
3. PENALTIES: _____	18
4. SWIMMING CONDUCT: _____	22
5. CYCLING CONDUCT: _____	28
6. RUNNING CONDUCT: _____	38
7. TRANSITION AREA CONDUCT: _____	39
8. COMPETITION CATEGORIES: _____	40
9. PRIZES AND AWARDS: _____	41
10. EVENTS: _____	43
11. TECHNICAL OFFICIALS: _____	47
12. PROTESTS: _____	50
13. APPEALS: _____	52
14. INDOOR TRIATHLON: _____	55
15. MIDDLE AND LONG DISTANCE EVENTS: _____	56
16. TEAM AND RELAY EVENTS: _____	57
17. PARATRIATHLON: _____	59
18. WINTER TRIATHLON: _____	72
19. CROSS TRIATHLON AND DUATHLON: _____	75
20. COMPETITION IN QUALIFYING ROUND FORMAT: _____	76
21. COMPETITION IN TIME TRIAL QUALIFYING ROUND FORMAT: _____	77
22. AQUABIKE: _____	80
23. APPENDIX A: RACE DISTANCES AND AGE REQUIREMENTS: _____	82
24. APPENDIX B: RACE PROTEST FORM: _____	84
25. APPENDIX C: RACE APPEAL FORM: _____	86
26. APPENDIX D: DEFINITIONS: _____	88
27. APPENDICES E: QUALIFICATION AND RANKING CRITERIA _____	95
28. APPENDICES F: UNIFORM RULES _____	135
29. APPENDIX G: PARATRIATHLON CLASSIFICATION: _____	158
30. APPENDIX H: PRIZE MONEY BREAKDOWN: _____	189
31. APPENDIX I: ITU RELATED MULTISPORTS: _____	190
32. APPENDIX J: ITU EVENTS AND ITU EVENT CATEGORIES: _____	191
33. APPENDIX K: PENALTIES AND VIOLATIONS: _____	193



34. APPENDIX L: RESULTS AND START LIST SAMPLES	201
35. APPENDIX M: ATHLETE'S AGREEMENT	205
36. APPENDIX N: TECHNOLOGICAL FRAUD:	206
37. APPENDIX P: NON-TRADITIONAL OR UNUSUAL BIKE APPROVAL PROCESS	207
38. APPENDIX Q: PPE – PRE PARTICIPATION EVALUATION	208



1. INTRODUCTION:

1.1. Purpose:

- a.) The International Triathlon Union (ITU) is the sole governing body, responsible for the Competition Rules for Triathlon, Duathlon and its other related multisports. The complete list of sports under the jurisdiction of ITU is included as Appendix A and Appendix J;
- b.) The ITU Technical Committee (ITU TC) will ensure technical aspects of ITU competitions are of the highest quality;
- c.) The ITU Competition Rules specify the conduct and behaviour of athletes during ITU competitions. Where the ITU Competition Rules do not specify, the rules of International Swimming Federation (FINA), International Cycling Union (UCI), International Association of Athletics Federations (IAAF), International Ski Federation (FIS), IPC Swimming, IPC Athletics and IPC Nordic Skiing will apply in their specific segments, unless ITU Technical Committee decides otherwise;
- d.) The ITU Event Organisers' Manual (EOM) and its related documents set safety and logistical standards for host National Federations (NFs) and for the Local Organising Committees (LOCs);
- e.) The ITU Technical Officials' Certification Programme sets the standards for certifying ITU Technical Officials;
- f.) It will be clearly indicated when a rule applies to a specific competition.

1.2. Intention:

- a.) The ITU Competition Rules are intended to:
 - (i) Create an atmosphere of sportsmanship, equality, and fair play;
 - (ii) Provide safety and protection;
 - (iii) Emphasise ingenuity and skill without unduly limiting the athlete's freedom of action;
 - (iv) Penalise athletes who gain an unfair advantage.
- b.) Definitions of all terms used in the ITU Competition Rules are provided in Appendix D. Any difficulty in the interpretation or application of the ITU Competition Rules should be referred to the ITU Technical Committee.

1.3. Language and Communication:

- a.) The official language of ITU Events is English:
 - (i) National Federations are responsible for providing translation services from/to English for their own athletes;
 - (ii) Local Organising Committees will communicate at least in English, even if another language is used in parallel.

1.4. Modifications:

- a.) The ITU Competition Rules will be adapted for other modern multisport competitions, which fall within ITU's jurisdiction;
- b.) An athlete must not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, every infringement related in the ITU Competition Rules has a sanction attached. Officials base their judgments on whether an advantage, not intended by the Rules, has been gained;
- c.) ITU Competition Rules will be applicable to international competitions hosted by National Federations affiliated with ITU.



1.5. Exceptions:

- a.) The ITU Competition Rules will be applicable to all events sanctioned by ITU and are to be implemented by the appointed Technical Delegate as appropriate. Where the ITU Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, the ITU Competition Rules will override the laws of the jurisdiction to the extent of the inconsistency. 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.
- b.) Exceptions for special circumstances in a particular event may only be gained from ITU with prior approval. A request for an exception to the ITU Competition Rules must be made in writing 30 days prior to the event to the ITU Technical Committee through by assigned Technical Delegate.
- c.) Exceptions for special circumstances in a particular athlete may only be gained from ITU with prior approval. A request for an exception to the ITU Competition Rules must be made in writing 30 days prior to the event to the ITU Technical Committee by the assigned Technical Delegate from the National Federation to whom the application has been submitted or is being submitted.
- d.) The ITU Technical Committee may consult with other ITU committees, commissions or appropriate parties.

1.6. Specific Regulations:

- a.) A Technical Delegate may approve the addition of specific regulations for a particular race, provided that:
 - (i) Each additional specific regulation does not conflict with another ITU Competition Rules;
 - (ii) Each additional specific regulation is made available in written form and is announced at the athletes' briefing; and
 - (iii) Each additional specific regulation and the reasons for its inclusion are advised to the ITU Technical Committee one week before the day on which the event is to be conducted. The ITU Technical Committee may invalidate the incorporation of an additional specific regulation only on the authority of the ITU Executive Board.

1.7. Intellectual Property

- a.) ITU Events are the exclusive property of ITU, which owns all rights associated including, without limitation, the rights to organise, exploit, broadcast and reproduce ITU Events. These rights include any type of digital media, whether that be photographic or video in nature, captured from within the boundaries of the field of play, regardless of ownership of the capturing device. All the personal data from the athlete entered into any ITU event and the data produced from the event, including the results are exclusive property of ITU.

1.8. Unauthorised Exceptions or Additions:

- a.) The unauthorised exception to, or addition of, a competition rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from National Federations and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

1.9. Rule Updates:

- a.) The ITU Competition Rules may be changed from time to time by the ITU Technical Committee at its discretion, with the approval of the ITU Executive Board. Any rule change(s) shall be advised in writing to affiliated National Federations at least 30 days before it/they is/are to take effect. Updated ITU Competition Rules will be posted on the ITU website (www.triathlon.org).



2. CONDUCT OF ATHLETES:

2.1. General Conduct:

- a.) Triathlon and ITU's other related multisports involve many athletes. Race tactics are part of the interaction between athletes. Athletes will:
 - (i) Practice good sportsmanship at all times;
 - (ii) Be responsible for their own safety and the safety of others;
 - (iii) Know, understand and follow the ITU Competition Rules, available from their National Federations and on www.triathlon.org;
 - (iv) Obey traffic regulations and instructions from race officials;
 - (v) Treat other athletes, officials, volunteers, and spectators with respect and courtesy;
 - (vi) Avoid the use of abusive language;
 - (vii) Inform a Technical Official after withdrawing from the race. In case the athletes fail to do this, it may result in a suspension;
 - (viii) Compete without receiving assistance other than from event personnel and officials;
 - (ix) Avoid using ambush marketing;
 - (x) **Avoid displaying any kind of demonstration of political, religious or racial propaganda;**
 - (xi) 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;
 - (xii) Not attempt to gain an unfair advantage from any external vehicle or object;
 - (xiii) Follow the prescribed course.
 - (xiv) **Not use any device that will distract the athlete from paying full attention to their surroundings.**

2.2. Outside assistance:

- a.) The assistance provided by event personnel or Technical Officials is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Race Referee. Athletes competing in the same race may assist each other with incidental items such as, but not restricted to, nutrition and drinks after an aid station and pumps, tubular tires, inner tubes and puncture repair kits;
- b.) Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue with their own race. This includes but is not restricted to complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.

2.3. Drug Abuse:

- a.) Athletes and guides will follow the ITU Anti-Doping Rules;
- b.) All athletes and guides are responsible for familiarising themselves with the ITU Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances and methods;



c.) ITU has implemented the ITU Anti-Doping Rules and abides by rules set by the World Anti-Doping Agency (WADA) Code.

2.4. Health:

- a.) Triathlons and ITU's other related multisports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting in a race, the athletes declare they are in good health and are in appropriate physical condition to complete the race;
- b.) Time limits for the swim leg, bike leg and overall finish time may be established for each competition by the ITU Technical Delegate. These limits must be published in the pre-event registration material;
- c.) ITU encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport. An annual PPE is mandatory for all Junior athletes from January 1st 2017 competing in junior category of any ITU event as outlined in Appendix J. PPE will be mandatory for all Elite, U23 and Paratriathlon athletes from January 1st 2018. More information about PPE can be found in Appendix Q.

2.5. Eligibility:

- a.) All athletes must be in good standing with their National Federations. To ensure this, all the entries must be done by the National Federations, not by the athletes themselves;
- b.) Athletes under suspension are not allowed to compete in any ITU event, in any competition sanctioned by ITU members, or in any competition held under the ITU Rules;
- c.) An athlete's age is determined by their age on December 31st in the year of competition;
- d.) Athletes aged 15 to 17 years old are eligible to compete in the Youth category;
- e.) Athletes aged 16 to 19 years old are eligible to compete in the Junior category;
- f.) Athletes aged 18 to 23 years old are eligible to compete in the U23 category;
- g.) The different qualification criteria are published in Appendix E, Continental Championships Qualification Criteria are established by the ITU Continental Confederations and published in www.triathlon.org;
- h.) Specific qualification criteria affecting Major Games and Recognised Games are published in www.triathlon.org;
- i.) Athletes may not compete within 36 hours in more than one triathlon or multisport event (see Appendix I) when one event is of standard distance or longer. Exceptions will be for the team relay events at the defined super-sprint distances (see 16.1.a.), PTVI guides and aquathlon;
- j.) Age limits: Athletes must be a minimum age to compete in any ITU event, as outlined in Appendix A. Continental Confederations may add other age limits for Continental Championships, for youth categories with super-sprint events. The age limits as outlined in Appendix A cannot be modified;
- k.) An athlete who competes in a category different from his/her age, in a distance in which it is not allowed, or before the 36 hour period, will be disqualified from the events he/she took part in. Any awards, prizes and points will be removed;
- l.) An athlete who undergoes sexual reassignment and wishes to participate in ITU Events must meet all the current conditions and criteria established by the International Olympic Committee (IOC) and WADA prior to doing so. The request to participate in ITU Events further to said sexual reassignment must be made expressly by the athlete to the ITU Medical and Anti-Doping Committee at least 30 days prior to event in which he or she wishes to compete. The ITU Medical and Anti-Doping Committee shall determine whether or not the current IOC and WADA criteria have been met and provide the athlete

a written and reasoned decision to that effect. Any such decision on eligibility may be appealed as a Level 3 appeal (see section 13.);

m.) Where the eligibility of a female athlete is questioned due to possible hyperandrogenism and a formal written request has been made to do so, the ITU Medical and Anti-Doping Committee and other experts shall evaluate the suspected case of female hyperandrogenism. In so doing, the ITU Medical and Anti-Doping Committee shall respect and apply the current IOC Regulations on Female Hyperandrogenism which are in effect at the time of the request. The ITU Medical and Anti-Doping Committee will then notify the athlete in question of its determination by way of a written and reasoned decision. Any such decision on eligibility may be appealed as a Level 3 appeal (see section 13.);

n.) Athletes who are competing under ITU flag will be entered in the races by the National Federation the athlete is moving to. They will compete with the same rights than any other athlete in terms of awards, prizes and points.

2.6. Insurance:

- a.) All athletes competing in an ITU event must have personal insurance coverage guaranteed by their National Federation. This insurance will cover:
 - (i) Any accident occurring before, during and after any competition;
 - (ii) Any sickness that an athlete could suffer during a trip to a competition or event;
 - (iii) Liability caused by an athlete during the competition.
- b.) The athlete's National Federation guarantees the existence of this insurance by entering an athlete in an event. Local Organising Committees or National Federations organising an event cannot force the athletes to pay for a race day fee for insurance purposes.

2.7. Registration:

- a.) Entry:
 - (i) National Federations will register their athletes for ITU Events following their National Federation qualification system or other ITU approved qualification system;
 - (ii) All athletes qualify to any ITU Event as outlined in Appendix J by the eligibility rules outlined in 2.5 and by the qualification criteria outlined in Appendices E;
 - (iii) Prior to competing in ITU Triathlon World Championships, ITU Triathlon World Cups, ITU World Triathlon Series events, ITU World Paratriathlon Series, ITU Paratriathlon World Cups and ITU Multisport World Championships, Elite, U23, Junior athletes and Paratriathletes must sign the ITU Athletes' Agreement, which states that any dispute arising from the ITU Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) to the exclusion of recourse to ordinary courts. Once signed, the ITU Athletes' Agreement is valid until the end of the competition year it has been signed in. The Athletes' Agreement is included in Appendix M;
 - (iv) National Federations are responsible for entering their athletes and coaches for all ITU Events using the ITU online system on www.triathlon.org;
 - (v) All Paratriathletes, PTVI Guides, Age Group, Youth, Junior and U23 athletes must provide picture ID at race registration/packet pick-up prior to competition.
- b.) Pre-Race Briefings:
 - (i) Coaches' Meeting: If a coaches' meeting is scheduled, it will take place one hour before the Athletes' Briefing. The Technical Delegate will conduct the Coaches'



Meeting. The agenda will include the announcement of the Competition Jury and all the technical details of the event as well as specific information for coaches. Coaches' accreditations will be distributed at this meeting, or if the Coaches' Meeting is not scheduled, accreditations will be distributed at the end of the Elite/U23/Junior/Youth Athletes' Briefing;

- (ii) Age Group Team Managers' and Coaches' Briefing: At World Championships and at Continental Championships (if applicable), the Technical Delegate will conduct the Age Group Team Managers' and Coaches' briefing. Only Age Group Team Managers and Coaches registered on www.triathlon.org are allowed to attend. The agenda of this briefing will include the announcement of the Competition Jury and all the necessary information for the event. A separate briefing will be conducted for Paratriathlon (outlined in 17.5);
- (iii) Paratriathlon Team Managers' Meeting. If a Paratriathlon Team Managers' Meeting is scheduled, it will take place before the Paratriathlon Briefing. The Technical Delegate will conduct it and the agenda will include the announcement of the Competition Jury and all technical details of the event as well as the specific information on paratriathlon procedures. Coaches' accreditations will be distributed at this meeting, or if the Team Managers' Meeting is not scheduled, accreditations will be distributed at the end of the Paratriathletes' Briefing;
- (iv) Elite/U23/Junior/Youth Briefings: At all ITU Events, the Technical Delegate will conduct the Athletes' Briefing. Elite/U23/Junior/Youth athletes must be in attendance. Coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:
 - Athletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list;
 - Athletes entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the Technical Delegate about their absence, will be reallocated to the last position on the pre-start line up, if the event starts with a swim segment. Athletes will be penalised with a time penalty to be served in the first run, if the event starts with a run or snowshoe segment, if the event starts with those segments;
 - For the World Triathlon Series or ITU Triathlon World Cup events, if an athlete misses more than two briefings in a calendar year, they will be removed from the start list for the third missed briefing and each missed briefing thereafter, even if they informed the Technical Delegate in advance.
- (v) Athletes must register prior to entering the briefing venue;
- (vi) For Triathlon World Series and ITU Triathlon World Cup events, there is one single Athletes' Briefing for female and male elite athletes. This briefing will be held at 18:00 local time two (2) days prior to the first elite competition day. For all other ITU Events or for other athlete categories (U23, Junior, Youth), the briefing will take place at 18:00 either one (1) or two (2) days before the first competition day of the related event and category. Alteration to this time should be announced on the ITU website 45 days in advance.
- (vii) The pre-race briefings are not open to media.



c.) Packet Pick-Up:

(i) All ITU Events - Age Group:

- All athletes must pick up their own race packet at the official race registration area during a designated time. Packet pick-up will be opened on two (2) separate days, starting from 3 days prior to their competition. The hours shall be from 09:00 to 19:00. If a National Federation is unable to make the designated registration time, they must request a different time at least 14 days in advance, in writing to ITU;
- The race packets will contain a minimum of: five (5) official race numbers (one (1) for body, one (1) for bicycle and three (3) for helmet) and four (4) safety pins, numbered swim cap, timing chip, accreditation pass, athletes' guide, tickets for all of the social functions. Local Organising Committee gifts may be distributed at the same time.

(ii) All ITU Events - Elite, U23, Junior and Youth competitions:

- All athletes will pick up their own race packet at Registration following the Athletes' Briefing;
- The race packet will include: three (3) helmet numbers, one (1) bike number, body decals for both arms and both legs, accreditation pass, athletes' guide, tickets for all of the social functions. Local Organising Committee gifts may be distributed at the same time.

d.) Check-in:

(i) Age Group races with more than 700 athletes entered will schedule the Check-in the day before the race. Age Group events with fewer athletes, and Elite, U23, Junior, Youth and Paratriathlon will have the bike check on same day;

(ii) Technical Officials will conduct the check-in at the athletes' lounge or at the transition area and will include the following:

- Distribution of the swim caps and timing chips (except for the Age Group events);
- Control of the athletes' uniform, which must comply with the ITU Uniform Rules (Appendix F). Each uniform should be photographed. If an athlete needs to replace the uniform, this process has to be done again;
- The bike check is regulated under section 5.3;
- Distribution of the race packets to the athletes who missed the briefing.

2.8. Uniform:

a.) All athletes competing in ITU Events are required to wear their uniform conforming to the ITU Uniform Rules (see Appendix F);

b.) The ITU Uniform Rules set the space limitation on the athletes uniforms to include commercial logos;

c.) Athletes must follow the following rules with respect to wearing uniforms:

(i) Athletes must wear the uniform during the entire competition and award ceremony. **Long sleeves and long pants are allowed for the award ceremony;**

(ii) The uniform must cover the whole torso in the front. The back may be uncovered from the waist up;

(iii) **Arms must not be covered, except in extreme weather conditions. The decision rests with Technical Delegate in consultation with the Medical Delegate (if applicable) to allow or make mandatory long sleeves.**



- (iv) Wetsuits, when authorised, may cover the arms but not the hands.
- (v) Athletes competing in ITU Events (except super-sprint, sprint and standard distance triathlon) are allowed to wear uniforms with sleeves extending from the shoulder up to but not covering the elbow.
- (vi) Paratriathletes competing in PTHC class are allowed to wear uniforms with sleeves extending from the shoulder up to but not covering the elbow at any ITU event;
- (vii) Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden;
- (viii) A one-piece uniform is preferred. If a two-piece uniform is used, both pieces must overlap and no torso must be visible during the entire race;
- (ix) If the suit has a zipper it must be located at the back and will not be longer than 40 cm (except for middle and long distance events);
- (x) The uniform must be worn over both shoulders for the duration of the competition;
- (xi) Elite, U23, Junior, Youth and Paratriathlon athletes must wear the same uniform from the start to the finish in standard distance or shorter events;
- (xii) Rain jackets are allowed when the Technical Delegate authorises it. Rain jackets must be the same design and colour as the uniform or transparent;
- (xiii) Failure to comply with the ITU Competition Rules related to the uniform may result in an athlete having to wear a triathlon suit supplied by ITU. Alternatively, Technical Officials may request the athlete use a permanent marker or other means to eradicate logos on the uniform that do not comply with the Competition Rules. If during the race or the award ceremony, an athlete wears a uniform with logos that do not comply with the Competition Rules (including the Uniform Rules), he/she will be disqualified.

d.) For reasons of religion, athletes are allowed to have the body totally covered (except the face) provided that:

- (i) The uniform material is approved by FINA (applicable only for the non-wetsuit swim);
- (ii) The uniform will not interfere with the bicycle mechanisms;
- (iii) Extra identification elements are to be worn over the uniform, following the Technical Delegate's instructions.

2.9. Race numbers:

- a.) Elite, U23, Junior and Youth athletes will not wear official race numbers.
- b.) When, due to the race schedule Age Groups are mixed with other athletes the Technical Delegate can decide on making the use of the official race numbers mandatory for all the athletes;
- c.) Official race numbers:
 - (i) are mandatory for all in the Winter Triathlon events;
 - (ii) Age Group and Open Paratriathlon:
 - may be worn for the wetsuit swim segment and but forbidden in a non wetsuit swim segment;
 - are mandatory for the bike and run segments;



- must be visible on the back during the bike segment and on the front during the run segment.

d.) The use of the official race number in Paratriathlon is regulated in section 17;

e.) Body marking:

- (i) Elite and Elite Paratriathlon:
 - The Local Organising Committee will provide body marking decals, which the athletes must apply prior to the event;
 - Body markings are to be applied to each arm and leg, unless instructed otherwise by the ITU Technical Delegate at the briefing;
 - Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;
- (ii) Age Group and Open Paratriathlon:
 - The Local Organising Committee will provide body marking or body marking decals, who will apply them prior to the event;
 - Body markings are to be applied to each arm, unless instructed otherwise by the ITU Technical Delegate at the briefing;
 - Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;
 - One calf of each athlete – if not covered - may be marked with the category and gender of the athletes (For example, the number M25 would appear on a male athlete in the 25 – 29 age category or F25 should appear on a female athlete in the same category).

2.10. Assignment of race numbers:

- a.) General:
 - (i) Athletes' race numbers are assigned based on previous race results in similar events, by using the most related rankings or points list;
 - (ii) The Elite men's and women's events will be numbered starting with number 1, except in Long Distance events;
 - (iii) Number 13 will be not used.
- b.) Specific events numbering criteria:
 - (i) World Triathlon Series (WTS) and Grand Final:
 - First criteria: Current WTS rankings;
 - Second criteria: ITU Points List;
 - Third criteria: random.
 - (ii) Triathlon U23 World Championships:
 - First criteria: Current WTS rankings;
 - Second criteria: ITU Points List;
 - Third criteria: random.
 - (iii) Junior - Any event:
 - First criteria: ITU Points List;
 - Second criteria: Applicable Continental Junior Rankings (For example ETU, CAMTRI, etc.);
 - Third criteria: random.

- (iv) Triathlon World Cup events:
 - First criteria: ITU Points List;
 - Second criteria: random.
- (v) Triathlon Continental Cup events:
 - First criteria: ITU Points List;
 - Second criteria: Continental Points List from the same continent as the event;
 - Third criteria: random.
- (vi) Triathlon Elite Continental Championships:
 - First criteria: Top 10 classification of the related Continental Championships in the previous year;
 - Second criteria: ITU Points List;
 - Third criteria: Continental Points List from the same continent of the event;
 - Fourth criteria: random.
- (vii) Triathlon U23 Continental Championships:
 - First criteria: ITU Points List;
 - Second criteria: random.
- (viii) Multisport – Any Elite event:
 - First criteria: ITU Related Rankings;
 - Second criteria: random.
- (ix) Age Group - Any event:
 - First criteria: Age Group by Age Group;
 - Second criteria: Grouped by nations in alphabetical order starting by the host nation.
- (x) Paratriathlon; any event:
 - First criteria: Athlete sport class in this order **PTVI Women, PTVI Men, PTS5 Women, PTS5 Men, PTS4 Women, PTS4 Men, PTS3 Women, PTS3 Men, PTS2 Women, PTS2 Men, PTHC Women and PTHC Men;**
 - Second criteria: Paratriathlon Points List;
 - Third criteria: random.
- (xi) Team Relay- Any event:
 - First criteria: One team per nation;
 - Second criteria: Same team event the preceding year;
 - Third criteria: random.

c.) Numbering of the final of events with a qualifying round format is regulated in sections 20.5 and 21.4.

2.11. Timing and Results:

- a.) A race will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the race as defined in 6.2 a), 17.14 f) and 18.10, except if the event is conducted under the “rolling start system” as defined in 4.8.
- b.) The official results will list the athletes according to their finish time and in accordance with the Olympic Results and Information Service (ORIS) standards, a sample of the results format is included in Appendix L. In the event that two athletes tie for a place, and

their performances cannot be separated, they will be awarded the same rank, and the next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing. Time splits to be included are:

- (i) Swim or first segment;
- (ii) Transition 1;
- (iii) Bike or second segment;
- (iv) Transition 2;
- (v) Run or third segment;
- (vi) Overall finish time.

c.) Results will include the following Invalid Results Markers (IRM) and listed in this order:

- (i) athletes who do not finish the race (DNF),
- (ii) any lapped athletes **or athletes stopped by the last biker – first runner scenario (LAP),**
- (iii) **not classified participants or not making the cut-off time in any segment (NO),**
- (iv) Non-eligible Paratriathletes (NE),
- (v) those who are disqualified (DSQ)
- (vi) and athletes or teams which did not start (DNS):
- (vii) If more than one athlete is marked DNF or LAP, those who completed the most laps should be listed first; if several athletes are marked DNF or LAP on the same lap, athletes should be listed according to their times at the previous timing point with the fastest first, or by ascending start number if no times were recorded up to the point at which they retired;
- (viii) If more than one participant is included in the same IRM group (different than DNF or LAP), they should be listed within the same group according to ascending start number;
- (ix) For DSQ athletes, the final results should not be displayed.

d.) Additional information will be displayed either at the header or the footer of the results:

- (i) Swim distance and number of laps;
- (ii) Bike distance and number of laps;
- (iii) Run distance and number of laps;
- (iv) Air temperature;
- (v) Water temperature;
- (vi) Wetsuit swim/No wetsuit swim;
- (vii) Name and country of the Technical Delegate;
- (viii) Name and country of the Race Referee;
- (ix) Name and country of the Competition Jury Members.

e.) For relay events, the rules above are applicable and the total time per athlete will be shown;

f.) Results will be official once the Race Referee signs them. Incomplete results can be declared official at any time. The Race 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 Race Referee may decide, based on the available evidence, that a race 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. However, athletes who finish in a contrived tie situation, where no effort to separate their finish times has been made will be DSQ;

- g.) Paratriathletes changing sport class after classification assessment before the event will be moved to the new sport class. Non-eligible Paratriathletes will be removed from the start list;
- h.) Paratriathletes changing sport class after observation during competition will be moved to a new sport class. Non-eligible Paratriathletes will be displayed as NE.
- i.) Official results may be modified by:
 - (i) Race referee
 - (ii) Competition Jury
 - (iii) ITU Technical Delegate as the result of a protest concerning timing and results
 - (iv) ITU Technical Committee as the result of a results review process
 - (v) ITU Technical Committee as the result of a change of a paratriathlon sport class process
 - (vi) ITU Arbitration Tribunal as the result of a level 2 appeal
 - (vii) Anti-Doping Hearing Panel
 - (viii) CAS as result of a level 3 appeal

2.12. Exceptional conditions:

- a.) The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the Technical Delegate following the same principles.
 - (i) Before the race:
 - A triathlon may be modified to a duathlon, aquathlon, or even in a 2 segments race: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. **The preferred option will be a duathlon with the shorter run first;**
 - A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed;
 - The Technical Delegate may take other decisions if the above options are not possible to set up.
 - (ii) Modification of the race once started:
 - Any segment, but only one, may be shortened during the race. The Technical Delegate and Technical Officials will take all reasonable actions to ensure the fairness of the event and the safety of the athletes. Otherwise, the race will be stopped.
 - (iii) Modification of the third segment by shortening it:
 - The athletes will stop the race no later than the completion of the lap. Those who completed more than the 50% of the last segment will be considered as finishers and will be ranked according to the position in the preceding lap. All of the others, or if the race is stopped before that moment, will not be considered in the results;
 - In the case that all the athletes are stopped before the 50% of the third segment the race will be restarted, if possible.

3. PENALTIES:

3.1. General Rules:

- a.) Failure to comply with the ITU Competition Rules may result in an athlete being verbally warned, issued with a time penalty, disqualified, suspended, or expelled;
- b.) The nature of the rule violation will determine the subsequent penalty;
- c.) A suspension or an expulsion will occur for very serious violations of either the ITU Competition Rules or the ITU Anti-Doping Rules;
- d.) Reasons for penalty: An athlete may be issued a verbal warning, punished with a time penalty, or disqualified for failing to abide by the ITU Competition Rules. Infringements and penalties are listed in Appendix K;
- e.) The Technical Officials are allowed to determine penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally.

3.2. Warning:

- a.) The purpose of a warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of officials. Also a Technical Official can determine a warning to an athlete to correct a minor infringement
- b.) A warning may be given when:
 - (i) An athlete violates a rule unintentionally;
 - (ii) A Technical Official believes a violation is about to occur;
 - (iii) No advantage has been gained.
- c.) Giving a warning: The Official will blow their whistle, the athlete will be stopped if necessary, asked to modify their behavior, and be allowed to continue the race immediately afterwards.

3.3. Time Penalty:

- a.) It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty;
- b.) A time penalty is an appropriate penalty for infringements, which do not warrant a disqualification;
- c.) Time penalties will be served in a designated penalty box, in the transition area or on spot;
- d.) Technical Officials will decide when an athlete needs to be penalized with a time penalty;
- e.) There are two type of infringements penalized with time penalties:
 - (i) Drafting infringements as defined in 5.5;
 - (ii) Other infringements. See appendix K for list.
- f.) Time penalties vary depending on the type of infringement:
 - (i) Drafting infringements:
 - 5 minutes in long and middle distance events;
 - 2 minutes in standard distance events;
 - 1 minute in sprint and shorter events.
 - (ii) Other infringements:
 - 1 minute in long and middle distance events;
 - 15 seconds in standard distance events;
 - 10 seconds in sprint and shorter events.
- g.) Penalty notification: The Technical Official will determine the time penalty, and notify the athlete as soon as it is safe to do so:
 - (i) Drafting infringements:
 - Sounding a whistle, showing a blue card, calling in English the athlete's number and saying "Drafting penalty, you have to stop at the next penalty"



box". The Technical Official has to ensure the athlete received the penalty notification.

(ii) Other infringements:

- Start and swim infringements: Athletes will serve this penalty in transition 1 before touching any equipment. A Technical Official will be positioned by the athletes transition spot, who will sound a whistle, show a yellow card and time the penalty;
- Bike segment infringements: Sounding a whistle, showing a yellow card, calling in English the athlete's number and saying "Time penalty, you have to stop at the next penalty box" or "Time penalty, you have to stop at the run penalty box". The Technical Official has to ensure the athlete receives the penalty notification; (See table below)
- Infringements in transitions and run segment: Athletes may be notified about penalties by sounding a whistle, showing a yellow card, calling in English the athlete's number and saying "Time penalty, you have to stop" or by displaying the athlete's number on a panel posted at the penalty box. It is the athlete's responsibility to check this board. (See table below)

3.4. Applicable penalties for the different categories:

	Elite Draft Legal	Elite Draft-illegal Elite Paratriathlon	Age Group Open Paratriathlon
Start	T1	T1	T1
Swim	T1	T1	T1
Transition 1	Run penalty box	Run penalty box	Warning at T1
Bike	Run penalty box	Bike penalty box	Bike Penalty box
Transition 2	Run penalty box	Run penalty box	Warning at T2
Run	Run penalty box	Run penalty box	Warning/Time Penalty on the spot

Notes: All the references to Elite includes Elite, U23, Junior and Youth athletes. In Winter Triathlon run penalty box is replaced with ski penalty box. In Duathlon and Aquathlon events run penalty box means 2nd run penalty box. Open Paratriathlon only applicable on the World Championships.

3.5. Procedure while serving a time penalty:

- The Technical Official applying the time penalty is not required to give a reason for the penalty.
- When given a blue or yellow card, the athlete will follow the instructions of the Technical Official;
- Time penalty in Transition 1 (for any infringements up to this point):
 - The Technical Official will hold a yellow card as the penalised athlete arrives at his/her position. The athlete will be ordered to stop in his/her transition space without touching any of their equipment, the Technical Official will start the timing. If the athlete touches or removes any of their equipment the Technical Official will ask the athlete to stop touching the equipment and the time will be paused. Once the athlete complies the count will continue;
 - When the penalty time has been completed, the Technical Official will say "Go" and the athlete can continue with the race.

d.) Time penalty at the Bike Penalty Box:

- (i) The penalised athlete's race numbers are not displayed in a bike penalty box. It is the athlete's responsibility to report to the next penalty box on the course after receiving notification.;
- (ii) The penalised athlete will enter the penalty box, **dismount the bike** and inform the Technical Official of their race number the number of penalties to serve **and the colour of card(s) received**. The time penalty starts when the athlete complies with all above and ends when the Technical Official says "Go", at which time the athlete may continue with the race. **If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue.**

e.) Time penalty at the Run Penalty Box:

- (i) The penalised athletes' race numbers are clearly displayed on a board at the penalty box;
- (ii) The penalised athlete will proceed into the penalty box and inform the Technical Official of their race number and number of penalties to serve. The time penalty starts when the athlete complies with all above and ends when the Technical Official says "Go", at which time the athlete may continue with the race. **If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue;**
- (iii) The penalised athlete's number will be removed from the board once the penalty is served;
- (iv) A penalised athlete may serve their penalty on any lap of the run;
- (v) For relay events, the penalty may be served by any member of the team, who has not yet completed their portion of the event;
- (vi) Penalties must be posted on the board before the athlete completes the first half of the run. Postings after this time are invalid.

3.6. Disqualification:

- a.) General:
 - (i) A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, repeated bike draft infringements, and/or dangerous or unsportsmanlike conduct;
- b.) Assessment:
 - (i) If time and conditions permit, a Technical Official will assess a disqualification by:
 - Sounding a whistle;
 - Showing a red card;
 - Calling (in English) the athlete's number and saying "Disqualified";
 - For safety reasons, a Technical Official may have to delay issuing a disqualification.
 - (ii) Alternatively, the athletes may be informed about the penalties by displaying the athlete's number on the white board posted at the post finish area.
- c.) Procedure after Disqualification:
 - (i) An athlete may finish the race if a Technical Official issues a disqualification.

3.7. Suspension:

- a.) General:
 - (i) A suspension is a penalty appropriate for a fraudulent or a very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct;
 - (ii) A suspended athlete will not take part in ITU competitions or competitions sanctioned by National Federations affiliated with ITU during a suspension period.



b.) Assessment:

- (i) The Race Referee will submit a report to the ITU Arbitration Tribunal including all the details of the action, and the reasons to recommend the athlete for suspension. This report will be submitted to the ITU Secretary General within one week of the competition. The ITU Secretary General will inform the affected National Federations.
- c.) Suspensions will be assessed by the ITU Arbitration Tribunal for periods of three (3) months to four (4) years, depending on the violation;
- d.) Suspensions based on contriving the ITU Anti-Doping Rules: If the suspension is an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose federation is recognised by ITU, IOC or SportAccord and vice versa.

e.) Reasons for Suspension:

- (i) A list of infringements, which may result in a suspension, is described in Appendix K.

f.) Disciplinary Notice:

- (i) When an athlete is suspended, the ITU will notify the concerned National Federation, in writing, within 30 days;
- (ii) All suspensions will be announced in the ITU newsletter and communicated to the IOC and respective parties.

3.8. Expulsion:

a.) General:

- (i) Athletes who have been expelled will not participate in ITU competitions or competitions sanctioned by National Federations affiliated with ITU for life.

b.) Reasons for Expulsion:

- (i) An athlete will be expelled for life for repeated rule violations that incur suspension as the penalty;
- (ii) Expulsion due to an Anti-Doping Rule Violation: If the expulsion is for an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose federation is recognised by ITU, IOC or SportAccord and vice versa.

c.) Disciplinary Notice:

- (i) When an athlete is expelled, the ITU will notify the concerned National Federation, in writing, within 30 days;
- (ii) Expulsions will be announced in the ITU newsletter and communicated to the IOC and the respective parties.

3.9. Right of Appeal:

- a.) Athletes punished with a penalty have the right to appeal.

3.10. Reinstatement:

- a.) After suspension, an athlete must apply to the ITU Arbitration Tribunal for reinstatement.



4. SWIMMING CONDUCT:

4.1. General Rules:

- a.) 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;
- b.) Athletes must follow the prescribed swim course;
- c.) Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat;
- d.) In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition.

4.2. Wetsuit Use:

- a.) Wetsuit use is governed by the following tables:

Elite, U23, Junior and Youth athletes:

Swim Length	Forbidden	Mandatory
Up to 1500 m	20 °C and above	15.9 °C and below
1501 m and longer	22 °C and above	15.9 °C and below

Age Group athletes:

Swim Length	Forbidden	Mandatory
Up to 1500 m	22 °C and above	15.9 °C and below
1501 m and longer	24.6 °C and above	15.9 °C and below

- b.) Maximum stay in water:

Swim Length	Elite, U23, Junior and Youth	Age Groupers
Up to 300 m	10 min.	20 min.
301 m to 750 - below 31°C	20 min.	30 min.
301 m to 750 - 31°C and above	20 min.	20 min.
751 m to 1500m	30 min.	1h 10 min.
1501 m to 3000m	1 h 15 min.	1 h 40 min.
3001 m to 4000m	1 h 45 min.	2 h 15 min.

4.3. Modifications:

- a.) The swim distance can be shortened or even cancelled according to this table:

Original swim distance	Temperature of water						
	Above 32.0 °C	31.9 °C - 31.0 °C	30.9 °C - 15.0 °C	14.9 °C - 14.0 °C	13.9 °C - 13.0 °C	12.9 °C - 12.0 °C	Below 12.0 °C
750 m	Cancel	750 m	Cancel				
1500 m	Cancel	750 m	1500 m	1500 m	1500 m	750 m	Cancel
3000 m	Cancel	750 m	3000 m	3000 m	1500 m	750 m	Cancel
4000 m	Cancel	750 m	4000 m	3000 m	1500 m	750 m	Cancel

*** Note:** 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°, 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	6	5
Water Temperature (All values in °C)	22	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	Cancel
	19	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	Cancel
	18	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel
	17	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel
	16	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel
	15	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel
	14	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel
	13	13.0	13.0	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

- b.) If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the Technical Delegate in consultation with the Medical Delegate (if applicable) may adapt limits of the swim length or adopt provisions about the use of wetsuits. The final decision will be made one hour before the start and will be clearly communicated to the athletes by the Technical Delegate;
- c.) For aquathlon events (normally run-swim-run), the LOC should plan for a swim-run where the water temperature is expected to be below 22 °C. Where a run-swim-run aquathlon has been planned, but on competition day the water temperature is below 22 °C, the format will change to swim-run;
- d.) Water temperature must be taken one hour prior to the start of the event on race day. It must be taken at the middle of the course and in two other areas on the swim course, at a depth of 60 cm. The lowest measured temperature will be considered as the official water temperature.

4.4. Starting Position Selection: (Elite/U23/Junior/Youth athletes):

- a.) Prior to the start of competition, athletes are lined up in the order of their start numbers, unless their positions have been reallocated after the Athletes' Briefing;
- b.) The athletes go directly to their selected numbered position upon entering the pontoon and stay in that position behind the pre-start line until the start procedure. A selected position cannot be changed by any athlete during the Starting Position Selection process. An athlete cannot occupy more than one start position;
- c.) Start Line Technical Officials note each athlete's race number and the starting position selected;
- d.) Starting Position Selection ends when every athlete is in a starting position.

4.5. Start Procedure: (Elite/U23/Junior/Youth Athletes):

- a.) After all athletes are in position (confirmed and noted by the Start Line Technical Officials) "On your marks!" is announced and the athletes step forward to the start line (without stepping on it);
- b.) Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move straight ahead towards the first buoy until they will reach the water.

- c.) Technical Officials involved in the start procedure are:
 - (i) Two Start Technical Officials are standing next to each other in the middle of the start area behind the athletes:
 - The first Start Technical Official is responsible for announcing "On your marks";
 - The second Start Technical Official is responsible for giving the start signal.
 - (ii) Two False Start Technical Officials stand on both sides of the start area to have a clear view of the start:
 - An air horn is used to provide a false start signal (several short horn blasts);
 - A photo/video camera is used to identify early starters.
- d.) False Start: In case of a false start (several athletes move forward before the start horn) the athletes must come back to their previously selected position. This will be controlled by the Start Line Technical Officials and the start procedure will begin again;
- e.) Valid Start with Early Starters: In the case of an early start of a few athletes, the race can continue, the False Start Technical Officials can decide that the start is valid. The early starters will receive a time penalty in Transition 1, according to the distance of the race (10 seconds for sprint, 15 seconds for standard and 30 seconds for middle and long distance). In case of relay events, the time penalty has to be served by the first athlete of the team;
- f.) The same procedure will apply for the start of any other multisport event starting with running with adaptations from swim start to run start.

4.6. Start procedure (Age Group/Paratriathlon athletes):

- a.) Athletes are grouped at the pre start areas according to the assigned start wave;
- b.) Athletes will be called to the start area and they will occupy the start positions according to the TOs instructions;
- c.) After all athletes are in position "On your marks!" is announced;
- d.) Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move forward;
- e.) False Start: In case of a false start (several athletes move forward before the start horn) the athletes must come back to their previously selected position. This will be controlled by the Start Line Technical Officials and the start procedure will begin again;
- f.) Valid Start with Early Starters: In the case of an early start of a few athletes, the race can continue, the False Start Technical Officials can decide that the start is valid. The early starters will receive a time penalty in Transition 1, according to the distance of the race;
- g.) The same procedure will apply for the start of any other multisport event starting with running with adaptations from swim start to run start;
- h.) Athletes starting in any wave before the one that the athlete is assigned to, will be disqualified;
- i.) Athletes who are late to the assigned wave will need the approval of the Start Technical Official. The athlete start time will be the start time of the assigned wave.

4.7. Start procedure (Interval Start System):

- a.) Athletes are responsible for being at the start line on time;
- b.) A video camera shall be used to record the entire start;

- c.) The Start Technical Officials are responsible for synchronizing their own and the Timekeepers' watches;
- d.) Start Officials must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes' actual start time must be noted with both electric and hand timing, in case the Competition Jury decides his/her late start was due to force majeure;
- e.) Athletes will be called to the start area and will occupy the start positions according to the TOs' instructions;
- f.) Ten minutes before their start time, all the athletes should be ready at the start area;
- g.) Five minutes before their start time, athletes will be asked to take their position at the start area;
- h.) One minute before their start time, athletes will be asked to enter the water, or approach the start line;
- i.) When all athletes are in position, the "start procedure" will be initiated. "On your marks!" will be announced;
- j.) The start signal (horn blast) will be sounded at the exact start time of the wave;
- k.) An athlete who is an "early starter" in a "valid start" will not be recalled to the start line;
- l.) The early starters will receive a time penalty in Transition 1;
- m.) An athlete who starts any time before the beginning of the "start procedure" or who starts in a wave they are not assigned to, will be disqualified;
- n.) Athletes who are late to their assigned wave must get approval of the Start TO to start;
- o.) The athlete start time will be the start time of the assigned wave, and no adjustment to his/her start time can be made.

4.8. Start Procedure (Rolling Start System)

- a.) This start system is appropriate for long distance events with mass participation. It may be used in draft-illegal events, even if they are not long distance, or where the start conditions do not permit a wide space offering the athletes a safe start to the swim.
- b.) This system is only applicable to Age Group competitions.
- c.) There will not be a mass start.
- d.) The Start Technical Official can interrupt the start procedure at any time.
- e.) The Start Technical Official will determine the start time of any athlete in case of incidents at the start.
- f.) If one athlete has two or more start times recorded, the first one will be the valid start time
- g.) Athletes starting in any wave before the one that the athlete is assigned to, will be disqualified;
- h.) Athletes who are late to the assigned wave will need the approval of the Start Technical Official. The athlete start time will be the start time of the first athlete in the assigned wave.

4.9. Equipment:

- a.) Swim cap:
 - (i) All athletes must wear the official event swim cap during the swim segment;
 - (ii) Swim caps are provided by ITU or the Local Organising Committee;
 - (iii) If an athlete chooses to wear two caps, the official swim cap must be on the outside from the moment of the athletes' line-up procedure starts;
 - (iv) No sponsor logos are allowed on the official swim cap other than prescribed by ITU/ Local Organising Committee;
 - (v) Athletes may not alter the swim caps in any manner;
 - (vi) Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification.
- b.) Trisuits:
 - (i) Athletes must wear the approved trisuit for the non-wetsuit swims. If athletes choose to wear more than one trisuit, both have to comply with the specifications, and the external suit has to comply with the Uniform Rules. Uniforms cannot be removed during the entire competition, except in the middle and long distance events.
 - (ii) Trisuits will not have any neoprene sections;
 - (iii) When the use of wetsuits is forbidden, clothing covering any part of the arms and clothing covering any part of the legs below the knees is also forbidden with the exceptions outlined at 2.8.c.)(iii);
 - (iv) Printed logos may be located in the authorised spaces only.
- c.) Wetsuits:
 - (i) Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit;
 - (ii) Propulsion devices that create an advantage for the athlete, or a risk to others, are forbidden;
 - (iii) The most external part of the wetsuits will fit to the athletes' body tightly while they are swimming;
 - (iv) A wetsuit may cover any part of the body except the face, hands and feet;
 - (v) There is no limitation regarding the length of the zipper.
- d.) Illegal Equipment:
 - (i) Athletes must not use or wear:
 - Artificial propulsion devices;
 - Flotation devices;
 - Gloves or socks;
 - Wetsuits or any part of the wetsuits when they are forbidden;
 - Non-certified swimsuits;
 - Snorkels;
 - Official race numbers (in non wetsuit swim only)



- Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs;

(ii) Any jewelry deemed to be a hazard to themselves or other athletes. (Athletes may be requested to remove any such items.)



5. CYCLING CONDUCT:

5.1. General Rules:

- a.) An athlete is not permitted to:
 - (i) Block other athletes;
 - (ii) Cycle with a bare torso;
 - (iii) Make forward progress without being in possession of the bike.
 - (iv) Use a different bike during the competition than the one checked-in.
- b.) Dangerous Behaviour:
 - (i) Athletes must obey the specific traffic regulations for the event, unless a Technical Official advises otherwise;
 - (ii) 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 to be served in the transition area for Age Groupers and at the run penalty box for everyone else.

5.2. Equipment:

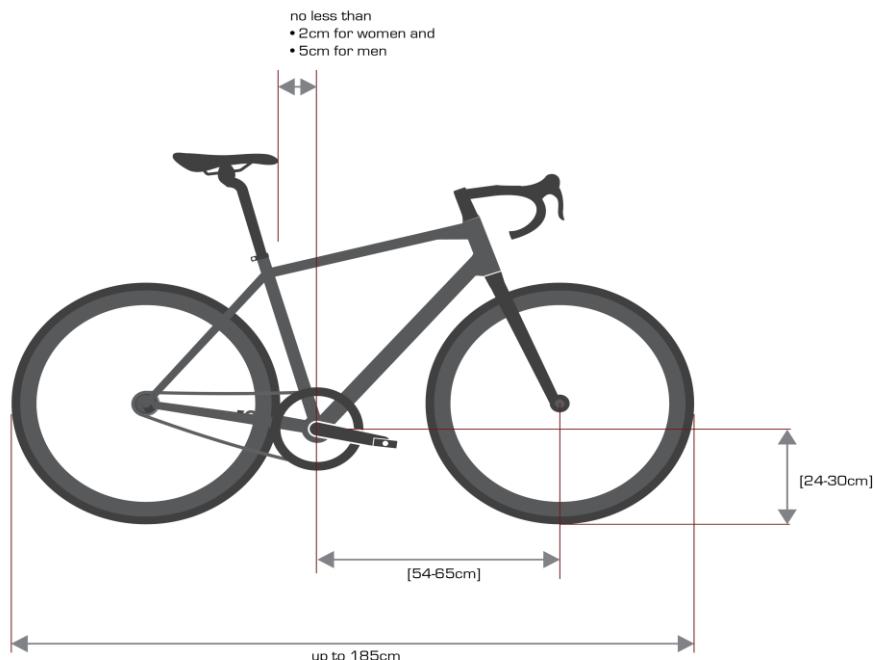
- a.) In general, UCI rules, as of January 1st of the current year, will apply during competition and also during familiarisation sessions and official training:
 - (i) UCI road race rules for draft-legal triathlon and duathlon races;
 - (ii) UCI time trial rules for draft-illegal triathlon and duathlon races;
 - (iii) UCI Mountain Bike (MTB) rules for winter triathlon, cross triathlon and cross duathlon races.
- 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 comprising of pedals and a chain. Bicycles are referred to as bikes and will have the following characteristics in the following sections:
- c.) For draft-legal races. Elite, U23, Junior and Youth:
 - (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 185 cm long, and 50 cm wide;



- The bike will measure between 24 cm and 30 cm from the ground to the center of the chain wheel axle;
- There will be no less than 54 cm and no more than 65 cm between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre 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 ITU draft legal events, even if they contravene any of the 5 first bullets in this 5.2 b) (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:

- This rule will be applied only in U23 and Elite events.
- 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 centre 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 race by the National Federation of the athlete to a panel composed of:
 - One person designated by ITU Technical Committee;
 - One person designated by ITU Coaches Committee;
 - One person designated by ITU 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 ITU Technical Committee for approval at least 30 days before the Event.
- Provided all other criteria of the ITU rules are met then full details of the equipment including images must be supplied to the ITU Technical Committee. [The procedure is outlined in Appendix P.](#)
- A catalogue of all previously submitted equipment will be available on the website with confirmation as to whether it has been accepted or rejected. A form is available on the ITU 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;
- Bike race number stickers, provided by ITU or the Local Organising Committee, must be placed on the bike as instructed, without any alteration;

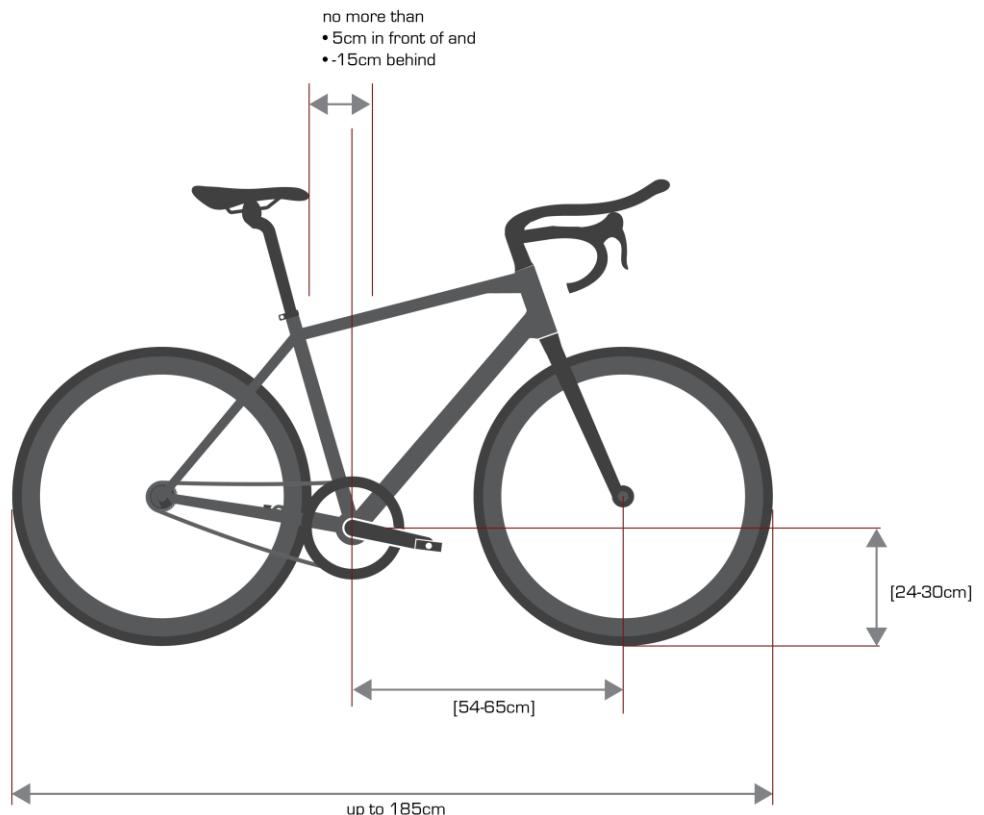
d.) For draft-illegal events, and Age Group draft-legal events:

(i) Frames:

- The bike will be no more than 185 cm long, and 50 cm wide;
- The bike will measure between 24 cm and 30 cm from the ground to the center of the chain wheel axle;
- There will be no less than 54 cm and no more than 65 cm 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 ITU draft-illegal events, even if they contravene any of the 5 first bullets in this 5.2 b) (ii) insert.

(ii) Saddle-position:

- There will be a vertical line touching the front-most point of the saddle which will be no more than 5 cm in front of, and no more than 15 cm behind, a vertical line passing through the centre 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 the ITU Technical Committee for approval at least 30 days before the Event. Provided all other criteria of the ITU rules are met then full details of the equipment including images must be supplied to the ITU Technical Committee. **The procedure is outlined in Appendix P.** A catalogue of all previously submitted equipment will be available on the website with confirmation as to whether it has been accepted or rejected. A form is available on the ITU 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;
- Bike race number stickers, provided by ITU or the Local Organising Committee, must be placed on the bike as instructed, without any alteration;

e.) Wheels:

- No wheel may contain any mechanisms, which are capable of accelerating it;
- Tubular tyres 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;
- There must be a brake on each wheel;
- Wheels can be replaced only at official wheel stations, where provided;

- (v) Technical Officials at the wheel station will give the proper wheel to the athlete. The athlete is responsible for replacing the wheel in the forks. Wheels designated specifically for other athletes or teams cannot be used;
- (vi) For Elite, U23, Junior and Youth draft-legal competitions, wheels are allowed to be used if they are included in the UCI approved non-standard wheels lists. (Both list applicable, the one contains wheels approved prior 1st January 2016 and also the one with wheels approved after 1st January 2016.) Wheels not on this list must comply to the following criteria:
 - A diameter between 70 cm maximum and 55 cm minimum, including the tyre;
 - Both wheels must be of equal diameter;
 - Wheels shall have at least 20 metal spokes;
 - The maximum rim dimension will be 25 mm. on each side;
 - The rim must be **alloy**;
 - All components must be identifiable and commercially available;
- (vii) For Age Group draft-legal competitions, wheels must have the following characteristics:
 - Wheels shall have at least 12 spokes;
 - Disc wheels are not allowed.
- (viii) For draft-illegal, competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Technical Delegate in the interest of safety, i.e. high-winds.

f.) Handlebars:

- (i) For Elite, U23, Junior and Youth draft-legal competitions, the following handlebar rules will apply:
 - Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - Clip-ons, including the bridge, must not exceed the foremost line of the brake levers;
 - Clip-ons must have a solid factory bridge or be touching each other;
 - Brake levers or gear levers must not be attached to the clip-ons. The height difference between the highest point of the handlebar and the lowest inner part of the elbow rest cannot exceed 10 cm;
 - Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.
- (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-ons are not allowed.



(iii) For draft-illegal races, 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 have to be plugged.

g.) Helmets:

- Helmets must be approved by a national accredited testing authority recognised by a National Federation affiliated with ITU;
- Helmet must be used in all official activities when the athlete rides the bike: competition, familiarisation and training sessions;
- An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited;
- The helmet must be securely fastened **and fit properly** at all times 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;
- If an athlete moves the bike off the course for any reason, the athlete may not unfasten or remove the helmet until after he/she has moved outside the boundary of the bike course route and has dismounted the bike; and he/she must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike;
- Helmets must comply with the ITU Uniform Rules.

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:

(i) Disc brakes are allowed in the following ITU Events:

- All draft-illegal triathlon and duathlon competitions;
- Cross Triathlon and Cross Duathlon;
- Winter Triathlon.

j.) Illegal Equipment:

(i) Illegal equipment includes, but is not limited to:

- Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears;
- Glass containers;
- Bike or parts of the bike not complying with these rules;
- Uniform not complying with the ITU Uniform Rules.

k.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Race Referee before the race, must be securely mounted, not endanger any athlete or give unfair advantage;

l.) For cameras and video cameras, in addition to requiring approval from the Race Referee, all the images and footage taken will be copied by ITU. The use of those images for commercial purpose is subject to approval by ITU.

5.3. Bike Check:

a.) A bike check may include all items listed in 5.2.

b.) A visual bike check will take place upon Check-in to the transition area before the competition. Technical Officials will check that bikes comply with the ITU Competition Rules;

c.) Athletes may request approval from the Race Referee after the Athletes' Briefing if their bike is legal;

d.) One athlete can only check one bike.

e.) All athletes must rack their bike before Transition Area closes. Any athlete unable to do this must inform the Race Referee.

5.4. Overlapping:

a.) Elite, U23, Junior and Youth, athletes who have been lapped during the bike segment will be withdrawn from the race by the Technical Officials. Technical Officials may anticipate this decision, for safety reasons, if the athlete is closer than 100 meters ahead from the leader and the Technical Official is totally sure that the overlapping will happen. This provision can be modified by the Technical Delegate, following the procedure outlined in 1.5.

5.5. Drafting:

a.) General Guidelines:

(i) There are two kinds of competitions, depending on the allowance of drafting:

- Draft-legal races;
- Draft-illegal races.



(ii) The races will be draft-legal or illegal according to this table:

	Junior and Youth	U23	Elite	Age Group	Paratriathlon Elite and Open
TRIATHLON					
Team Relay	Legal	Legal	Legal		
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
DUATHLON					
Team Relay	Legal	Legal	Legal		
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	

b.) Draft legal events:

- (i) It is forbidden to draft off a different gender athlete;
- (ii) It is forbidden to draft off a motorbike or vehicle.

c.) Draft-Illegal events:

- (i) It is forbidden to draft off another athlete or motor vehicle. Athletes must reject attempts by others to draft;
- (ii) An athlete is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;
- (iii) An athlete who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;
- (iv) To draft is to enter the bicycle or vehicle drafting zone:
 - Middle and long distance draft zone: the bicycle draft zone will be 12 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete;
 - Standard and shorter distance events bicycle draft zone: the bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete;



- Motorbike draft zone: the draft zone behind a motorbike will be 12 meters long. This applies also for draft legal events;
- Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle on the bike segment. This applies also for draft legal events.

(v) Entry into the bicycle drafting zone: An athlete may enter a bike draft zone in the following circumstances:

- If the athlete enters the draft zone, and progresses through it within 20 seconds in the overtaking manoeuvre;
- For safety reasons;
- 100 meters before and after an aid station or transition area;
- At an acute turn;
- If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

(vi) Overtaking:

- An athlete is passed when another athlete's front wheel is ahead of theirs;
- Once overtaken, an athlete must move out of the draft zone of the leading athlete within 5 seconds;
- Athletes must keep to the side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- The Technical Delegate will instruct the athletes during the briefing on which side they must pass another athlete when mounted on their bicycle.

(vii) See the diagrams below for events where left hand side road rules apply.



Standard and shorter distances: 10m
Middle and longer distances: 12m

5.6. Penalties for Drafting:

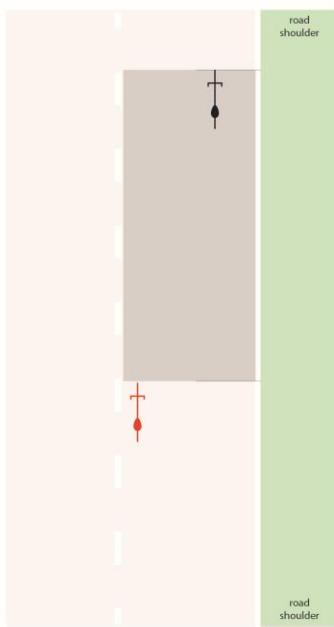
- a.) It is forbidden to draft in a race declared as draft-illegal;
- b.) Technical Officials will notify the athletes who draft they are subject to a time penalty. This notification must be clear and unambiguous;
- c.) The athlete sanctioned has to stop in the next penalty box and must stay there for a specific time depending on the race distance. One minute for the sprint distance, two minutes for standard distance and five minutes for middle and long distance;
- d.) It is the athlete's responsibility to stop in the next penalty box. Failing to stop will result in a disqualification;
- e.) A second drafting offence will lead to a disqualification in standard distance events or shorter;

f.) The third drafting offence will lead to disqualification for middle and long distance events.

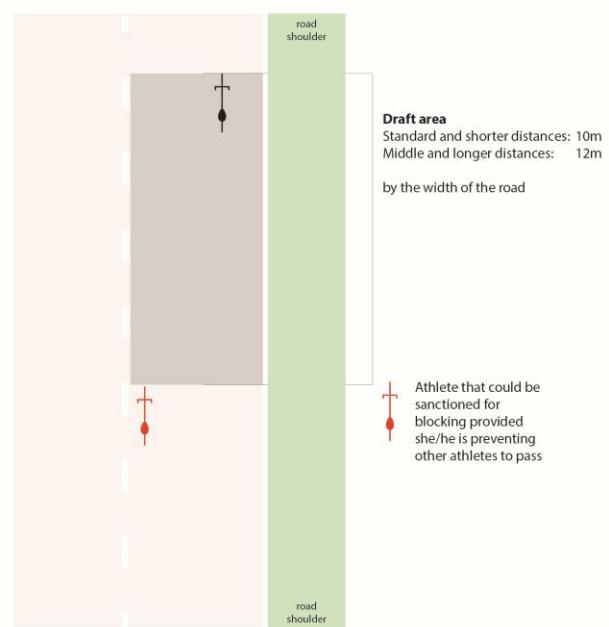
5.7. Blocking:

a.) Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course. Athletes seen blocking by a Technical Official will incur a stop and go at the next bike penalty box.

Drafting



Blocking



6. RUNNING CONDUCT:

6.1. General Rules:

- a.) The athletes will:
 - (i) Run or walk;
 - (ii) Wear the official race number (applicable always in the Age Group events. For other events, the Technical Delegate can make it mandatory and athletes will be informed in the race briefing);
 - (iii) Not crawl;
 - (iv) Not run with a bare torso;
 - (v) Not run with a bike helmet on;
 - (vi) Not use posts, trees or other fixed elements to assist manouevring curves;
 - (vii) Not be accompanied by team members, team managers or other pacemakers on the course;
 - (viii) Not run together with other athlete/s who is/are one or more laps ahead. (Applicable only to Elite, U23, Junior, Youth athletes and Paratriathletes)

6.2. Finish Definition:

- a.) An athlete will be judged as finished, the moment any part of the torso crosses a vertical line extending from the leading edge of the finish line.

6.3. Safety Guidelines:

- a.) The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical Officials or Medical personnel as presenting a danger to themselves or others, may be removed from the competition.

b.) Athletes can't be accompanied by any non-competing person in the finish chute.

6.4. Illegal Equipment:

- a.) Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears;
- b.) Glass containers;
- c.) Uniform not complying with the ITU Uniform Rules.



7. TRANSITION AREA CONDUCT:

7.1. General Rules:

- a.) All athletes must have their helmet securely fastened from the time they remove their bike from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg;
- b.) Athletes must use only their designated bike rack and must rack their bike:
 - (i) For a traditional bike rack, the bike must be racked as follows:
 - For the first transition: in an upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing to the middle of the transition lane. Technical officials may apply exceptions;
 - For the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0,5 m of the rack number or name plate. The bike must be racked in a way that does not block or interfere with the progress of another athlete.
 - (ii) In case of an individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels.
- c.) Athletes must place within 0.5 m of the bin all equipment to be used at a later stage in the event. If a bin is not provided, the 0.5 m will be measured from the rack number or name plate. The bin, if provided, must be within 0.5 m from the rack number or name plate. All equipment already used must be deposited in the bin. A piece of equipment is considered deposited in the bin when one part of the equipment is inside the bin. Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before race start;
- d.) If an athlete wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the bin in transition one, however, only one pair of running shoes may be on the floor at any time during the race. Running shoes must be located within 0.5 m of the athlete's bin (rack number/name plate).
- e.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike;
- f.) Athletes must not impede the progress of other athletes in the transition area;
- g.) Athletes must not interfere with another athlete's equipment in the transition area;
- h.) Cycling is not permitted inside the transition area, except during the cycling segment. Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line. Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line. While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands. If during the mount or dismount manoeuvre, the athlete loses their shoe(s) or other equipment, they will be collected by the Technical Officials and no penalty will be applied. Mount and dismount lines are part of the transition area;
- i.) Nudity or indecent exposure is forbidden;
- j.) Athletes can not stop in the flow zones of the transition area;
- k.) 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;
- l.) The helmet strap must remain unfastened in the transition area while the athlete is completing the first segment.
- m.) For the events where bag drop system is in place, all equipment must be deposited inside the proper bag provided by the Local Organising Committee. The only exception is the bike shoes that may remain attached to the pedals at all times.

8. COMPETITION CATEGORIES:

8.1. World Championships:

a.) ITU may organise World Championships in the distances and categories shown in this chart:

	Elite	U23	Junior	Age Group	Paratriathlon
TRIATHLON					
Team Relay	Yes	(U23/Jr combined) Yes			
Sprint Distance	Yes	Yes	Yes	Yes	Yes
Standard Distance	Yes	Yes		Yes	Yes
Middle and Long Distance	Yes			Yes	Yes
DUATHLON					
Team Relay	Yes		Yes		
Sprint Distance	Yes	Yes	Yes	Yes	Yes
Standard Distance	Yes	Yes		Yes	Yes
Middle Distance	Yes			Yes	Yes
Long Distance	Yes			Yes	Yes
AQUATHLON					
Standard Distance	Yes	Yes	Yes	Yes	Yes
Long Distance	Yes			Yes	Yes
WINTER TRIATHLON					
Team Relay	Yes		Yes		
Sprint Distance			Yes	Yes	Yes
Standard Distance	Yes	Yes			
CROSS TRIATHLON AND DUATHLON					
Team Relay	Yes		Yes		
Sprint Distance			Yes		Yes
Standard Distance	Yes	Yes		Yes	Yes
AQUABIKE					
Long Distance				Yes	

b.) National Federations and Continental Confederations should include each of these categories in their National and Continental Championships.

8.2. Paratriathlon:

a.) All World Triathlon Series events and Triathlon World Cup events, hosting an Age Group competition, should host a paratriathlon race as part of the mass participation event. The Paratriathlon World Championship and the Paratriathlon Continental Championships in all disciplines must be hosted as a separate event from the Age Group competitions. In all other events, the Technical Delegate and the Local Organising Committee will decide on the schedule of the paratriathlon competition.

9. PRIZES AND AWARDS:

9.1. Prize Money:

a.) General Rules:

- (i) Prize money for the ITU Events shall be distributed equally between men and women in both amount and depth, according to the ITU Prize Money Percentage Breakdown, as outlined in Appendix H.
- (ii) Prize money will be paid regardless of the cut-off time.

9.2. Primes:

a.) Primes may be offered at ITU Events. Primes are payable to the athletes as follows:

- (i) Be in first position through the prime line;
- (ii) Finish the competition;
- (iii) There is no limit to the number of primes an athlete can win in a race;
- (iv) If the prime is not collected by an athlete due to not finishing, the prime remains with ITU to be used at its discretion;
- (v) The amount of the primes will be announced at the Athletes' Briefing of each competition and will be distributed equally in amount to men and women.

9.3. Awards:

a.) Athletes or team members who place first, second or third at any ITU event will be awarded an official ITU medal (gold, silver, bronze);

b.) In addition, teams may receive a trophy for first, second and third positions.

9.4. Prizes, Points and Awards in combined events/categories:

a.) In case of events which take place together or different categories competing together in the same wave, the awards, prize money and points will be distributed as follows:

Events taking place together:	Awards (medals) to:	Prize money to:	Points to:
Elite and U23	- Elite awards for all - U23 awards for U23	- Overall	- Overall
Elite, U23 and Junior	- Elite awards for all - U23 awards for U23 - Junior awards for Junior	- Overall	- Overall
U23 and Junior	- U23 awards for U23 - Junior awards for Junior	- Overall	- Overall
All categories	- Elite awards for all - Categories awards per categories	- Overall	- Overall
Triathlon Continental Championships with athletes from other continents	- Award for the athletes from the continent	- All are eligible	- Athletes from the continent
Multisport Continental Championships with athletes from other continents	- Award for the athletes from the continent	- All are eligible	- Overall
Continental Cups	- Overall	- Overall	- ITU points: overall - Continental points: Athletes from the continent



b.) Athletes from other continents can participate in Continental Championships provided that the race is not full with the athletes from the host continent. In this case, points and medals are going to athletes from the host continent, but prize money is distributed to the athletes in the overall results. The exceptions to this paragraph are the Duathlon and Long distance Triathlon Continental Championships that are part of the World Series as well: in this case points are distributed to the overall results.

10. EVENTS:

10.1. Wave starts:

a.) To ensure the safety of the athletes, there are limits on the quantity of athletes starting at the same time. Technical Delegate may apply lower limits than the indicated, according to the event conditions:

	WTS/ WPS	WTS GF	World Cup	Other Standard and shorter distances triathlons	Middle and Long Distance Triathlon. All events (*)	Cross Triathlon. All events	Duathlon. All events
Elite	60	70	70	75	100	100	100
U23	n/a	75	n/a	75	n/a	100	100
Junior	n/a	75	n/a	75	n/a	100	100
Youth	n/a	n/a	n/a	75	n/a	n/a	n/a
Elite Paratriathlon	70	100	70	80	80	80	80
Open Paratriathlon	n/a	100	n/a	n/a	n/a	n/a	n/a
AG	n/a	200	n/a	200	500	500	500

(*) Long distance triathlon may have larger start groups if they are in water start events and after Technical Delegate approval.

a.) Athletes from the same age group can be divided in two or more wave starts provided:

- (i) Both/all waves will have the similar number of athletes assigned;
- (ii) Athletes from the same National Federation will be split in two groups randomly, assigning the similar number to each of the waves;
- (iii) National Federations with only one athlete will be entered to one or the other wave, in order to keep the numbers balanced. The same principle will apply to the excess resulting from National Federations with odd number of athletes;
- (iv) The champion will be the athlete with quickest time, no matter in which wave he/she is starting in;
- (v) The result list of the Age Groups affected will contain the athletes of both waves sorted by times;
- (vi) The waves containing athletes from the same age group will be scheduled one immediately after the other;
- (vii) These waves will not include athletes from a different Age Group.

10.2. Swim:

a.) The Technical Delegate may modify the distance of the swim segment or even cancel the swim, depending on the speed of the current.

b.) Water quality:

- (i) A sample of a mixture of the water collected from three different locations on the swim course will be analysed and the results will determine if the swim can take place. The swim will be allowed if the following values are below the level of tolerance in the different types of water:
 - Sea and transition water:
 - PH between 6 and 9;
 - Enterococci not more than 100 per 100 ml (ufc/100ml);
 - Escherichiacoli E. Coli not more than 250 per 100 ml (ufc/100ml).

- Inland water:
 - PH between 6 and 9;
 - Enterococci not more than 200 per 100 ml (ufc/100ml);
 - Escherichiacoli E. Coli not more than 500 per 100 ml (ufc/100ml);
 - The presence of Blue-Green Algal blooms/scum (cyanobacteria) not more than 100.000 cells/ml.
- All units have to be ufc/100 ml or nmp/100 ml. (ufc→Colony Forming Units: nmp→ Most Probable Number)

(ii) If the water quality test shows values out of the tolerance limits as indicated above, the swim will be cancelled, unless the ITU Medical and Anti-Doping Committee permits.

10.3. Transition:

a.) The Technical Delegate will determine the position of the mount and dismount lines. Both lines will be considered as part of the transition area.

10.4. Bike:

a.) A 10 % tolerance margin will be accepted for the distance of the bike segment provided that it has been approved by the Technical Delegate. In the middle and long distance events, this tolerance is limited to 5%;

b.) There must be a minimum number of penalty boxes as follows:

- Standard distance or shorter events: one every 10 km;
- Middle and long distance events: one every 30 km.

10.5. Support team:

a.) National Federation's Quota: Every National Federation has a support team quota according to these charts:

(i) Elite events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	2	3	4

(ii) U23 events (U23 not mixed with other categories):

Athletes	1 to 6	7 or more
Coaches	2	3

(iii) Junior events:

Athletes	1 to 6	7 or more
Coaches	2	3

(iv) Youth events:

Athletes	1 to 6	7 or more
Coaches	2	3

(v) Elite Paratriathlon Events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	2	3	4

(vi) Open Paratriathlon Events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	2	3	4



(vii) Age group events:

Athletes	1 to 50	51 to 100	101 to 150	More than 151
Coaches	2	4	6	8

(viii) Delegation support:

Athletes	1 to 50	51 to 100	101 to 150	More than 151
Bike mechanic/Ski man	1	2	3	3
Medical	1	1	1	1
NF Representatives	2	4	6	8

b.) Head of Delegation:

- (i) National Federations with athletes in every category of Elite, U23, Junior in both genders, will be provided with an extra accreditation with coach access for all events during the World Triathlon Series Grand Final.
- (ii) National Federations with athletes in all four events - Duathlon, Aquathlon, Cross Triathlon and Long Distance Triathlon – in Elite category in both genders, will be provided an extra accreditation with coach access for all events during the Multisport World Championships Festival.
- c.) All the personnel registered as part of the support team will receive an accreditation with access according to their role;
- d.) National Federations are responsible for entering their support personnel in the ITU online entry system. ITU will approve the support personnel according to the quota seven days prior to the event. No additions will be admitted after this deadline.

10.6. Start times:

a.) The minimum time difference between waves will be:

	Inter gender start time difference (1)	Elite/AG start time difference (2)
Continental Cup Sprint	45 m	1 h
Continental Cup Standard	1 h 30 m	2 h
World Cup Sprint	1 h 45 m	1 h 30 m
World Cup Standard	2 h 45 m	2 h 30 m
World Triathlon Series Sprint	1 h 45 m	1 h 45 m
World Triathlon Series Standard	2 h 45 m	2 h 45 m
Duathlon Standard Distance	1 h 30 m	2 h 30 m
Triathlon and Duathlon Middle and Long Distance	5 m	5 m
3x Team Relay	1 h 45 m	n/a

- (1) This will be applicable whether the men or the women's event starts first.
- (2) This will be applicable for Age Group waves starting after the Elite events. Elite events starting after the Age Group Events will only start once the Age Group Events have finished.

- b.) The Technical Delegate can decide to reduce the above indicated differences in Continental Cup and Duathlon standard distance events provided that the men and the women will not be on the bike segment simultaneously;
- c.) The Technical Delegate can decide to reduce the above indicated differences in Continental Cups and Duathlon standard distance events to a minimum of five minutes if one of the events has fewer than 10 athletes competing, and enough officials to control any potential drafting between male and female athletes;

- d.) The Technical Delegate can also require different start times by asking for a specific regulation, as indicated under section 1.6;
- e.) Events not included in the previous chart will need the approval of the Technical Delegate prior to publishing the start times.

10.7. Modified events:

- a.) When a race cannot be held in the original format due to force majeure, all the points for all the rankings related, including Olympic Qualification List points, will be reduced depending on the final conditions under which the event took place:
 - (i) If the event remains as a triathlon or the multisport originally planned, but any of all of the segments are shortened according to the ITU Competition Rules, 100 % of the points will be awarded;
 - (ii) If the event becomes another ITU multisport race according to the ITU Competition Rules in terms of distances and conditions, 75 % of the points will be awarded;
 - (iii) If a triathlon event becomes a duathlon and the swim is replaced by a running segment with similar duration of the cancelled swim, 75% of the points will be awarded
 - (iv) If the event becomes another ITU multisport race with deviations from the ITU Competition Rules in terms of distances and conditions, 50 % of the points will be awarded.

10.8. Cut-off time:

- a.) Technical Delegate may determine a cut-off time for the entire race or any intermediate point.
- b.) If there is a cut-off time, it must be announced at least 30 days before registration closed.



11. TECHNICAL OFFICIALS:

11.1. General:

- a.) The duties of the Technical Officials are to conduct the competition are in accordance with the ITU Competition Rules;
- b.) ITU Technical officials are:
 - (i) Technical Officials;
 - (ii) Paratriathlon Specific Technical Officials;
 - (iii) Chair of the Competition Jury.
- c.) **Technical Officials must be at least 19 years old on the 31st of December in the year of the competition they are working on.**
- d.) To hold a race under these Competition Rules, it is necessary to have the presence of:
 - (i) A Technical Delegate, and
 - (ii) A Race Referee.

11.2. ITU Technical Officials:

- a.) The Technical Officials at all ITU races are:
 - (i) The ITU Technical Delegate (TD) ensures all aspects of the ITU Competition Rules and ITU Event Organisers' Manual are fulfilled. Local Organising Committees will modify the race conditions, as per the indications of the Technical Delegate at any time. Accredited coaches will be informed about the modifications;
 - (ii) The Assistant Technical Delegate (ATD) assists the Technical Delegate with his/her duties;
 - (iii) The Race Referee checks the certification of the Technical Officials, makes the results official by signing them and makes final judgments on rule violations;
 - (iv) The Chief Race Official (CRO) assigns and monitors the work of all Technical Officials;
 - (v) Technical Officials are assigned to Registration, Start, Finish, Transition Area(s), Pre-transition Area, Swim, Swim exit, Bike, Run, Wheel Stations, Prime Lines, Aid Stations, Technology, Penalty Boxes, Lap Counter, Protocol, Race Control Office, Video Review, and Vehicle Control. An adequate number of Technical Officials will be assigned to each area and will be responsible for the enforcement of ITU Competition Rules within their assigned jurisdiction. A Technical Official may be assigned in more than one position. Additional positions may be created if necessary;
 - (vi) **Technical Officials can be accredited as Bike Check Officials to conduct technological fraud control. Complete procedure can be found in Appendix N.**
 - (vii) The Competition Jury is appointed by the Technical Delegate;
 - (viii) The ITU Medical Delegate, appointed by the ITU Medical and Anti-Doping Committee, is responsible for all medical and anti-doping issues on behalf of ITU.

11.3. Paratriathlon Specific Technical Officials:

- a.) The Chief Classifier is a classifier responsible for the direction, administration, co-ordination and implementation of classification matters;
- b.) Classifiers will be responsible for determining the Sport Class and Sport Class Status of the Paratriathletes from PTS2 to PTS5 and PTHC Paratriathletes;



- c.) Classifiers certified by the International Blind Sports Federation and International Paralympic Committee will be responsible to determine the sport class and sport class status of the PTVI Paratriathletes;
- d.) ITU Paratriathlon Classification Rules are included in Appendix G.

11.4. Competition Jury:

- a.) The ITU Technical Delegate will appoint the members of the Competition Jury as follows:
 - (i) For Olympic Games and the Elite races of the World Triathlon Series Grand Final the Competition Jury consists of five people being selected from:
 - The Technical Delegate **or the Assistant Technical Delegate**, who chairs the Competition Jury;
 - A member of the ITU Executive Board;
 - A representative of the host National Federation;
 - A representative from the ITU Technical Committee;
 - A representative from the ITU Medical and Anti-Doping Committee.
 - (ii) For all the other ITU Events and other Games that do not include the Olympic Games, the Competition Jury consists of three people being selected from:
 - The Technical Delegate **or the Assistant Technical Delegate**, who chairs the Competition Jury;
 - A member of the ITU Executive Board or any Committees or Commissions, or if none are present, a member of the Continental Confederation's Executive Board or any Committees or Commission, or staff liaisons, or if none are present, a representative from the host National Federation;
 - A representative from the host National Federation.
 - (iii) The Competition Jury can invite experts to the hearing, whereby they may have voice but no vote.
- b.) Being a member of the Competition Jury in one event is not compatible with:
 - (i) Being a Technical Official in the same event other than the Technical Delegate;
 - (ii) Being an accredited coach in the same event;
 - (iii) Being an athlete competing in the same event.
- c.) Duties of the Competition Jury:
 - (i) The Competition Jury rules on all appeals and all protests;
 - (ii) The Competition Jury has the authority to modify the competition results as a consequence of its decision on the appeal or protest. **This results modification is a Field of Play decision;**
 - (iii) The Competition Jury must be available starting before the Athletes' Briefing until after the end of competition;
 - (iv) The Competition Jury Chair is responsible for filing a written statement on all appeals and decisions reached.
- d.) Competition Jury meetings schedule:
 - (i) Competition Jury will meet, at a minimum:
 - After the race briefing;
 - One hour before the start of the event;
 - After the last finisher.



- (ii) Additionally, in the Age Group events, the Competition Jury will meet, at a minimum:
 - After the first finisher;
 - After the finish of the first half of the field.

e.) Competition Jury Integrity:

- (i) The Competition Jury observes the following principles:
 - Give equal weight to the evidence and testimony provided by all;
 - Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
 - Have an openminded approach until all evidence has been submitted;
 - Recognise an athlete is innocent until the alleged violation has been established to the complete satisfaction of the Competition Jury.
- (ii) Conflict of interest:
 - The Chair of the Competition Jury decides if any member has a conflict of interest;
 - In case of a conflict of interest, the Chair of the Competition Jury has to replace the member who has the conflict of interest, at his/her discretion. The Competition Jury will remain with the same number of members that it originally had;
 - The Chair of the Competition Jury is deemed not to have a conflict of interest.

11.5. Technology Tools:

- a.) ITU Officials may use any kind of electric, electronic, magnetic, or other technological support to acquire data or evidence on rule infractions.

11.6. Volunteer Certification:

- a.) All volunteers, who are assigned to areas of responsibility on the Field of Play, must be educated to ITU's minimum standard. Education kits obtained from ITU will cover key areas of Field of Play responsibility.

11.7. Health:

- a.) ITU encourages technical officials to undergo an annual health evaluation.



12. PROTESTS:

12.1. General:

- a.) A protest is against the conduct of an athlete, Technical Official, or the conditions of the competition. An athlete or an National Federation designate may file a protest with the Race Referee provided the protest has not been previously observed by the Technical Officials and ruled upon by the Race Referee.

12.2. Protests Concerning Eligibility:

- a.) Protests concerning the eligibility of an athlete shall be made to the Race Referee before the Athletes' Briefing. The Competition Jury will decide on this in a meeting scheduled immediately after the Athletes' Briefing.

12.3. Protests Concerning the Course:

- a.) Protests concerning the safety of the course or its variance to the regulations must be made to the Race Referee no later than twenty-four (24) hours before the start of the race.

12.4. Protests Concerning the Race:

- a.) An athlete, who protests against another athlete or Technical Official, must do so to the Race Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.

12.5. Protests Concerning Equipment:

- a.) Protests concerning an athlete's equipment, which infringes on the conditions set out in the ITU Competition Rules, must be delivered to the Race Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.

12.6. Protests Concerning Timing and Results:

- a.) Protests concerning typographical errors in the results, which are not reflecting the decisions made by the Race Referee or the Competition Jury, may be delivered in writing by the athlete or the National Federation to the ITU Technical Delegate within thirty (30) days after the competition.

12.7. Contents of a Protest:

- a.) The protest related to 12.1, 12.2, 12.3, 12.4 and 12.5 must be accompanied by a deposit of \$50 USD, or its equivalent, and will be refunded if the protest is successful. If the protest is denied, there will be no refund and the money will be retained by ITU. Protest forms may be obtained from the Race Referee. A sample of the protest form is included in Appendix B:

(i) Information to be included:

- The alleged rule violated;
- The location and approximate time of the alleged violation;
- Persons involved in the alleged violation;
- A statement, including a diagram of the alleged violation, if possible;
- The names of witnesses who observed the alleged violation.



12.8. Protest Procedures:

- a.) The following procedure will be followed in the event of a protest:
 - (i) Protests will be filed with the Race Referee, signed by the protester, within the time limits specified above;
 - (ii) The Race Referee will announce on the notice board in the finish area that a protest has been filed;
 - (iii) The protester and the accused and/or their national coach or representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Competition Jury will determine if absence from the hearing is valid;
 - (iv) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them;
 - (v) A representative for either the protester or the accused may be designated to appear if approved by the Chair of the Competition Jury;
 - (vi) The hearing will not be open to the public;
 - (vii) The Competition Jury Chair will explain the process and everyone's rights;
 - (viii) The Competition Jury Chair will read the protest;
 - (ix) The protester and the accused will be given adequate time to give their accounts of the incident;
 - (x) Witnesses (up to two each) may speak for up to three (3) minutes each;
 - (xi) The Competition Jury will hear the evidence and render a decision, by simple majority;
 - (xii) The decision will be posted immediately and delivered in writing to the parties upon request;
 - (xiii) The Competition Jury will produce minutes of the meeting, including the Competition Jury's decision, which must be approved by all members of the Competition Jury, by the end of the meeting. The minutes will be submitted to ITU.

12.9. Results revision process:

- a.) National Federations, Continental Confederations or ITU can request the revision of the results based on new evidence. This request will be addressed to the ITU Technical Committee, who decides if a results revision case will be opened.
- b.) A revision panel appointed by the ITU Technical Committee consisting of three members including at least one ITU Technical Committee member will make a proposal to ITU Technical Committee.
- c.) ITU Technical Committee will decide on the results revision case by maintaining or modifying the results.
- d.) The revised results will be announced, published and the athletes informed.
- e.) Decisions of the ITU Technical Committee as an outcome of the results revision process can be subject to appeal by a Level 2 appeal process.



13. APPEALS:

13.1. Appeal Jurisdiction:

- a.) An appeal is a request for a review of a decision made by the Race Referee (Level 1), the Competition Jury or any ITU panel (Level 2) and the ITU Medical and Anti-Doping Committee solely with regards to eligibility (Level 3) or the ITU Arbitration Tribunal (Level 3). A sample of the Appeal Form is available in Appendix C.
- b.) Decisions from any Competition Jury and any ITU panel may be appealed to the ITU Arbitration Tribunal, except:
 - (i) Decisions made by the ITU Anti-Doping Hearing Panel;
 - (ii) Field of Play decisions.

13.2. Levels of Appeal:

- a.) The following procedure will be followed in the event of a Level 1 Appeal:
 - (i) A Representative of a National Federation or an athlete may appeal the decision of the Race Referee to the Competition Jury. The appropriate appeal form can be obtained from the Race Referee;
 - (ii) Appeals will be filed in writing to the Race Referee, signed by the appellant and will be accompanied by a fee of \$50 USD or equivalent. It will be refunded if the appeal is successful. If the appeal is denied, there will be no refund and the money will be retained by ITU;
 - (iii) An athlete or National Federation representative who appeals a Race Referee's decision must do so to the Race Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes for team competitions, this time limit is related to the final team time;
 - (iv) The Race Referee will post information on the notice board that an appeal has been filed;
 - (v) An appeal will contain:
 - Competition name, location, date;
 - Appellant's name, address, phone, fax, email;
 - Witness(es) name(s);
 - Alleged decision appealed;
 - Facts of the violation;
 - Rationale/summary of appeal.
 - (vi) The appellant and the accused and/or their national representative must be present. If the appellant does not attend, the appeals hearing may be postponed or cancelled. The Competition Jury will determine if absence from the hearing is valid;
 - (vii) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them;
 - (viii) A representative for either the appellant or the accused may be designated to appear if approved by the Chair of the Competition Jury;
 - (ix) The hearing will not be open to the public;
 - (x) The Competition Jury Chair will explain the process and everyone's rights;
 - (xi) The Competition Jury Chair will read the appeal;
 - (xii) The appellant and the accused will be given adequate time to give their accounts of the incident;
 - (xiii) Witnesses (up to two each) may speak for up to three (3) minutes each;
 - (xiv) The Competition Jury will hear the evidence and render a decision, by simple majority;



- (xv) The decision will be posted immediately and delivered in writing to the parties upon request;
- (xvi) The Competition Jury will produce minutes of the meeting, including the Competition Jury's decision, which must be approved by all members of the Competition Jury, by the end of the meeting. The minutes will be submitted to ITU.

b.) The following procedure will be followed in the event of a Level 2 Appeal:

- (i) Decisions from any Competition Jury and any ITU panel (except the ITU AD Hearing Panel) may be appealed to the ITU Arbitration Tribunal;
- (ii) Only appeals supported by National Federation will be admitted;
- (iii) Appeals may be submitted up to thirty natural days after the Competition Jury met or within thirty natural days from the Competition Jury or Panel decision;
- (iv) Appeals will be submitted in writing to the ITU Secretary General and will be accompanied by a deposit of \$ 500 USD. It will only be refunded if the appeal is successful.;
- (v) Level 2 appeal decisions may be appealed to CAS (Level 3 of Appeal)

c.) Level 3: The decision of the ITU Arbitration Tribunal or of the ITU Medical and Anti-Doping Committee (solely with regards to eligibility) may be appealed, as a final and last resort, to the Court of Arbitration for Sport (CAS), to the exclusion of any recourse to ordinary courts, within thirty natural days from the decision of ITU Arbitration Tribunal. Any decision taken by the said court (CAS) shall be without appeal and shall be binding on the parties concerned.

ITU COMPETITION RULES: SPECIFIC DISCIPLINE COMPETITION RULES



14. INDOOR TRIATHLON:

14.1. Definition:

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

14.2. Swim:

- a.) Two athletes are allowed per lane of 2.5 meters wide.

14.3. Transition area:

- a.) Following the swim there will 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.

14.4. Bike Segment:

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



15. MIDDLE AND LONG DISTANCE EVENTS:

15.1. Outside Assistance:

- a.) Medical assistance and food and liquid are permitted at Local Organising Committee aid stations or at coaches' stations. All other outside assistance is prohibited.

15.2. Medical Guidelines:

- a.) Specific medical guidelines, including "hot weather" guidelines and medical evacuation plans will be developed by the Race Medical Director in conjunction with the ITU Medical Delegate.

15.3. Distances:

- a.) 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 Technical Delegate.

15.4. Penalties:

- a.) A 5-minute penalty will be imposed for violation of the drafting rule, which must be served in the next penalty box;
- b.) If an athlete receives three drafting penalties, he/she will be disqualified.

15.5. 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.

15.6. Transition area:

- a.) In the transition area, Technical Officials or Local Organising Committee 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 Local Organising Committee for this purpose. All the uniforms used by the athlete have to comply with the ITU Competition Rules.

15.7. 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 of the last 200 meters of the run, when it needs to be zipped up.



16. TEAM AND RELAY EVENTS:

16.1. Types of Events:

a.) ITU may organise Team Events in the distances and categories shown in this table:

	Type of competition
Triathlon	3 x Same Gender / 4 x Mixed
Triathlon LD	Adding 3 best times
Duathlon	3 x Same Gender / 4 x Mixed
Duathlon LD	Adding 3 best times
Winter	3 x Same Gender / 4 x Mixed
Cross Triathlon	3 x Same Gender / 4 x Mixed
Cross Duathlon	3 x Same Gender / 4 x Mixed
Corporate Triathlon	Corporate

16.2. Continental Championships and National Federation Events:

a.) Continental Confederations and National Federations should include each of these team competitions in their championships.

16.3. Definitions:

- a.) **Mixed relay:** A team is composed of 4 athletes: 2 men and 2 women, who will compete in the following order: woman, man, woman, man. Each of them will cover a complete 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 4th athlete. Time is continuous and the timing does not stop between athletes;
- b.) **3x relay:** A team is composed of 3 athletes of same gender. Each of them will cover a complete 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;
- c.) **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;
- d.) **Team competitor based on the individual results:** The total team time is the addition of the 3 best times of the athletes from the same nation and gender. In case of a tie, the time of the third team member will determine the team result;

16.4. Results:

- a.) When National Federations are allowed to enter more than one team, only the team with the best finishing position will be listed in the results and eligible for awards (medals) and prize money.

16.5. Eligibility:

- a.) The general eligibility rules apply. The minimum age is 15 years.
- b.) Athletes who are competing under ITU flag are not eligible to be included in any team

16.6. Uniform:

- a.) The ITU Uniform Rules apply. All members of a team must wear the same country uniform.

16.7. Team Relay Briefing:

- a.) Team relay briefing. A briefing for the coaches will be conducted the day before the event.

16.8. Team Composition:

- a.) The team coach will declare the team composition at the team relay briefing. All team compositions will be 'published after the team relay briefing;
- b.) Two hours before the race start, the coach can communicate a different team composition to the Technical Delegate, otherwise the team composition communicated at the team relay briefing will remain in force.

16.9. Race Day Check-In:

- a.) All the team members must check in together.
- b.) Team members can use the same bike.

16.10. Relay Exchange:

- a.) The relay exchange from one team member to another will take place inside the exchange zone, which is 15 meters long;
- b.) 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;
- c.) If the exchange occurs unintentionally outside the exchange zone, the team will receive a penalty of 10 seconds, which must be served in the penalty box. If the relay Exchange was done intentionally outside the relay zone, the team will be disqualified.
- d.) If the exchange is not completed, the team will be disqualified;
- e.) Prior to the relay exchange, the athletes will wait in a pre-relay exchange area until the Technical Official tells them to enter the exchange zone.

16.11. Penalty Box:

- a.) Infringements due to starting before the official start time and leaving the helmet strap fastened in transition area infringements will be served by the athlete who infringes the rule;
- b.) All time penalties will be penalised with 10 seconds and are to be served at the penalty box. These penalties can be served by any team member currently competing on the field of play.

16.12. Finish:

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

17. PARATRIATHLON:

17.1. General:

- a.) Paratriathlon, as per the ITU Constitution, is governed by the ITU Competition Rules. This section contains the rules which affect only paratriathlon.

17.2. Paratriathlon Sport Classes:

- a.) ITU 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 **six** sport classes, as defined in Appendix G:
 - (i) **PTHC:** Wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment. **There are two sub-classes, H1 (most impaired) and H2 (least impaired);**
 - (ii) **PTS2:** Severe impairments. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices;
 - (iii) **PTS3:** Significant impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (iv) **PTS4:** Moderate impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (v) **PTS5:** Mild Impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (vi) **PTVI:** Total or Partial visual Impairment (IBSA/IPC defined sub-classes B1, B2, and B3): Includes athletes who are totally blind, from no light perception in either eye, to some light perception (B1) and partially sighted athletes (B2, B3). One guide is mandatory throughout the race. Must ride a tandem during the bike segment.

17.3. Classification:

- a.) Paratriathlon Classification Rules can be found in Appendix G;
- b.) All Paratriathletes competing at an ITU sanctioned competition must have an international paratriathlon classification to ensure they meet the minimal 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 an ITU designated Classification Panel prior to the competition;
 - (ii) provide, at time of classification, the "ITU PI Medical Diagnostics Form" or "ITU VI Medical Diagnostics Form" signed by the appropriate medical personnel, a passport sized photo and any other relevant medical documentation.
- c.) Paratriathletes competing at an ITU event, where classification is not available, will be informed through their National Federation to submit specific medical documentation to ITU, 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. ITU will study each request on a case to case basis and decide whether the relevant race results need to be modified.



17.4. Eligible classes and Race 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 World Championships, the Paratriathlon Continental Championships and the World Paratriathlon Events taking place on Sprint distance will have a time limit of 2 hours;
- d.) In a Duathlon event, a paratriathlon race should be organised at least in two wave starts with a difference of at least one (1) minute. PTHC athletes should start in the first wave and the rest of the athletes in the second wave;
- e.) At the discretion of the technical delegate the competition format may be changed;
- f.) In classes include sub-classes, the athletes may compete either starting together, or using the staggered start called "Interval Start System":
 - (i) In races where all sub-classes start together, the relevant compensation time will be added to the final times of the athletes competing in the sub-classes, as follows:

	PTVI-B1 Men	PTVI-B2/B3 Men	PTVI-B1 Women	PTVI-B2/B3 Women
Sprint triathlon	0:00	+3:16	0:00	+3:42
Sprint duathlon	0:00	+2:58	0:00	+3:22

	PTHC-H1 Men	PTHC-H2 Men	PTHC-H1 Women	PTHC-H2 Women
Sprint triathlon	0:00	+3:35	0:00	+4:48
Sprint duathlon	0:00	+3:15	0:00	+4:21

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

- (ii) In races utilizing the "Interval Start System", the start list should be prepared according to the example shown in Appendix L2;
- (iii) If an athlete is reclassified into a different sub-class following observation, their finishing time will be adjusted according to the designated compensation times;
- (iv) In order to avoid overlapping or issues due to time constraints, the Race Referee may allow a mass start;
- (v) Any protests that are filed regarding the starting order and/or compensation times, shall take place according to ITU Article. 12., "Protest of Eligibility."

17.5. Paratriathletes' briefing:

- a.) At all ITU Events, the Technical Delegate will conduct the Athletes' Briefing. Paratriathletes must be in attendance. Coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:
 - Paratriathletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list;
 - Paratriathletes entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the Technical

- Delegate about their absence, will be penalised with a time penalty to be served during Transition 1;
- For the World Paratriathlon Series or ITU Paratriathlon World Cup events, if a paratriathlete misses more than two briefings in a calendar year, they will be removed from the start list of the third missed briefing and each missed briefing thereafter, even if they informed the Technical Delegate in advance.

b.) All guides and personal handlers must be registered at the briefing;

c.) All Paratriathletes will pick up their own race packet following the briefing. The race packet will include:

- (i) PTHC: red swim cap, 3 race number stickers for the helmet, 1 race number sticker for the handcycle, 1 race number sticker for the race wheelchair, 1 race number sticker for the daily wheelchair, 1 official race number for the athlete and 1 official race 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, 1 official race number for the athlete or 4 sets of body marking, and 1 official race number for the personal handler if authorised;
- (iii) PTVI: 1 green swim cap for the B₂, B₃ athlete or 1 orange swim cap for the B₁ athlete and 1 white swim cap for the guide, 6 race number stickers for the helmets, 1 race number sticker for the bike, 1 official race number or 4 sets of body marking for the athlete and 1 official race number for the guide with the word "GUIDE" written on it.

17.6. Paratriathlon Personal Handlers

a.) Securing qualified personal handlers shall be the responsibility of the paratriathlete, and they should all be identified and receive credentials from the ITU Technical Officials at the Paratriathlon Briefing;

b.) Personal handlers are to be allotted as follows:

- (i) 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:
 - ITU Head of Classification;
 - A member of the ITU Paratriathlon Committee;
 - A person designated by Sport Department.
- (ii) Up to one (1) personal handler for sport class PTHC;
- (iii) No personal handlers for sport class PTVI (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. PTVI 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 ITU Competition Rules in addition to further regulations deemed appropriate or necessary by the Race 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 two athletes, provided that both athletes belong to the same sport class and gender;
- g.) All personal handlers shall be located within two (2) meters of their athletes' transition spot during the race. Permission from a Technical Official is required in order to move outside that zone.

17.7. Paratriathlon Registration Process:

- a.) Briefing registration:
 - (i) Paratriathletes have to 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 the Local Organising Committee.
- b.) Paratriathletes' lounge check in:
 - (i) Paratriathletes and personal handlers must check in together;
 - (ii) Personal handlers need to present themselves with the official race number and the official personal handler's t-shirt;
 - (iii) If a Paratriathlete is present without his/her personal handler/s, he/she has to wait until the personal handler/s arrive. If the Paratriathlete wishes to register on his/her own, then the personal handler/s 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 Technical Delegate;
 - (v) **Two Timing chips will be delivered to all athletes** during this process;
 - (vi) Equipment (prostheses, crutches, etc) for the pre-transition area (must have a race number on it) and will be checked at the Paratriathletes' lounge.

17.8. Pre-Transition area conduct:

- a.) If a pre-transition area exists, paratriathletes in PTHC, PTS₂, PTS₃, PTS₄ and PTS₅ sport classes may remove their wetsuits in this area. Only personal handlers from athletes racing in the PTHC sport class are allowed to assist their assigned Paratriathlete in this area, but cannot propel nor push the athlete forward;
- b.) All PTHC athletes must transfer in a day chair from pre-transition to transition. The wheelchairs provided by the PTHC 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 PTHC wheelchairs according to their race number;
- d.) There should be a dedicated space in the pre-transition area, to set up and display all prosthetic devices/crutches for Paratriathletes from the PTHC, PTS₂, PTS₃, PTS₄ and PTS₅ sport classes (if required). 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 athletes' equipment can be left in the pre-transition area, once the athlete exits the pre-transition area.
- 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.

17.9. Transition Area Conduct:

- a.) The Local Organising Committee shall provide a minimum of 16 swim exit assistants at 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 ITU Technical Delegate. Only these persons will be allowed to enter this area. Their training should be supervised by the ITU Technical Delegate;
- b.) During the swim exit, the paratriathletes will receive assistance from the swim exit assistants according to their swim cap colours, 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 equipment shall remain within each Paratriathlete's assigned space in the transition zone.
- f.) Bike shoes must be left in the athlete assigned space in the transition area, before and after the bike segment;
- g.) PTVI 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 PTHC. PTHC Paratriathletes are allowed to ride the handcycle inside the transition area;
- h.) Each PTHC paratriathlete will have an individual space of 4x2 meters. The athlete, the handlers and all the equipment will be inside this space, during manouvres in the transition area.

17.10. Paratriathlon Swimming Conduct / Equipment:

- a.) For safety reasons, categories will be presented during the Paratriathletes' presentation at race start in the following order: PTVI, PTS5, PTS4, PTS3, PTS2 and PTHC. For safety reasons, PTHC 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
750 m	18 °C	45 mins
1500 m	18 °C	1h 10 mins
3000 m	18 °C	1h 40 mins
4000 m	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 28 °Celsius or above;
- i.) If the water temperature is between 30.1 °C and 32.0 °C, the maximum distance is 750 m and the maximum stay in water 20 minutes;
- j.) The swim portion may be cancelled, if the official water temperature is higher of 32 °C or lower than 15 °C. (Official water temperature is calculated, as indicated in the chart below):
 - (i) 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 °, then the adjusted value is to decrease the measured water temperature according to the next chart:

(* Water Temperature (All values in °C)	Air temperature (All values in °C)									
	15	14	13	12	11	10	9	8	7	
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							
15	15.0	Cancel								

17.11. Paratriathlon Cycling Conduct / Equipment:

- a.) Paratriathlon competitions are draft-illegal 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 the ITU Competition Rules section 5.2;
- 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 handgrips and prosthetics can be fixed to the bike or to the athlete's body, but not both simultaneously
- j.) Except for handcycles (PTHC), 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.) All requests for impairment adaptations to any bike or handcycle must be submitted by the corresponding National Federation in writing for ITU 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 ITU on the outcome of the request once the panel has reviewed the information. If accepted, the information will be incorporated to the "Approved Paratriathlon Impairment Adaptations on Bicycles" file under the same location;
- m.) The ITU and the ITU Technical 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 official race number is mandatory, it must be visible from the back.

17.12. Paratriathlon PTHC Swimming Conduct/Equipment:

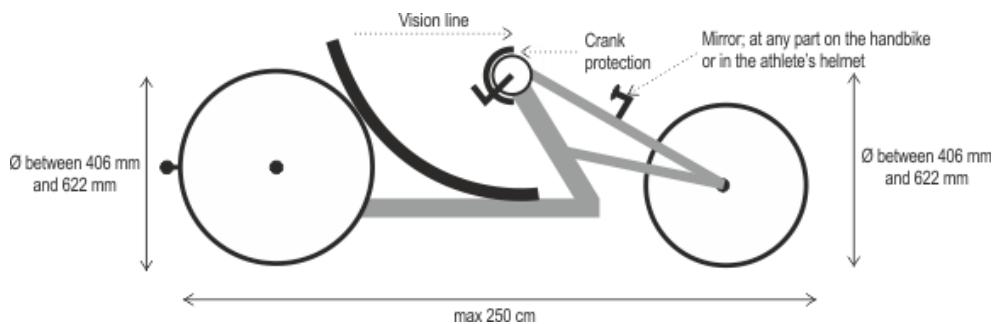
- a.) Athletes may only use up to 3 bindings around the legs in any position. The bindings will be 10cm in width, as a maximum;
- b.) The use of knee brace is permitted, provided the equipment provides neither flotation nor propulsion. If a wetsuit is worn, the brace shall be fitted to the outside of 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 has to 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.



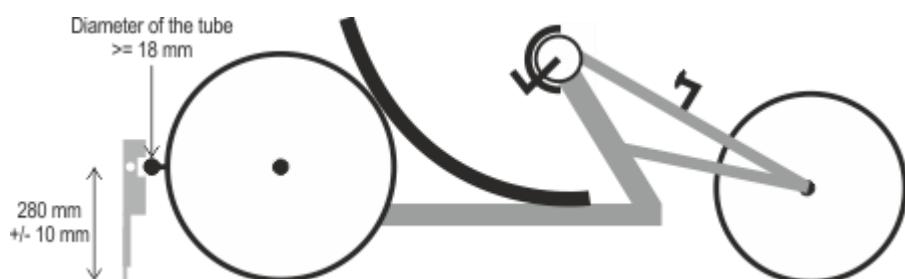
- c.) The knee braces have to be approved by ITU. All requests must be submitted by the corresponding National Federation in writing for ITU approval at least (1) month before the event in which the athlete wishes to compete in, with a clear explanation and a minimum of 5 pictures using the form named "Knee Brace Approval Request Form" posted under the "Documents" section of the ITU website. The National Federation solicitant will be informed by the ITU on the outcome of the request once the panel has reviewed the information. If accepted, the information will be incorporated to the "Approved Knee Braces Catalogfile under the same location;
- d.) The use of wetsuit bottoms is always permitted.

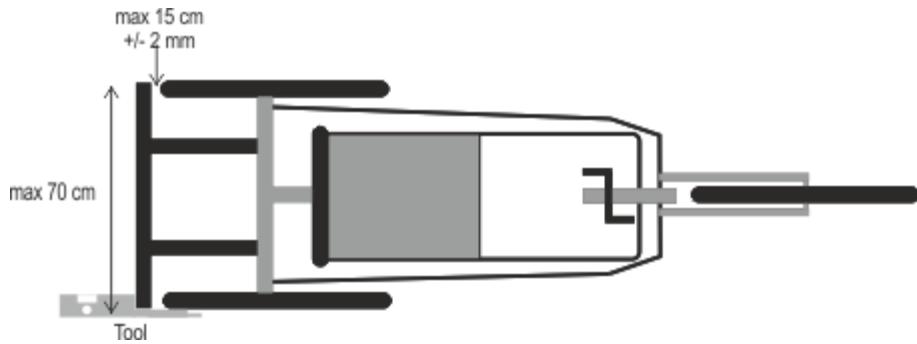
17.13. Paratriathlon PTHC Cycling Conduct/Equipment:

- 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 with an open frame of tubular construction, 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 not 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 or wheels shall be steerable; the single wheel, either front or rear, shall be 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 handgrips 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 (s)he 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 centre of the Paratriathlete's eyes and (#2) the distance from the ground to the centre 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 race;
 - (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 centre of each tyre where the tyres touch the ground;



- (viii) Disc wheels are not permitted in the front of the handcycles;
- (ix) Disc brakes are allowed on the rear wheels;
- (x) A handcycle shall not measure more than 250 cm in length or 70 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) Maximum frame tube diameter shall be 80 mm, irrespective of tube material, or profile. 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) A quick release body harness is permitted;
- (xv) It is mandatory that a handcycle with two rear wheel should be equipped with a safety bar to prevent the front wheel of a following competitor from entering the space between the rear wheels;
- (xvi) A safety bar is required and must not exceed the width of each rear wheel tyre and all tube ends must be closed or plugged. The safety bar must be fitted 15 mm (+/- 2 mm) behind the wheels. It must be around tube (at least 18 mm in diameter) and made of adequately solid material to resist impact without bending or breaking. The distance between the ground and the bar axis must be 280 mm (+/- 10 mm). The structure and assembly of the safety bar must guarantee that normal bumps, which may be experienced during a race, don't affect the safe functioning of the bar (see diagram);





- c.) The official race 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 Technical Official will say "Go" and the athlete can continue the race. 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.

17.14. Paratriathlon PTHC Running Conduct/ Equipment:

- 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 tyre, shall not exceed 70 cm. The maximum diameter of the small wheel, including the inflated tyre, 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 tyres;
 - (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 card will be used to inform the athletes. Drafting is entering the motorbike or vehicle drafting zone (penalties outlined in 5.6):
 - Motorbike draft zone: the draft zone behind a motorbike will be 12 meters long.
 - 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.) PTHC athletes will be judged as finished, the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line;
- g.) The official race 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;

17.15. Paratriathlon PTS2, PTS3, PTS4 and PTS5 Running Conduct / Equipment:

- a.) Athletes are permitted to use prosthesis provided that the prosthesis replaces a missing body part of the athlete. Athletes may only compete with prostheses, orthoses or other special adaptive equipment that has been checked and approved during the classification evaluation.
- b.) The use of running blades is only allowed as long as they are mounted on a prosthetic leg.
- c.) Athletes will wear a official race number or four sets of body decals, which will be visible from the front.

17.16. Paratriathlon PTVI Conduct:

The following additional rules apply to all visually impaired (PTVI) 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 race;
 - (iv) An athlete cannot act as a guide until a period of twelve (12) months has passed since his/her last elite ITU event or any **elite** event recognized by ITU;
 - (v) All guides must comply with minimum age requirements as per the ITU Competition Rules Appendix A;
 - (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;



- (viii) Athlete and guide shall not be more than 1.5 meters apart during the swim segment and no more than 0.5 meters 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 PTVI athletes from sub-class B1 must wear blackout goggles throughout the entire race. 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 ITU Anti-Doping Rules

b.) Swimming conduct:

- (i) Each athlete must be tethered to their own guide during the swim;
- (ii) At no time may a guide lead or pace the paratriathlete nor propel them forward by pulling or pushing;
- (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 should be elastic rope with bright or reflective color and up to 80 cm long measured with no tension. It can be fixed at any point of the athletes' body.

c.) Cycling conduct:

- (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 2.70 meters long and 0.5 meters wide;
 - The tandem top tube, and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.

d.) Running conduct:

- (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 race. 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 0.5 meters maximum separation distance.

(iv) Free Leading zones: for safety reasons, contact is allowed 10 meters 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 Technical Delegate and indicated at the athlete's briefing;

17.17. 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.

17.18. Approval panels:

a.) Decisions on bike adaptations or brace approval will be made by a panel composed of:

- (i) An ITU Technical Committee member;
- (ii) A representative of the ITU Sport Department;
- (iii) A member of the ITU Paratriathlon Committee;

b.) The decisions of the Approval Panel can be appealed to the ITU Arbitration Tribunal. This appeal does not suspend the decision of the Approval Panel, but rather the decision will stay in place during the time the ITU Arbitration Tribunal takes to make a decision on the appeal.

18. WINTER TRIATHLON:

18.1. Definition:

- a.) Winter Triathlon may take place in two different formats:
 - (i) Running, mountain biking and cross country skiing, named as Winter Triathlon;
 - (ii) Snowshoeing, skating and cross country skiing, named S3 Winter Triathlon.
- b.) All segments of the race will be preferably on snow or ice. The run and bike segment can also take place on a different surface.

18.2. Official Training and course familiarisation:

- a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the Local Organising Committee. Athletes and coaches may attend these official training and familiarisation sessions;
- b.) Conduct on race days: Athletes are not allowed to warm up or do any familiarisation on the course while a race is in progress.

18.3. Run Segment:

- 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.

18.4. Mountain Bike Segment:

- a.) The minimum tyre dimension is 26x1.5 inches which means the smallest part of the tyre should not be less than 40mm;
- 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 it may be forbidden to pass other athletes before entering the transition area. Lapped athletes will not be removed from the race;
- f.) Athletes must bring their own tools and parts and must carry out their own repairs;
- g.) Bike shoes are mandatory in the bike segment. This rule is not applicable to Age Group athletes;
- h.) Spiked tyres are allowed provided that the spikes are shorter than 5 mm. measured from the tyre surface.
- i.) Traditional MTB bar ends are authorised. Ends must be plugged.

18.5. Ski Segment:

- a.) Testing of equipment (skis) is allowed prior to the race on specially marked tracks, or on the race-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 race;
- c.) Athletes are allowed to change one ski and both poles;
- d.) Athletes may ski using their preferred technique;
- e.) Specified zones may have restrictions to classic style or double poling;

- 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 authorised by the Technical Delegate;
- g.) Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible;
- h.) In the finish chute (30-50m), freestyle skiing may be forbidden. Double poling may be mandatory and prepared tracks for classic technique must be used. This provision will be announced at the athletes' briefing;
- i.) Athletes cannot remove their skis until at least 10 meters past the finish line. The last ski check will take place after this line;
- j.) Ski shoes are mandatory in the cross country ski segment. This rule is not applicable to Age Group athletes.

18.6. Snowshoeing segment:

- a.) The entire course must be completed with the snowshoes on the participant's feet;
- b.) Athletes are not allowed to change any of the snowshoes;
- c.) The snowshoes must measure a minimum of 18 cm (7 inches) wide by 51 cm (20 inches) long and they must have a minimum useable surface of 774 cm² (120 square inches);
- d.) Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible.

18.7. Skating Segment:

- 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 a athlete, the athlete being passed must move to the side as soon as possible;
- d.) Athletes will wear helmet, as outlined in Competition Rules 5.2 g).

18.8 . Transition Area Conduct:

- a.) Skiing inside the transition area is forbidden;
- b.) Athletes must put on and take off their snowshoes 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.

18.9 . Coaches' Zone:

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

18.10. Finish Definition:

- a.) 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.

18.11. Weather conditions:

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



19. CROSS TRIATHLON AND DUATHLON:

19.1. 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.

19.2. Distances:

- a.) The distance of Cross Triathlon is outlined in Appendix A;
- b.) The distance of Cross Duathlon is outlined in Appendix A;
- 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 Technical Delegate.

19.3. Official Training and Familiarisation:

- a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the Local Organising Committee. Athletes and coaches may attend these official training and familiarisation sessions;
- b.) Conduct on race days: Athletes are not allowed to warm up or do any course familiarisation while a race is in progress.

19.4. Mountain Biking Conduct:

- a.) The maximum tyre diameter for the MTB 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 tyres are allowed;
- d.) Athletes are allowed to push or carry the bike over the course;
- e.) **Drafting is allowed; for safety reasons it may be forbidden to pass other athletes before entering the transition area.** Lapped athletes will not be removed from the race;
- f.) Clip-ons are not allowed;
- g.) Traditional road handlebars are forbidden;
- h.) Traditional MTB bar ends are authorised. **Ends must be plugged.**

19.5. Running Conduct:

- a.) Spike shoes are allowed.

19.6. 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.

20. COMPETITION IN QUALIFYING ROUND FORMAT:

20.1. General:

a.) A competition in Qualifying Round Format consists of several rounds with a number of heats each qualifying athletes to the next round and eventually finishing with a final to determine a winner.

20.2. Rounds:

a.) The rounds will be called semifinals and final;
b.) A competition will have two rounds;
c.) Semifinals and final will have 30 athletes as a maximum. The number of semifinals will be as follows:

Athletes entered	Semifinals
Less than 30	No semifinals, direct final
31 to 60	2 semifinals (15 to 30 athletes each)
61 to 90	3 semifinals (20 to 30 athletes each)
91 to 120	4 semifinals (22 to 30 athletes each)
121 to 150	5 semifinals (24 to 30 athletes each)

20.3. Qualification to final:

a.) Every semifinal will qualify a fixed number of athletes for the final. Additionally, a number of athletes will qualify from semifinal heats, based on fastest times:

Athletes entered	Semifinals	By position in the semifinal	By time
31 to 60	2	14	2
61 to 90	3	9	3
91 to 120	4	7	2
More than 121	5	5	5

b.) Athletes from different heats and with the same time (in seconds), which are tied in the last qualifying position, will all qualify, increasing the number of athletes qualified for the next round;
c.) Athletes who have not qualified for the final will be sorted by time. In case of athletes withdrawing from the final, replacement will be made by the first athlete who has not qualified. The replacement will happen if the number of athletes in the final drops down to 30 athletes. (a random selection will be made from those athletes who have the same time). The deadline for the replacements will be when registration opens.
d.) In case where a race has a B final, the best 30 athletes from the semi-finals who have not qualified for the A final, will be sorted according to their times and will qualify to race in the B final.

20.4. Distribution of athletes in the semifinals:

a.) The Technical Delegate will compose the heats as follows:
(i) If there are not any applicable rankings, the athletes will be distributed among the heats in order to have the same number of athletes per semifinal (some semifinals can have one more athlete than others). The athletes from the same National Federation will be distributed among the heats following the same principle;

(ii) If a ranking is applicable, the ranked athletes will be distributed according to the chart below and the non-ranked athletes will fill the remaining spots by applying the principle of assigning a similar number of athletes from the same National Federation to every heat, and keeping all the heats of equal size.

Chart: Distribution of ranked athletes among the semifinals:

Semifinal 1	Semifinal 2	Last Semifinal (-1)	Last semifinal
1			
	2		
		3	
			4
			5
		6	
	7		
8			
9			
	10		
		11	
			12
			13
		14	
	15		
16			
17			
etc...			

Note: The number reflects the ranking order

20.5. Numbering:

a.) The numbers in the final will be assigned as first criteria according to the positions in the semifinals. The second criteria will be the time in the semifinal, the third, the ITU Points List position, and the fourth a random apportionment.

20.6. Results:

a.) The overall results for the event will be the results of the final round;

b.) If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:

- (i) To the DNF athletes in the final, according to their times in the semifinals;
- (ii) To the DNS athletes in the final according to their times in the semifinal;
- (iii) If the race does not have a B final: The athletes who did not qualify for the final, will have points allocated according to their times in the semi-finals. If the race has B final: The results from the B final will determine their points.
- (iv) DSQ athletes will not earn any points.

20.7. Prize money:

a.) Prize money distribution will follow the general rules (Appendix I) and the preceding paragraph if necessary.

21. COMPETITION IN TIME TRIAL QUALIFYING ROUND FORMAT:

21.1. General:

- a.) A competition in Time Trial Qualifying Round Format consists of two races, the first one (qualifier) conducted as a time trial with athletes starting individually one by one, and the second one (final) conducted as a mass start event, in which the participants are the best ranked in the time trial race;
- b.) The result of the race is the result of the final.

21.2. Rounds:

- a.) A competition will have two rounds;
- b.) The rounds will be called qualifier and final;
- c.) The qualifier will be time trial with draft-illegal bike segment, and the final will be mass start with a draft legal bike segment. In both qualifier and final races, athletes must use draft legal bikes and bike equipment.
- d.) The Technical Delegate will determine the time interval between the start of each athlete in the time trial qualifier, which can be between 15 seconds and 3 minutes.
- e.) The final will have 30 athletes. The Race Referee will decide, according to the available technological resources, if a tie will be declared for two or more of the athletes. In this case, the final may have more than 30 athletes.

21.3. Qualification to final:

- a.) The athletes with the best 30 times in the qualifiers will qualify for the final.
- b.) Athletes who have not qualified for the final will be placed according to their time in the qualifiers. In case of athletes withdrawing from the final, replacement will be made by the next fastest athlete who has not qualified. The replacement will only happen if the number of athletes in the final drops down below 30 athletes. The deadline for the replacements will be when registration opens.
- c.) In case where a race has a B final, the athletes with the best 30 times from the qualifier, who have not qualified for the A final, will be sorted according to their times and will qualify to race in the B final.

21.4. Numbering and distribution of athletes in the qualifier:

- a.) Race numbers will be allocated to the athletes as regulated in the Competition Rules 2.10.
- b.) Athletes will start one by one starting by the highest number in decreasing order.
- c.) In case of athletes not showing up to the start or if any race number is not assigned, the start sequence will follow as if there was an athlete competing in the time allotted to this unused number.

d.) The start list will be created following this model:

Race number	First Name	Last Name	NF	Start Time
102	Grzegorz	Zgliczynski	POL	09:00:00
101	Andrew	Farrell	USA	09:00:30
100	Todd	Martin	AUS	09:01:00
99	Gervasio	Da Silva	BRA	09:01:30

21.5. Qualifier start system:

- a.) Principles set in ITU Competition Rules 4.7 will apply:
 - (i) Athletes are responsible for being at the start line on time.
 - (ii) A video camera shall be used to record the entire start.
 - (iii) The Start Technical Officials are responsible for synchronizing their own and the Timekeepers' watches.
 - (iv) Start Technical Officials must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes' actual start time must be noted with both electric and hand timing; in case the Competition Jury decides his/her late start was due to force majeure.
 - (v) Athletes will line up according to the start order. Athletes will need to report at the pre-start area at least 2 minutes before their start time.
 - (vi) Athletes will be informed by the starter about the remaining time to the start, 15 and 5 seconds before the start time.
 - (vii) The Start Technical Official will announce the start time by using an electronic/manual horn.
 - (viii) Athletes starting the race before the start time will be recalled to the start line. Any athlete failing to do this will be disqualified. Athletes starting after their start time, must get the approval of the Start Technical Official to proceed. The start time of those athletes will be the start time originally assigned.

21.6. Race number allocation in the final:

- a.) The race numbers in the final will be assigned as first criteria according to the time in the qualifier. The lowest time in the qualifier will receive number 1 in the final. Tied athletes will be numbered randomly.

21.7. Results:

- a.) The overall results for the event will be the results of the final round. Awards, and prize money will be distributed accordingly.
- b.) If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:
 - (i) To the DNF athletes in the final, according to their times in the qualifier;
 - (ii) To the DNS athletes in the final according to their times in the qualifier;
 - (iii) If the race does not have a B final: The athletes who did not qualify for the final, will have points allocated according to their times in the qualifier. If the race has B final: The results from the B final will determine their points.
 - (iv) DSQ athletes will not earn any points.

22. AQUABIKE:

22.1. General

- a.) Aquabike consists of Swimming, Transition area 1, biking and Transition area 2.
- b.) Aquabike events will be organised only under Long Distance and for Age Group categories, and included in the program of a Long Distance Triathlon event **with same swim and bike distances.**

22.2. Distance

- a.) From 1900 meter swim and longer followed by 80 km bike or longer, mirroring the distance of the Long Distance Triathlon event in which the aquabike is included.

22.3. Specific Rules

- a.) Aquabike is ruled by the same rules that the Long Distance Triathlon event in which is included.

22.4. Finish

- a.) Athletes will finish the race at the finish line located by the Transition area 2 exit. The time registered in this point is the final time.



APPENDICES



23. APPENDIX A: RACE DISTANCES AND AGE REQUIREMENTS:

Triathlon:

	Swim	Bike	Run	Minimum age required
Team relay	250 to 300 m	5 to 8 km	1.5 to 2 km	15
Super Sprint Distance	250 to 500 m	6.5 to 13 km	1.7 to 3.5 km	15
Sprint Distance	Up to 750 m	Up to 20 km	Up to 5 km	16
Standard Distance	1500 m	40 km	10 km	18
Middle Distance	1900 to 3000 m	80 to 90 km	20 to 21 km	18
Long Distance	1000 to 4000 m	100 to 200 km	10 to 42.2 km	18

Duathlon:

	Run	Bike	Run	Minimum age required
Team Relay	1.5 to 2 km	5 to 8 km	0.75 to 1 km	15
Sprint Distance	5 km	20 km	2.5 km	16
Standard Distance	5 to 10 km	30 to 40 km	5 km	18
Middle Distance	10 to 20 km	60 to 90 km	10 km	18
Long Distance	10 to 20 km	120 to 150 km	20 to 30 km	18

Aquathlon:

	Run	Swim	Run	Minimum age required
Standard Distance	2.5 km	1000 m	2.5 km	16
Standard Distance (cold waters)		1000 m	5 km	16
Long Distance	5 km	2000 m	5 km	18
Long Distance (cold waters)		2000 m	10 km	18

Winter Triathlon:

Winter Triathlon	Cross-Country Run	Mountain Bike	Cross-Country Ski	Minimum age required
Team Relay	2 to 3 km	4 to 5 km	3 to 4 km	15
Sprint Distance	3 to 4 km	5 to 6 km	5 to 6 km	16
Standard Distance	7 to 9 km	12 to 14 km	10 to 12 km	18

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



Cross Triathlon:

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

Cross Duathlon:

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

Aquabike:

	Swim	Bike	Minimum age required
Long Distance	1000 to 4000 m	100 to 200 km	18



24. APPENDIX B: RACE PROTEST FORM:



INTERNATIONAL TRIATHLON UNION

PROTEST FORM

Part 1: To be completed by the protester.

Protest must be filed and signed by the protester under the conditions outlined in the ITU Competition Rules and submitted to the Race Referee.

Event Name:		Event Date:	
Event Location:		Time Protest Submitted	
Name of Protester:		Race Number:	
Country of Protester:		Email:	
Address of Protester	(street address)	(City and Postal Code)	
Telephone (home):		Telephone (mobile):	
Name of Protestee:		Race Number:	
Country of Protestee:			

A protest is a formal complaint against the conduct of a fellow athlete or race official, or against conditions of the Competition. You must have substantial evidence, including witnesses, and you must be willing to take part in an interview. Any protest must be accompanied with a cheque or cash for \$50 USD or equivalent amount.

What type of Protest is involved? (Check one box only.)

- Protest Concerning the Course
- Protest Against Another Athlete or a Technical Official
- Protest Concerning Eligibility
- Protest Concerning Timekeeping
- Protest Concerning Equipment

Witness Details (2):

Name of

Witness 1:

Name of

Witness 2:

Rule(s)

Violated:

Time of Incident:



Where did the Violation occur. (Define location. If required use additional paper and draw a diagram.)	
Who was involved in the Violation?	
How did the Violation occur (brief statement explaining alleged violation)?	
Signature of Protester:	Date:

Part 2 Official use only

Protest Fee \$50 USD attached		Yes <input type="checkbox"/> No <input type="checkbox"/>
Competition Jury Members (Names) and tick box to indicate if it was a 3 person jury or 5 person. <input type="checkbox"/> 3 person jury <input type="checkbox"/> 5 person jury	1.	
	2.	
	3.	
	4.	
	5.	
Competition Jury Action:		
Competition Jury Chair's Name		
Signature:		
Time, Date Protes received:		
Time, Date Protest processed:		
Amount of fee withheld/refunded:		



25. APPENDIX C: RACE APPEAL FORM:



INTERNATIONAL TRIATHLON UNION

APPEAL FORM

Part 1: To be completed by the appellant:

Appeals must be filed and signed by the appellant under the conditions outlined in the ITU Competition Rules, and submitted to the Technical Delegate. An appeal is a request for a review of a decision made by the Race Referee. This is the first level of appeal and will be heard by the Competition Jury. All appeals must be accompanied with a cheque or cash for \$50 USD or equivalent amount.

Event Name:		
Event Location:		
Name of Appellant:		
Country of Appellant:		
Address of Appellant:	(street address)	
Telephone (home):	Telephone (mobile):	
Reason for penalty received:	Type of penalty received (DQ, Suspension):	
Was the penalty confirmed by the Race Referee?	Yes <input type="checkbox"/> No <input type="checkbox"/>	

Type of Appeal: (Check one box only.)

- Appeal against the Race Referee's ruling on a Violation Report
- Appeal against the Race Referee's ruling on a Protest:

Specific Location on the Course:

Name and Number of Race Official(s) / Athlete(s)/ Spectator(s) if Known

Description of the Incident (Use additional paper if required)



Witness Details (2):**Name of Witness 1:**

Name of Witness 2:

Date:**Signature of Appellant:**

Part 2 Official use only

Appeal Fee \$50 USD attached	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is this Appeal to reverse a Competition Jury decision?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If 'Yes', attach Competition Jury Decision and action(s) and Race Referee's decision and action(s).	
Competition Jury Members (Names) and tick box to indicate if it was a 3 person jury or 5 person. <input type="checkbox"/> 3 person jury <input type="checkbox"/> 5 person jury	1.
	2.
	3.
	4.
	5.
Competition Jury Action:	
Competition Jury Chair's Name	
Signature:	
Time, Date Appeal Received:	
Time, Date Appeal processed:	
Amount of fee withheld/refunded:	



26. APPENDIX D: DEFINITIONS:

Age	The age of the athlete on the 31st of December of the year of the competition.
Age group Team Managers Briefing	Meeting with the Age group team manager and coaches in which they are informed by the Technical Delegate about all the specifications of the race.
Aid/Outside Assistance	Any kind of material support or personal assistance received by the athlete. Depending on its nature, it may be allowed or forbidden
Ambush Marketing	Deliberately using the opportunity of live television and media photographers to expose the sponsor logos larger than the approved sizes, and/or equipment or objects not provided by Local Organising Committee or ITU.
Appeal	A request to the Competition Jury of an event or the ITU Arbitration Tribunal for a review of the decision of the Race Referee/Competition Jury. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to ITU Arbitration Tribunal independently.)
Appellant	An athlete submitting an appeal.
Aquabike	Multisport which combines swim and cycle in two segments: the first segment is swimming and finishing with cycling.
Aquathlon	Multisport which combines swim and run in three segments: the first segment is run, followed by swimming and finishing with running.
Assistance	Any attempt by an unauthorised or unofficial source to help or to stabilise an athlete.
Assistant Chief Technical Official	Responsible to the Chief Technical Official for coordinating the employment of the Technical Officials assigned to his/her race course segment or area.
Athletes	The competitors who register for and compete in ITU Events.
Athletes' Briefing	Meeting with the athletes in which they are informed by the Technical Delegate about all the specifications of the race.
Bicycle	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 comprising pedals and a chain. Bicycles are also referred as bikes.
Blocking	The deliberate impeding or obstructing of progress of one athlete by another. An athlete on the bike course, who is not keeping to the appropriate side of the road.
Blue card	Card, which is used to inform athletes when being penalised for drafting infringement during cycling segment.
Charge	The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.
Check in	Control established at the entrance of the athletes lounge and at the entrance of the transition area, before the race. In both places a time of admission is set by the Technical Delegate.



Chief Technical Official	Appointed by the Technical Delegate and is responsible for the control and co-ordination of the deployment of Technical Officials.
Clean Start	All the athletes start after the horn. The race continues.
Coaches meeting	Meeting with the coaches in which they are informed by the Technical Delegate about all the specifications of the race.
Competition Jury	The Competition Jury appointed and chaired by the Technical Delegate. It is held responsible to determine the eligibility of the protest or appeal, to hear and to rule on all appeals against decisions handed down through the Race Referee, including decisions on protests.
Conflict of interest	A set of circumstances that creates a risk that professional judgement or actions regarding a primary interest will be unduly influenced by a secondary interest
Continent	Each of the five geographical divisions established in ITU. They are: Africa, The Americas, Asia, Europe and Oceania
Continental Technical Officials (CTOs)	The Level 2 Technical Officials certified by ITU.
Course	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.
Crawling	The action by an athlete of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.
Cycling Segment	Part of the race course over which it has been defined in the Athletes' Briefing the bike is to be ridden, walked or carried within distinctive lane boundaries. The bike course commences from the Mount Line and concludes at the Dismount Line.
Dismount Before The Dismount Line	An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike . If this contact doesn't occur, it is considered an infringement of the rules.
Dismount Line	A designated line at the entrance of the transition area from the bike course before which athletes are to dismount their bikes fully and proceed to the bike racks. The Dismount Line will normally extend for the width of the entrance to the transition area and be identified by flags/line/Technical Official, or combinations thereof.
Disqualification	A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the race as a whole, and the athlete's results will appear as DSQ.
Draft Zone Bicycle	Zone defined by an athlete during the cycling segment which is extended to the whole width of the road and 10 meters long in the standard and shorter events and 12 meters long in middle and long distance events.
Draft Zone Motorbike	Zone defined by a motorbike during the cycling segment which is extended to the whole width of the road and 12 meters long.

Draft Zone Vehicle	Zone defined by a vehicle during the cycling segment which is extended to the whole width of the road and 35 meters long.
Drafting	To enter in a drafting zone and not completing the overtake in 20 seconds in standard and shorter events or 25 seconds in middle and long distance events.
Duathlon	Multisport which combines cycle and run in three segments: the first segment is running, followed by cycling and finishing with running.
Early start	When an athlete's foot crossed the vertical plane of the start line, before the start signal.
Elite	Elite athletes are those competing in elite races.
Event Organisers Manual (EOM)	A document which has been developed to ensure the implementation of consistently high global event management and marketing standards.
Expulsion	An athlete penalised by expulsion will not be permitted, during his or her lifetime, to take part in any ITU sanctioned event, or any event sanctioned by one of its member associations (National Federation) affiliated with the ITU.
Field of Play (FOP)	The course on which the competition portions of the ITU event will take place.
Field of Play Decision	The application and interpretation of the ITU Competition Rules by Technical Officials and/or Competition Jury.
Final	Last round of an event in qualifying round format. The final decides the winner and the medallist of the event.
Finisher	An athlete who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).
Force Majeure	Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, transportation delay or any other, event which is not reasonably within the control of the party affected.
Incapable Athlete	An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another athlete.
Indecent Exposure	The willful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female athlete, the willful complete uncovering of one or both nipples.
Inland Water	Lakes, lochs, canals and rivers up to the point the tide affects them in terms of changes to their level.
Interference	A deliberate block, charge or abrupt motion, which impedes another athlete.
International Technical Officials (ITOs)	The Level 3 Technical Officials certified by ITU.



International Triathlon Union (ITU)	The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a non-profit corporation domiciled and residing at Maison du Sport International, Av de Rhodanie 54, CH-1007 Lausanne, Switzerland.
ITU Competition Rules	The document that contains all the rules and regulations that governs fair and safe competitions.
ITU Members	The National Federations and Continental Confederations affiliated to ITU.
ITU Rules	The ITU Event Organisers' Manual (latest edition), ITU Competition Rules, ITU Constitution and By-Laws, ITU Uniform Rules, ITU Anti-Doping Rules and WADA Code, ITU Athletes' Agreement, ITU Qualification Criteria, ITU Ranking Criteria and any other rules adopted and amended by ITU from time to time and available for consultation via the download section of the ITU's official website www.triathlon.org .
Invalid Start	Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.
Last Biker – First Runner Scenario	This occurs when the bike and run courses are partly common, and the first runner reaches the point where both courses merge and there are still bikers on the course before this point.
Local Organising Committee (LOC)	The organising entity of an ITU event.
Mount After The Mount Line	An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike . If this contact doesn't occur, it is considered an infringement of the rules.
Mount Line	A designated line at the exit from the transition area onto the bike course or after which athletes are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit of the transition area and be identified by flags/line/Technical Official, or combinations thereof.
National Federation (NF)	National triathlon governing body affiliated with ITU.
National Technical Officials (NTOs)	The Level 1 Technical Officials certified by the National Federation.
Overtake	On the bike course, when the leading edge of the front wheel of the overtaking bike moves in front of the leading edge of the front wheel of the bike being overtaken. An athlete can pass another athlete only on the appropriate side.
Pack	Two or more athletes with overlapping draft zones.
Pass	When one athlete's bike draft zone overlaps another athlete's bike draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 20 seconds. An athlete can pass another athlete only on the appropriate side.
Penalty	The consequence on an athlete, who is assessed by an ITU Technical Official to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.



Penalty Box	An area on the bike course or the run course, set aside for the implementation of a time penalty for a rule infringement/violation.
Prosthesis	An artificial device used to replace a missing body part.
Protest	A formal complaint against the conduct of another athlete or a race official, or against the conditions of the competition.
Race Referee	A Technical Official, who is responsible to the Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials. Technical Delegate appoints the Race Referee
Red card	Card, which is used to inform athletes about disqualification.
Region	Group of National Federations, from the same or different continents, linked by geographical or cultural reasons.
Registration	Point of control established at the entrance of athletes briefing and coaches meeting. Attendees to these meetings will sign the attendance list.
Results	The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.
Right of Way	When an athlete has established a lead position and pursues a desired course within the limits of the ITU Competition Rules.
Round	Each of the stages of an event with qualifying format. One event in qualifying round format has two rounds: semifinals and final.
Run Course	Part of the race course, which has been defined at the Athletes' Briefing where the athlete is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the transition area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the transition area; the second run course commences at the exit from the transition area and concludes at the Finish Line.
Sanction	A permit issued by the National Federation for the conduct of an event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of National Federation operating requirements to provide the greatest potential for the conduct of a safe and fair event.
Sea and Transition Water	Ocean, seas and the part of the river affected by the tides, including river mouths, deltas, estuaries and rias.
Semifinal	Preliminary round of an event in qualifying round format. The semifinals determine the athletes qualified to the final.
Sport Class	Paratriathlon sport class is a category defined by ITU in which athletes are categorised in reference to an activity limitation resulting from impairment.
Sportsmanship	The behavior of an athlete during competition. Sportsmanship is interpreted as fair, rational and courteous behavior, while bad sports conduct is any behavior judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behavior, or persistent infringement of the rules.

Standard Bridge Piece	A rigid piece, of plastic or metal, which joins both sides of the handlebar clip-on at the ends and is commercially available.
Stop and Go	Penalty consisting on stop, correct the fault and continue the race.
Sub-class	Division made inside a paratriathlon sport class. Each paratriathlon sub class includes Paratriathletes from the same sport class and having similar impairment conditions.
Suspension	<p>An athlete awarded this penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by ITU or its member associations (where determined) affiliated with ITU.</p> <p>For any suspension because of a doping violation, the athlete will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by ITU, the length of the suspension will be determined by the ITU Arbitration Tribunal.</p>
Swim Course	Part of the race course over which it has been defined in the Athletes' Briefing that the athlete is to swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the transition area.
Technical Delegate	A Technical Official, who is qualified by ITU, and responsible for ensuring all aspects of the ITU Competition Rules and ITU Event Organisers' Manual are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the Technical Delegate will be the Chair of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.
Technical Official	A member of the joint team of International Technical Officials (ITOs), Continental Technical Officials (CTOs) and National Technical Officials (NTOs) at an ITU event.
Time Penalty	Penalty consisting on stop at the penalty box for a certain time. Early start time penalty is served in T1 instead the at the penalty box.
Torso	The human body excluding the neck, the head and the limbs.
Transition Area	A location within a defined boundary, which is not a part of the swim course, the bike course or the run course and within which each athlete is allocated an area for the storage of individual items of clothing and equipment.
Triathlon	A sport of individual or team character and motivation, which combines swimming, cycling and running skills in continuum.
Valid Start with Early Starters	Start in which few athletes started before the signal. Early starters will receive a time penalty in Transition 1
Venue	All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, including without limitation spectators' area, VIP areas, transition area, finish area and all other areas under control of Local Organising Committee.
Violation	A rule infringement which results in a penalty.

Warning	A caution issued by a Technical Official to an athlete during the course of a race. The purpose of a warning is to alert the athlete of the potential for a rule violation to occur and to promote a pro-active attitude.
Winter Triathlon	Multisport which combines different winter sports. It may have two different formats, either starting with running on snow, followed by cycling on snow and finishing with cross country skiing, or starting with snow shoeing followed by skating on ice and finishing with cross country skiing.
Yellow card	Card, which is used to inform athletes about infringements which may result in warning, time penalty or stop and go.



27. APPENDICES E: QUALIFICATION AND RANKING CRITERIA

APPENDIX E1. ITU World Triathlon Series

QUALIFICATION CRITERIA

1. ELITE:

1.1. ITU World Triathlon Series events:

- a.) The National Federations must enter the athletes into the wait list via the ITU online entry system no fewer than 33 days before the first competition day;
- b.) 32 days before the first competition day, the start list for both the men's and women's will be published on www.triathlon.org adding up to 55 athletes from the waitlist in the following order:
 - (i) The athletes with the most points from the current ITU Points List;
 - (ii) The rest of the athletes sorted according to the National Federation alphabetical order starting by the host National Federation;
 - (iii) The athletes exceeding 55 will remain on the wait list, in the same order indicated in (i) and (ii) above;
- c.) National Federation quota in each of the men's and women's event:
 - (i) Maximum per National Federation is 5 athletes;
 - (ii) Maximum per host National Federation is 7 athletes;
 - (iii) Maximum per National Federation and host National Federation may be increased by a maximum of 4 quota places if at any moment of the process the number of athletes on the start list is lower than 55.
- d.) Late Entries: Entries received 32 or fewer days before the first competition day will be placed at the bottom of the wait list at the time the National Federation entered the athlete into the ITU online entry system;
- e.) Invitations: 26 days before the first competition day, the ITU invitation panel will award a maximum of 5 invitations based on the requests, but not limited to, emailed by respective National Federations to entries@triathlon.org and they will be put on the start list. If the ITU invitation panel awards less than 5 invitations, the remaining spot will be filled by the next athlete on the wait list:
 - (i) The ITU Invitation Panel is composed of:
 - The ITU Secretary General or designate;
 - A representative of the ITU Sport Department;
 - A representative of ITU Development.
- f.) Substitutions: Each National Federation will be allowed to substitute 1 athlete per gender per event. The names of both athletes involved in the substitution must be emailed to entries@triathlon.org. Substitutions are only allowed up to 12 days prior to the first competition day;
- g.) Athletes exceeding the maximum National Federation quota will be admitted in the start list only if no other athletes remain in the waiting list. The acceptance of athletes exceeding the National Federation quota will follow the order of one athlete per National Federation, according to their positions in the waiting list. Once all affected National



Federations will have one more athlete than the maximum National Federation quota in the start list, the second exceeding athletes will be moved to the start list, etc.

- h.) Withdrawals: An athlete who is withdrawn from the start list will be replaced by the next athlete on the wait list. Athletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list. In this case, athletes from the wait list who attended the briefing will be called to fill the empty slots. Athletes present in the race briefing and still remaining on the wait list must stay nearby and in close contact in order to take the place of any upcoming withdrawals, until registration closes;
- i.) If a National Federation withdraws an athlete from the start list within 25 days of competition they must email entries@triathlon.org. If there is a second withdrawal within 25 days of the first day of competition by the same National Federation, the country will lose 1 quota spot for the following 2 ITU World Triathlon Series events and the maximum quota of the National Federations affected will be adjusted accordingly for those events. This penalty will be applied from the day of the race briefing and to the 2 next World Triathlon Series events which has not the start list created. This penalty will carry over to the following year if occurs near to the end of the season;
- j.) National Federations withdrawing an athlete from the start list after the Monday at 13:00 UTC prior to the first event, the athlete will be removed from all start lists and wait lists of any ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.
- k.) A number of unexpected withdrawals without being penalised because last minute issues are fixed. This benefit extends for both athletes and National Federations penalties. The number depends on the number of participations of each National Federation over the previous year, as follows:

Number of late withdrawals not penalised (*)	National Federations
6	AUS, ESP, JPN, USA
5	CAN, GBR, GER, RUS
4	AUT, FRA, ITA, MEX, NZL, RSA
3	ARG, BEL, BRA, CZE, HUN, IRL, NED, POR, SUI
2	All the others

(*) This includes men and women events in all World Triathlon Series events, the World Triathlon Grand Final and Triathlon World Cup events.

- l.) An athlete not personally present at the Athletes' Briefing and who has not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists and wait lists of any ITU Events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn;
- m.) Athletes present at the Athletes' Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists and wait lists of all ITU Events;

1.2. ITU World Triathlon Series Grand Final:

- a.) The National Federations must enter the athletes into the wait list via the ITU online entry system no fewer than 26 days before the first competition day;

b.) 25 days before the first competition day, the start list for both the men's and women's will be published on www.triathlon.org adding athletes from the waitlist in the following order:

- (i) 45 athletes with the most points from the current ITU Points List;
- (ii) The top 3 finishers of the last ITU Triathlon Continental Championships in elite category from all 5 continents. If the athlete is qualified by the first 3 ballots above, the spots will be allocated according to the ITU Points List;
- (iii) The remaining athletes will be sorted according to the ITU Points list and those without points according to the National Federation alphabetical order starting by the host National Federation;
- (iv) The athletes listed at positions 61 and above will remain in the wait list according to the ITU Points list as of 25 days before the first competition day.

c.) 20 days before the first competition day, 5 more athletes from the waitlist will be added to both the men's and women's start list with the most points from the current ITU Points List;

d.) National Federation quota in each of the men's and women's event:

- (i) Maximum per National Federation and host National Federation is 5 athletes;
- (ii) Maximum per National Federation and host National Federation may be increased by a maximum of 4 quota places if at any moment of the process the number of athletes on the start list is lower than 6.

e.) Late Entries: Entries received 25 or fewer days before the first competition day will be placed at the bottom of the wait list at the time the National Federation entered the athlete into the ITU online entry system;

f.) Invitations: 20 days before the first competition day, the ITU invitation panel will award a maximum of 5 invitations based on, but not limited to, the requests emailed by respective National Federations to entries@triathlon.org and they will be put on the start list. If the ITU invitation panel awards less than 5 invitations, the remaining spot will be filled by the next athlete on the wait list:

- (i) The ITU Invitation Panel is composed of:
 - The ITU Secretary General or designate;
 - A representative of the ITU Sport Department;
 - A representative of ITU Development.

g.) Substitutions: Each National Federation will be allowed to substitute 1 athlete per gender per event. The names of both athletes involved in the substitution must be emailed to entries@triathlon.org. 1 extra substitution is allowed if the substituted athlete is entered in the ITU Triathlon U23 World Championships instead of the elite events of the ITU World Triathlon Series Grand Final. Substitutions are only allowed up to 12 days prior to the first competition day;

h.) Athletes exceeding the maximum National Federation quota will be admitted in the start list only if no other athletes remain in the waiting list. The acceptance of athletes exceeding the National Federation quota will follow the order of one athlete per National Federation, according to their positions in the waiting list. Once all affected National Federations will have one more athlete than the maximum National Federation quota in the start list, the second exceeding athletes will be moved to the start list, etc.

- i.) Withdrawals: An athlete who is withdrawn from the start list will be replaced by the next athlete on the wait list. Athletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list. In this case, athletes from the wait list who attended the briefing will be called to fill the empty spots. Athletes present in the race briefing and still remaining on the wait list must stay nearby and in close contact in order to take the place of any upcoming withdrawals, until registration closes;
- j.) The athletes' Briefing: will take place at 18:00, 2 days before the first day of competition;
- k.) If a National Federation withdraws an athlete from the start list within 20 days of the first day of competition they must email entries@triathlon.org. If there is a second withdrawal within 20 days of the first day of competition by the same National Federation, the country will lose 1 quota spot for the following 2 ITU World Triathlon Series events and the maximum quota of the National Federations affected will be adjusted accordingly for those events. This penalty will be applied from the day of the race briefing and to the 2 next World Triathlon Series events which has not the start list created. This penalty will carry over to the following year if occurs near the end of the season;
- l.) National Federations withdrawing an athlete from the start list after the Monday at 13:00 GMT prior to the event, the athlete will be removed from all start lists and wait lists of any ITU Events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.
- m.) A number of unexpected withdrawals without being penalised because last minute issues are fixed. This benefit extends for both athletes and National Federations penalties. The number depends on the number of participations of each National Federation the previous year, as follows:

Number of late withdrawals not penalised (*)	Nations (*)
6	AUS, ESP, JPN, USA
5	CAN, GBR, GER, RUS
4	AUT, FRA, ITA, MEX, NZL, RSA
3	ARG, BEL, BRA, CZE, HUN, IRL, NED, POR, SUI
2	All the others

(*) This includes men and women events in all World Triathlon Series events, the World Triathlon Grand Final and Triathlon World Cup events.

- n.) Athletes not personally present at the Athletes' Briefing and who have not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists and wait lists of any ITU Events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn;
- o.) Athletes present at the Athletes' Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists and wait lists of all ITU Events.

2. UNDER23:

- a.) The National Federations must enter their athletes into the wait list via the ITU online entry system no fewer than 33 days before the first competition day;
- b.) 32 days before the first competition day the start lists will be done considering the following qualification principles:

- (i) Each National Federation in good standing with ITU has the right automatically to enter 2 athletes in the ITU Triathlon U23 World Championships;
- (ii) Based on the number of athletes the National Federations had in the previous year's ITU Triathlon U23 World Championships results, they will be allowed 1 additional entry for a maximum of 3 in total per National Federation, if the National Federation had 2 or more athletes in the top 25 of the previous year's ITU Triathlon U23 World Championships.
- c.) Invitations places may be awarded to athlete by the ITU invitation panel upon request emailed by respective National Federations to entries@triathlon.org no later than 26 days prior to the ITU Triathlon U23 World Championships. Invitation places will be awarded 25 days prior to the ITU Triathlon U23 World Championships. The ITU invitation panel shall have the sole authority to award any or all of the invitation places:
 - (i) The ITU Invitation Panel is composed of:
 - The ITU Secretary General or designate;
 - A representative of the ITU Sport Department;
 - A representative of ITU Development.
- d.) If the number of athletes entered 32 days before the race is less than 70, National Federations can apply for maximum 2 more invitations exceeding their maximum quotas.
- e.) If the number of athletes entered 32 days before the race is more than 75, according to criteria b.), the National Federation quota may be reduced by the Invitational Panel.

3. JUNIOR:

- a.) The National Federations must enter their athletes into the wait list via the ITU online entry system no fewer than 33 days before the first competition day;
- b.) 32 days before the first competition day the start lists will be done considering the following qualification principles:
 - (i) The quota system for allocating the spots 1 to 70 is determined on the basis of the 5 continental confederations quotas;
 - (ii) The following were considered to create continental quotas:
 - The number of National Federations affiliated with ITU within the continent;
 - The number of National Federations that participated in the previous 2 ITU Triathlon Junior World Championships;
 - The number of National Federations that participated in the previous ITU Triathlon Junior Continental Championships.
 - (iii) Quotas per Continent (total: 70):
 - Africa: 4;
 - Americas: 15;
 - Asia: 9;
 - Europe: 36;
 - Oceania: 6;
 - National Federation Maximum quota: 3.
- c.) The Continental Championships considered as selection events have to take place a minimum of 45 days prior to the ITU Triathlon Junior World Championships. In case the ITU Triathlon Junior Continental Championships will take place after the 45 days term previously indicated, the Continental Confederation can apply to ITU to give the junior continental qualification status to another event. Spots will be awarded on a simple roll-



down system through the results. As soon as a National Federation has 3 spots, additional spots will go to the next eligible National Federation on the results lists. Any place not claimed by a National Federation by entering the athlete through the ITU online entry system before 32 days of the ITU Triathlon Junior World Championships will be given to the Invitation places;

- d.) Host National Federation (spot 71 – if required): The host National Federation will get a minimum of 1 spot. If the host National Federation already has a spot from the ITU Triathlon Junior Continental Championships, the spot will go to the Invitation places;
- e.) Invitation: (spots 72 to 75): At the discretion of the ITU invitation panel, spots may be earned based on an athlete's past results and/or current rankings. This could include, but is not limited to, mechanical difficulties or illness at the ITU Triathlon Junior Continental Championships. National Federations must apply for an Invitational spot by email to entries@triathlon.org at least 26 days before the first competition day. Invitations will be awarded 25 days before the first competition day:
 - (i) The ITU Invitation Panel is composed of:
 - The ITU Secretary General **or designate**;
 - A representative of the ITU Sport Department;
 - A representative of ITU Development.
- f.) If the number of athletes entered 32 days before the race is less than 70, National Federations can apply for maximum 2 more invitations exceeding their maximum quotas.

4. AGE GROUPS:

- a.) Standard distance:
 - (i) Qualification for the ITU Triathlon Age Group World Championships standard distance will be:
 - Every National Federation can enter 20 athletes in every Age Group;
 - The host National Federation has a larger quota of 25 athletes in every Age Group;
 - The quota for any National Federation in any Age Group can be increased at the discretion of the ITU invitation panel.
- b.) Sprint distance:
 - (i) Qualification for the ITU Triathlon Age Group World Championships Sprint distance will be:
 - Every National Federation can enter 20 athletes in every Age Group;
 - The host National Federation has a larger quota of 25 athletes in every Age Group;
 - The quota for any National Federation in any Age Group can be increased at the discretion of the ITU invitation panel.
- c.) The ITU Invitation Panel is composed of:
 - (i) ITU Secretary General **or designate**;
 - (ii) A representative of the ITU Sport Department;
 - (iii) A representative of ITU Development;



Appendix E2

ITU Triathlon World Cup QUALIFICATION CRITERIA

1. ITU TRIATHLON WORLD CUP EVENTS

- a) The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 33 days before the first competition day;
- b) 32 days before the first competition day, the men's and women's start lists containing up to 65 athletes, will be published on www.triathlon.org and adds athletes from the waitlist in the following order:
 - (i) The athletes with the most points from the current ITU Points List;
 - (ii) The rest of the athletes sorted according to the National Federation alphabetical order starting by the host National Federation;
 - (iii) The athletes exceeding 65 will remain on the wait list, in the same order indicated in (i) and (ii) above.
- c) National Federation quota in each of the men's and women's event:
 - (i) Maximum per National Federation is 5 athletes;
 - (ii) Maximum per host National Federation is 7 athletes;
 - (iii) Maximum per National Federation and host National Federation may be increased by a maximum of 4 quota places if at any moment of the process the number of athletes on the start list is lower than 65.
- d) Late Entries: Entries received 32 or fewer days before the first competition day will be placed at the bottom of the wait list at the time the National Federation entered the athlete into the ITU online entry system;
- e) Invitations: 26 days before the first competition day, the ITU invitation panel will award invitations based on, but not limited to, the requests emailed by respective National Federations to entries@triathlon.org and they will be moved to the start list. The National Federation quota may be increased by a maximum of 2 more by awarding invitations:
 - (i) The ITU Invitation Panel is composed of:
 - The ITU Secretary General or designate;
 - A representative of the ITU Sport Department;
 - A representative of ITU Development.
- f) Substitutions: Each National Federation will be allowed to substitute 2 athletes per gender per event. The names of the athletes involved in the substitution must be emailed to entries@triathlon.org;
- g) Athletes exceeding the maximum National Federation quota will be admitted in the start list only if no other athletes remain in the waiting list. The acceptance of athletes exceeding the National Federation quota will follow the order of one athlete per National Federation, according to their positions in the waiting list. Once all affected National Federations will have one more athlete than the maximum National Federation quota in the start list, the second exceeding athletes will be moved to the start list, etc.
- h) Withdrawals: An athlete who is withdrawn from the start list will be replaced by the next athlete on the wait list. Athletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list. In this case, athletes from the wait list who attended the briefing will be called to fill the empty spots. Athletes present in the race briefing and still remaining on the wait list must stay nearby



and in close contact in order to take the place of any upcoming withdrawals;

i) National Federations withdrawing an athlete from the start list after the Monday at 13:00 GMT prior to the event, the athlete will be removed from all start lists and wait lists of all ITU Events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn; A number of unexpected withdrawals without being penalised because last minute issues are fixed. The number depends on the number of participations of each National Federation the previous year, as follows:

Number of late withdrawals not penalised (*)	National Federations
6	AUS, ESP, JPN, USA
5	CAN, GBR, GER, RUS
4	AUT, FRA, ITA, MEX, NZL, RSA
3	ARG, BEL, BRA, CZE, HUN, IRL, NED, POR, SUI
2	All the others

(*) This includes men and women events in all World Triathlon Series events, the World Triathlon Grand Final and Triathlon World Cup events.

j) Athletes not personally present at the Athletes' Briefing and who have not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists and wait lists of all ITU Events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.

k) Athletes present at the Athletes' Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists and wait lists of all ITU Events.

Appendix E3

ITU Triathlon Continental Cup QUALIFICATION CRITERIA

1. ITU Triathlon Continental Cup events:

- a) The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 33 days before the first competition day;
- b) 32 days before the first competition day, the men's and women's start lists containing a maximum of 68 athletes will be published on www.triathlon.org. The athletes will be selected according to the following order:
 - (i) Athletes with the most points from the current ITU Points List;
 - (ii) Athletes with the best ranking from the current ITU Continental Points List (the continent where the event is held),
 - (iii) Athletes on the waiting list not present on the current ITU Points List and not present on the current ITU Continental Points List (the continent where the event is held) will be ordered at by choosing one per nation in alphabetical order of the Nation Code starting by the host Nation;
 - (iv) The athletes exceeding 68 will remain in the waiting list, in the same order indicated in (i), (ii) and (iii) above.
- c) National Federation quota in each of the men's and women's event:
 - (i) Maximum per National Federation is 10 athletes;
 - (ii) Maximum per host National Federation is 15 athletes;
 - (iii) Maximum per National Federation and host National Federation may be increased if at any moment of the process the number of athletes on the start list is less than 68.
- d) Late Entries: Entries received 31 or fewer days before the first competition day will be placed at the bottom of the wait list at the time the National federation entered the athlete into the ITU online entry system;
- e) Invitations: 26 days before the first competition day, the ITU invitation panel will award invitations based on, but not limited to, the requests emailed by respective National Federations to entries@triathlon.org and they will be moved to the start list. The National Federation quota may be increased by being awarded invitations;
 - (i) The ITU Invitation Panel is composed of:
 - The Continental Confederation Secretary General or designate;
 - A representative of ITU Sport Department;
 - A representative of Continental Confederation Development.
- f) Substitutions: Each National Federation will be allowed to substitute three athletes per event per gender. The names of the athletes involved in the substitution must be emailed to entries@triathlon.org;
- g) Athletes exceeding the maximum National Federation quota will be admitted in the start list only if no other athletes remain in the waiting list. The acceptance of athletes exceeding the National Federation quota will follow the order of one athlete per National Federation, according to their positions in the waiting list. Once all affected National Federations will have one more athlete than the maximum National Federation quota in the start list, the second exceeding athletes will be moved to the start list, etc.
- h) Withdrawals: An athlete withdrawn from the start list will be replaced by the next athlete on the wait list;
- i) National Federations withdrawing athletes from the start list after the Monday at 13:00 GMT prior to the event, the athlete will be removed from all start lists and wait lists of all ITU Events for the next 30 days and will not be reinstated in any of the races on the same



- j) weekend as the race from which they were withdrawn;
- j) Athlete not personally present at the Athletes' Briefing and who have not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists and wait lists of all ITU Events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn;
- k) Athletes present at the Athletes' Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists and wait lists of all ITU Events;

Appendix E4

ITU Aquathlon World Championships QUALIFICATION CRITERIA

1. ELITE:

- 1.1. National Federation quota for the ITU Elite Aquathlon World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Elite Aquathlon World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

2. UNDER23:

- 2.1. National Federation quota for the ITU Aquathlon U23 World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Aquathlon U23 World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

3. JUNIOR:

- 3.1. National Federation quota for the ITU Aquathlon Junior World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Aquathlon Junior World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

4. AGE GROUPS:

- 4.1. Qualification for the ITU Aquathlon Age Group World Championships will be:
 - a) Every National Federation can enter 20 athletes in every Age Group;
 - b) The host National Federation has a larger quota of 25 athletes in every Age Group;
 - c) All qualified athletes for the ITU Aquathlon Age Group World Championships need to be entered through their National Federations;
 - d) The quota for any National Federation in any Age Group can be increased at the discretion of the ITU invitation panel.

5. PARATRIATHLON:

- 5.1. Qualification to the ITU Paratriathlon Aquathlon World Championships will be:
 - a) Every National Federation can enter 6 athletes in every Paratriathlon Sport Class;
 - b) The host National Federation has a larger quota of 8 athletes in every Paratriathlon Sport Class;
 - c) All qualified athletes for the ITU Paratriathlon Aquathlon World Championships need to be entered through their National Federations;
 - d) The quota for any National Federation in any Paratriathlon Sport Class can be increased at the discretion of the ITU invitation panel.



6. DEADLINES:

- 6.1. The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 33 days before the first competition day;
- 6.2. 32 days before the first competition day, all the start lists will be published on www.triathlon.org.

7. INVITATION PANEL:

7.1 The ITU Invitation Panel is composed of:

- a) The ITU Secretary General **or designate**;
- b.) A representative of the ITU Sport Department;
- c.) A representative of ITU Development.



Appendix E5

ITU Cross Triathlon World Championships QUALIFICATION CRITERIA

1. ELITE:

- 1.1. National Federation quota for the ITU Elite Cross Triathlon World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Elite Cross Triathlon World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

2. UNDER23:

- 2.1. National Federation quota for the ITU Cross Triathlon U23 World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Cross Triathlon U23 World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

3. JUNIOR:

- 3.1. National Federation quota for the ITU Cross Triathlon Junior World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Cross Triathlon Junior World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

4. AGE GROUPS:

- 4.1. Qualification for the ITU Cross Triathlon Age Group World Championships will be:
 - a) Every National Federation can enter 20 athletes in every Age Group;
 - b) The host National Federation has a larger quota of 25 athletes in every Age Group;
 - c) All qualified athletes for the ITU Cross Triathlon Age Group World Championships need to be entered through their National Federations;
 - d) The quota for any National Federation in any Age Group can be increased at the discretion of the ITU invitation panel.

5. PARATRIATHLON:

- 5.1. Qualification to the ITU Paratriathlon Cross Triathlon World Championships will be:
 - a) Every National Federation can enter 6 athletes in every Paratriathlon Sport Class;
 - b) The host National Federation has a larger quota of 8 athletes in every eligible Paratriathlon Sport Class;
 - c) All qualified athletes for the ITU Paratriathlon Cross Triathlon World Championships need to be entered through their National Federations;
 - d) The quota for any National Federation in any Paratriathlon Sport Class can be increased at the discretion of the ITU invitation panel.



6. DEADLINES:

- 6.1. The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 33 days before the first competition day;
- 6.2. 32 days before the first competition day, all the start lists will be published on www.triathlon.org.

7. INVITATION PANEL:

7.1 The ITU Invitation Panel is composed of:

- a) The ITU Secretary General **or designate**;
- b.) A representative of the ITU Sport Department;
- c.) A representative of ITU Development.



Appendix E6

ITU Duathlon World Championships

QUALIFICATION CRITERIA

1. ELITE:

- 1.1. National Federation quota for the ITU Elite Duathlon World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Elite Duathlon World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

2. UNDER23:

- 2.1. National Federation quota for the ITU Duathlon U23 World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Duathlon U23 World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

3. JUNIOR:

- 3.1. National Federation quota for the ITU Duathlon Junior World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Duathlon Junior World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

4. AGE GROUPS:

- 4.1. Qualification for the ITU Duathlon Age Group World Championships will be:
 - a) Every National Federation can enter 20 athletes in every Age Group;
 - b) The host National Federation has a larger quota of 25 athletes in every Age Group;
 - c) All qualified athletes for the ITU Duathlon Age Group World Championships need to be entered through their National Federations;
 - d) The quota for any National Federation in any Age Group can be increased at the discretion of the ITU invitation panel.

5. PARATRIATHLON:

- 5.1. Qualification to the ITU Paratriathlon Duathlon World Championships will be:
 - a) Every National Federation can enter 6 athletes in every Paratriathlon Sport Class;
 - b) The host National Federation has a larger quota of 8 athletes in every Paratriathlon Sport Class;
 - c) All qualified athletes for the ITU Paratriathlon Duathlon World Championships need to be entered through their National Federations;
 - d) The quota for any National Federation in any Paratriathlon Sport Class can be increased at the discretion of the ITU invitation panel.



6. DEADLINES:

- 6.1. The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 33 days before the first competition day;
- 6.2. 32 days before the first competition day, all the start lists will be published on www.triathlon.org

7. INVITATION PANEL:

7.1 The ITU Invitation Panel is composed of:

- a) The ITU Secretary General **or designate**;
- b) A representative of the ITU Sport Department;
- c) A representative of ITU Development.



Appendix E7

ITU Long Distance Duathlon World Championships

ITU Middle Distance Duathlon World Championships

QUALIFICATION CRITERIA

1. ELITE:

- 1.1. National Federation quota in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes need to be entered through their National Federations;
 - c) The quota of any National Federation can be increased at the discretion of the ITU invitation panel.

2. AGE GROUPS:

- 2.1. Qualification will be:
 - a) Every National Federation can enter 20 athletes in every Age Group;
 - b) The host National Federation has a larger quota of 25 athletes in every Age Group;
 - c) All qualified athletes need to be entered through their National Federations;
 - d) The quota for any National Federation in any Age Group can be increased at the discretion of the ITU invitation panel.

3. PARATRIATHLON:

- 3.1. Qualification will be:
 - a) Every National Federation can enter 6 athletes in every Paratriathlon Sport Class;
 - b) The host National Federation has a larger quota of 8 athletes in every Paratriathlon Sport Class;
 - c) All qualified athletes need to be entered through their National Federations;
 - d) The quota for any National Federation in any Paratriathlon Sport Class can be increased at the discretion of the ITU invitation panel.

4. DEADLINES:

- 4.1. The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 90 days before the first competition day, for the Age Group athletes, and 33 days for Elite and Paratriathlon athletes;
- 4.2. One day after the deadline above indicated, the start lists will be published on www.triathlon.org.

5. INVITATION PANEL:

5.1 The ITU Invitation Panel is composed of:

- a) The ITU Secretary General or designate;
- b) A representative of the ITU Sport Department;
- c) A representative of ITU Development.



Appendix E8

ITU Long Distance Triathlon World Championships

ITU Aquabike World Championships (only applicable for Age Groups)

QUALIFICATION CRITERIA

1. ELITE:

- 1.1. National Federation quota in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

2. AGE GROUPS:

- 2.1. Qualification will be:
 - a) Every National Federation can enter 20 athletes in every Age Group;
 - b) The host National Federation has a larger quota of 25 athletes in every Age Group;
 - c) All qualified athletes need to be entered through their National Federations;
 - d) The quota for any National Federation in any Age Group can be increased at the discretion of the ITU invitation panel.

3. PARATRIATHLON:

- 3.1. Qualification will be:
 - a) Every National Federation can enter 6 athletes in every Paratriathlon Sport Class;
 - b) The host National Federation has a larger quota of 8 athletes in every Paratriathlon Sport Class;
 - c) All qualified athletes need to be entered through their National Federations;
 - d) The quota for any National Federation in any Paratriathlon Sport Class can be increased at the discretion of the ITU invitation panel.

4. DEADLINES:

- 4.1. The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 90 days before the first competition day, for the Age Group athletes, and 33 days for Elite and Paratriathlon athletes;
- 4.2. One day after the deadline above indicated, the start lists will be published on www.triathlon.org.

5. INVITATION PANEL:

- 5.1. The ITU Invitation Panel is composed of:
 - a) The ITU Secretary General **or designate**;
 - b) A representative of the ITU Sport Department;
 - c) A representative of ITU Development



Appendix E9

ITU Winter Triathlon World Championships QUALIFICATION CRITERIA

1. ELITE:

- 1.1. National Federation quota for the ITU Elite Winter Triathlon World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Elite Winter Triathlon World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

2. UNDER 23:

- 2.1. National Federation quota for the ITU Winter Triathlon U23 World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Winter Triathlon U23 World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of ITU invitation panel.

3. JUNIOR:

- 3.1. National Federation quota for the ITU Winter Triathlon Junior World Championships in each of the men's and women's event:
 - a) Maximum per National Federation is 6 athletes;
 - b) All qualified athletes for the ITU Winter Triathlon Junior World Championships need to be entered through their National Federations;
 - c) The quota for any National Federation can be increased at the discretion of the ITU invitation panel.

4. AGE GROUPS:

- 4.1. Qualification for the ITU Winter Triathlon Age Group World Championships will be:
 - a) Every National Federation can enter 20 athletes in every Age Group;
 - b) The host National Federation has a larger quota of 25 athletes in every Age Group;
 - c) All qualified athletes for the ITU Winter Triathlon Age Group World Championships need to be entered through their National Federations;
 - d) The quota for any National Federation in any Age Group can be increased at the discretion of the ITU invitation panel.

5. PARATRIATHLON:

- 5.1. Qualification to the ITU Paratriathlon Winter Triathlon World Championships will be:
 - a) Every National Federation can enter 6 athletes in every eligible Paratriathlon Sport Class;
 - b) The host National Federation has a larger quota of 8 athletes in every eligible Paratriathlon Sport Class;
 - c) All qualified athletes for the ITU Paratriathlon Winter Triathlon World Championships need to be entered through their National Federations;
 - d) The quota for any National Federation in any Paratriathlon Sport Class can be increased at the discretion of the ITU invitation panel.

6. DEADLINES:

- 6.1. The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 33 days before the first competition day;
- 6.2. 32 days before the first competition day, all the start lists will be published on www.triathlon.org.

7. INVITATION PANEL:

- 7.1. The ITU Invitation Panel is composed of:
 - a) The ITU Secretary General **or designate**;
 - b) A representative of the ITU Sport Department;
 - c) A representative of ITU Development.



Appendix E10

ITU Triathlon Mixed Relay World Championships QUALIFICATION CRITERIA

1. The National Federations can enter a maximum of one team into the wait list via the ITU online entry system no less than 60 days before the competition; 59 days before the competition, the team start list will be published on www.triathlon.org and teams will be added from the wait list in the following order: The team of the host nation;
 - 1.2. Teams that finished in the top eleven (11) positions in the previous ITU Triathlon Mixed Relay World Championships. If the host nation is among these, the twelfth team will be moved to the start list;
 - 1.3. The top team from each Continental Championship/Continental Qualifier event, excluding the teams that previously qualified according to 2.1 and 2.2.
2. The remaining teams in the wait list will be sorted according to the results in their Continental Championships/Continental Qualifier event. Teams that withdraw from the race will be replaced by the next in the wait list from the same continent. If there are none, the replacement team will be the highest ranked in the Continental Championship/Continental Qualifier event, in case of same position, the first entered in the wait list;
3. Late Entries: Entries received 59 or fewer days before the first competition day will be placed at the bottom of the wait list at the time the National Federation entered the team into the ITU online entry system;
4. Invitations: 55 days before the competition day, the ITU Invitation Panel will award invitations up to 20 teams in the start list, based on the requests emailed by respective National Federations to entries@triathlon.org. Continents that do not have a Continental Championship/Continental Qualifier event will be prioritised in the allocation of invitations:
 - 4.1. The ITU Invitation Panel is composed of:
 - a.) The ITU Secretary General or designate;
 - b.) A representative of the ITU Sport Department;
 - c.) A representative of ITU Development.



Appendix E11

ITU Triathlon U23/Junior Mixed Relay World Championships QUALIFICATION CRITERIA

1. Age eligibility: All team members must belong either the Junior or the U23 category, as defined in ITU Competition Rules 2.5;
2. The National Federations can enter a maximum of two teams into the wait list via the ITU online entry system no less than 60 days before the competition, unless restricted by the Technical Delegate to a maximum of one team per National Federation;
3. 59 days before the competition, the team start list will be published on www.triathlon.org and teams will be added from the wait list in the following order:
 - 3.1 The team of the host nation;
 - 3.2 Teams that finished in the top eleven (11) positions in the previous ITU Triathlon U23/Junior Mixed Relay World Championships. If the host nation is among these, the twelfth team will be moved to the start list;
 - 3.3 The remaining teams will remain in the wait list.
4. Invitations: 55 days before the competition day, the ITU invitation panel will award invitations up to a total of 20 teams in the start list, and will produce a wait list sorted, provided that all the National Federations second teams will be placed after all the National Federations first teams. National Federations can request invitations by email to entries@triathlon.org. The ITU invitation panel may include teams in the start list, even if the National Federation did not submit any request. The ITU invitation panel will warranty that all 5 continents will have at least one team included in the start list;
5. Late entries:
 - 5.1 Late entries received between the publication of the start list and the invitation panel meeting will be added to the wait list;
 - 5.2 Late entries received after the invitation panel meeting, will be included at the end of the wait list, provided that all the National Federations second teams will be placed after all the National Federations first teams.
6. Withdrawals:
 - 6.1 Withdrawals received between the publication of the start list and the invitation panel meeting will be filled during the invitation process;
 - 6.2 Withdrawals received after the invitation panel meeting will be filled by the next team on the wait list.
7. The ITU Invitation Panel is composed of:
 - The ITU Secretary General **or designate**;
 - A representative of the ITU Sport Department;
 - A representative of ITU Development.



Appendix E12

ITU Paratriathlon Events QUALIFICATION CRITERIA

1. ELITE PARATRIATHLON:

1.1. Number of participants:

a.) The maximum number of participants will be:

Category of event	Maximum Participants	Qualified by Criteria	Invitations	NF Quota / Sport Class
World Championships (WCH)	100	90	10	2 (Host NF +1)
Continental Championships (CCH)	80	70	10	2 (Host NF + 1)
World Paratriathlon Series (WPS)	70	60	10	2 (Host NF +1)
Paratriathlon World Cup (PWC)	70	60	10	2 (Host NF +1)

b.) Depending on the conditions of the event, the Technical Delegate may fix a maximum quota in the Sport Classes PTHC and PTVI;
 c.) At the end of the season, ITU will review the quota distribution amongst the different sport classes and gender. This distribution will be in principle based on the number of Paratriathletes present in the ITU Paratriathlon Points List. The 2016 distribution will be as follows:

2016	PTHC		PTS2		PTS3		PTS4		PTS5		PTVI		Total
	Men	Women											
WCH	9	6	10	7	8	5	9	5	9	6	9	7	90
CCH	7	4	7	5	6	5	7	5	6	6	7	5	70
WPS	6	4	6	4	6	4	6	4	6	4	6	4	60
PWC	6	4	6	4	6	4	6	4	6	4	6	4	60

d.) Each sport class will be provided with minimum of 4 Paratriathletes per gender;
 e.) If the start list of the sport class is not full, all the remaining places for that sport class will go to the invitations.

1.2. Eligibility:

a.) ITU World Championships: athletes must have a "Provisional Classification Status" (PCS), "Review" (R) or "Confirmed" (C) classification status on the ITU Classification Master List at the time of the production of the start lists. No classification will be offered on site, except for Review "R" cases or protests;
 b.) For all other ITU paratriathlon events, athletes must have a "Provisional Classification Status" (PCS), "Review" (R) or "Confirmed" (C) classification status



at the time of the production of the start list or if entered as "New" (N) or "Provisional Competition Status" (PCR), must undergo classification if available at the event.

1.3. Start lists and wait lists:

- a.) The National Federations must enter the athletes into the wait list via the ITU online entry system no fewer than 33 days before the first competition day;
- b.) 32 days before the first competition day, the start list for all sport classes events will be published on www.triathlon.org adding athletes from the waitlist in the following order:
 - (i) Athletes with the most points from the current ITU Paratriathlon World Ranking in the given sport class up to the maximum number set by the quota distribution;
 - (ii) The remaining place(s) – if any – will be distributed one per National Federation, before considering the second slot from the same National Federation. The order between the National Federations will be in alphabetical order (NOC code) starting with the host National Federation;
 - (iii) National Federations must indicate the priority order of their athletes for the production of start list, for those without ranking points. If there is no priority order assigned by the National Federation a draw will be conducted;
 - (iv) Two common wait lists (one for men, one for women) will be prepared and sorted by points in the ITU Paratriathlon Points Lists for athletes who cannot be selected according to the quota distribution (either sport class or NF). Athletes without points will be sorted as indicated in letters (ii) and (iii) above;
 - (v) Late Entries: Entries received 32 or fewer days before the first competition day will be placed at the bottom of the wait list at the time the National Federation entered the athlete into the ITU online entry system.
- c.) National Federation maximum quota per sport class is outlined in 1.1.a.);
- d.) The maximum National Federations' quotas may be exceeded if the start list of the sport class is not full. The acceptance of athletes exceeding the National Federation quota for that sport class will follow the order of 1 athlete per National Federation, by National Federation code alphabetical order, starting with the host Nation;
- e.) Substitutions: Each National Federation will be allowed to substitute 1 athlete per sport class. The names of both athletes involved in the substitution must be emailed to entries@triathlon.org Substitutions are only allowed until 12 days prior to the first competition day;
- f.) Withdrawals:
 - (i) Before the race numbers are allocated: An athlete who is withdrawn from the start list will be replaced by the next athlete from the same class and gender if there are any on the wait list. Athletes exceeding the National Federation/Sport class quota will not be eligible for this replacement while



there will be athletes on the wait list not exceeding the National Federation/Sport class quota. If there are no more athletes not exceeding the NF quota from the same class in the wait list, but there are in other classes the athlete from a different class with most points will be selected; if this case is repeated an athlete from a different class will be selected.

- (ii) After the race numbers are allocated: An athlete who is withdrawn from the start list will be replaced by the next athlete from the same gender if there are any on the wait list. Athletes exceeding the National Federation/Sport class quota will not be eligible for this replacement while there will be athletes on the wait list not exceeding the National Federation/Sport class quota.
- (iii) After the race briefing: Athletes removed or withdrawing from the start list will be replaced only by athletes who attended the race briefing using the criteria in paragraph (ii) above. Athletes present in the race briefing, and still remaining on the wait list, must make themselves available, and their guide or handler(s) directly to the Technical Delegate and Race Referee in order to take the place of any upcoming withdrawals, until registration closes;

g.) National Federations withdrawing athletes from the start list after the Monday at 13:00 GMT prior to the event, and athletes not attending the briefing without informing the Technical Delegate about their absence, the athlete involved will be removed from all start lists and wait lists of all ITU Events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn;

h.) Invitations: 26 days before the first competition day, the ITU invitation panel will award invitations based on, but not limited to, the requests submitted by respective National Federations to entries@triathlon.org. Athletes awarded with invitations will be immediately moved to the start lists. The National Federation quota and the sport class maximum quota may be increased by awarded invitations;

i.) The ITU Invitation Panel is composed of:

- (i) The ITU Secretary General or designate;
- (ii) A representative of the ITU Sport Department;
- (iii) A representative of ITU Development;

2. OPEN PARATRIATHLON: Number of participants:

- a. Every National Federation can enter 6 athletes in every sport class;
- b. The host National Federation has a larger quota of 8 athletes in every sport class;
- c. The quota for any National Federation in any sport class can be increased at the discretion of the ITU invitation Panel.

2.2. Eligibility:



- a. Only Paratriathletes with Provisional "PCS" Review "R" or Confirmed "C" classification status will be eligible to compete.
- 2.3. Deadlines:
 - a. The National Federations must enter the athletes into the wait lists via the ITU online entry system no less than 60 days before the first competition day;
 - b. 59 days before the first competition day, all start lists will be published on www.triathlon.org.



Appendix E13

ITU World Triathlon Series - RANKING CRITERIA

1. PURPOSE:

- a) ITU World Triathlon Series Rankings will be used to determine the ITU Triathlon World Champion;
- b) The ITU World Champions will be established at the end of the series and the ITU World Triathlon Series Bonus Pool Prize Money will be distributed after the last scoring event according to the ITU World Triathlon Series Rankings;

2. POINTS AND SCORING:

a) Scoring events:

- (i) There will be 3 levels of events included in the ITU World Triathlon Series Rankings:
 - The ITU World Triathlon Series Grand Final;
 - The ITU World Triathlon Series events;
 - The ITU Triathlon World Cup events;
- (ii) The points earned by the winner of each event will be:
 - 1200 for the ITU World Triathlon Series Grand Final;
 - 800 for the ITU World Triathlon Series events;
 - 300 for the ITU Triathlon World Cup events;
- (iii) The points table for each level of event will be from:
 - 1st to 50th for the ITU World Triathlon Series Grand Final;
 - 1st to 40th for the ITU World Triathlon Series events;
 - 1st to 30th for the ITU Triathlon World Cup events;
- (iv) The points will be decreased according to points table below.

b) **Cut off:** To earn points, athletes must finish within the cut-off time which will be determined by adding 5% to the winner's time in the men's event and 8% in the women's event;

c) **Races scoring:** The final score will be obtained by adding the points gained in the ITU World Triathlon Series Grand Final plus the 5 best scores in the ITU World Triathlon Series events and the ITU Triathlon World Cup events with the following limitations:

- (i) A maximum of 2 ITU Triathlon World Cup events scores will count for the final rankings.
- (ii) It is not mandatory to compete in the Grand Final to be included in the final score.

d) The intermediate rankings will be set as follows:

After the ITU WTS event number	Total events to add	Maximum ITU World Cups to count	ITU World Championship Grand Final
1	1	-	-
2	2	-	-
3	3	-	-
4	4	-	-
5	5	-	-
6	5	-	-
7	5	-	-
8	5	2	-
After Grand Final	5+Grand Final	2	1

e) **Season:** The ITU World Triathlon Series season starts the immediately after the ITU World Triathlon Grand Final and finishes with the ITU World Triathlon Series Grand Final.

3. POINTS TABLE:

Finish Position	ITU World Triathlon Series Grand Final	ITU World Triathlon Series events	ITU Triathlon World Cup events
1	1200	800	300
2	1110	740	278
3	1027	685	257
4	950	633	237
5	879	586	220
6	813	542	203
7	752	501	188
8	695	464	174
9	643	429	161
10	595	397	149
11	550	367	138
12	509	339	127
13	471	314	118
14	436	290	109
15	403	269	101
16	373	248	93
17	345	230	86
18	319	213	80
19	295	197	74
20	273	182	68
21	252	168	63
22	233	156	58
23	216	144	54
24	200	133	50
25	185	123	46
26	171	114	43
27	158	105	40
28	146	97	37
29	135	90	34
30	125	83	31
31	116	77	-
32	107	71	-
33	99	66	-
34	92	61	-
35	85	56	-
36	78	52	-
37	72	48	-
38	67	44	-
39	62	41	-
40	57	38	-
41	53	-	-
42	49	-	-
43	45	-	-
44	42	-	-
45	39	-	-



46	36	-	-
47	33	-	-
48	30	-	-
49	28	-	-
50	26	-	-



Appendix E14

ITU Points List Criteria

1. PURPOSE:

- 1.1. ITU Points List will be used to determine athletes' eligibility to enter ITU Triathlon World Triathlon Series events, ITU Triathlon World Cup events, and ITU Triathlon Continental Championship events;
- 1.2. Continental Confederations may also use the ITU Points List to determine National Federation quotas for ITU Triathlon Continental Championships;
- 1.3. The ITU Points List will be posted on www.triathlon.org, but will not be considered as a ranking;

2. ELIGIBILITY:

- 2.1. Only athletes in good standing with their National Federation affiliated with ITU are eligible to be included in the ITU Points List.

3. SCORING:

- 3.1. The ITU Events counting for the ITU Points Lists, the amount of points earned by the winner of the event, the number of athletes earning points and the number of athletes considered to determine the quality of field factor will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score	Quality of field factor (top)
World Triathlon Series Grand Final	1000	50	20
WorldTriathlon Series events	750	50	20
World Cup	500	50	20
Elite Continental Championships (*)	400	50	40
U23 World Championships			
Continental Cup	300	30	40
FISU World Championship			
Junior World Championships	200	10	60
U23 Continental Championships			
Junior Continental Championships	100	10	60

(*) For both sprint and standard distance Continental Championships

- 3.2. The points will be decreased by 7.5% for every position.
- 3.3. Only athletes representing NFs from the respective continent will be considered in the Continental Championships.
- 3.4. The events included in more than one level (i.e. National Championships taking place in a Continental Cup event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered.
- 3.5. **Cut-off:** To earn points, athletes must finish within the cut-off time which will be determined by adding 5% to the winner's time in the men's event and 8% in the women's event.
- 3.6. **Quality of field:** The points of the events may be increased depending on the ranking of the athletes starting. Every athlete ranked in the ITU Points list above the indicated position, will increase the value of the race by 2% up to a maximum of 20% per event.



3.7. **Total Events to Count:**

It will be a maximum of 12 events to count:

- a) 6 from the 52 weeks previous to the date of the publication of the lists (current period);
- b) 6 from the days between the 53rd and the 104th week previous to the date of publication of the lists (previous period).

3.8. The total number of points acquired by an athlete in a given week will be determined by adding the 6 best scores in the current period, plus 1/3 of the addition of the 6 best scores in the previous period.



Appendix E15

ITU Continental Points Lists Criteria

1. GENERAL:

- 1.1. There are 5 Continental Points Lists (one per continent: Africa, the Americas, Asia, Europe and Oceania);
- 1.2. The ITU Triathlon Continental Cup events may be categorised into two levels, according to system established by the Continental Confederation (i.e., difference in prize money, in television coverage, etc). The higher level ITU Triathlon Continental Cup events will be called "ITU Triathlon Premium Continental Cup" and the lower level "ITU Triathlon Continental Cup";
- 1.3. The title of the event will have the name of the continent replacing the word, "continent" and the short name of the Continental Confederation, i.e., 2010 Pontevedra ETU Triathlon Premium European Cup.

2. ELIGIBILITY:

- 2.1. Only athletes in good standing with their National Federations affiliated with the Continental Confederation are eligible to be included in the ITU Continental Points Lists from their continent.

3. SCORING:

- 3.1. The ITU Events counting for the ITU Continental Points Lists, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
Continental Championships(*)	600	50
Continental Cup Final	500	30
Premium Continental Cup	400	30
Continental Cup		
U23 Continental Championships	250	30
Regional Championships	150	10
Junior Continental Championships	125	10
National Championships (**)	100	5

(*) Both Standard and Sprint distance.

(**) If a NF organize several championships in the same year/season, Standard distance will be preferred over sprint distance, and sprint will be preferred over any other distance.

- 3.2. The points will be decreased by 7.5% for every position;
- 3.3. Only athletes representing the respective National Federation will earn points for the respective National Championships. If the National Federation holds two National Championships, in Standard and Sprint Distance, the Standard Distance Championship will be the one considered.
- 3.4. The events included in more than one level (i.e. National Championships taking place in a Continental Cup event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered.



Cut-off: To earn points, athletes must finish within the cut-off time which will be determined by adding 5% to the winner's time in the men's event and 8% in the women's event;

3.5. Quality of field: Each athlete starting the race among the top 20 of the current ITU Continental Points Lists will increase the value of the event by 2%. This increase is limited to 20%;

3.6. Total Events to Count: It will be a maximum of 10 events to count.

- a) 5 from the 52 weeks previous to the date of the publication of the list (current period);
- b) 5 from the days between the 53rd and the 104th week previous to the date of publication of the list (previous period).

3.7. **Value of the points depending on the periods**

- a) The value of the points in the current period is the same as those gained in the event;
- b) The value of the points in the previous period is 1/3 of those gained in the event.

Appendix E16

ITU Junior Continental Ranking Criteria

1. GENERAL:

- 1.1. There are 2 Junior Continental Rankings: America and Europe.

2. ELIGIBILITY:

- 2.1. Only athletes in good standing with their National Federations affiliated with the Continental Confederation are eligible to be included in the ITU Junior Continental Rankings from their continent.

3. SCORING:

- 3.1. The ITU Events counting for the ITU Junior Continental Rankings, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
Junior Continental Championships	600	25
Junior Regional Championships	500	25
Junior Continental Cup	400	20
Junior National Championships (*)	100	10

(**) If a NF organize several championships in the same year/season, sprint distance will be preferred over any other distance.

- 3.2. The points will be decreased by 7.5% for every position;
- 3.3. Only athletes representing the respective National Federatio will earn points for the respective National Championships.
- 3.4. The events included in more than one level (i.e. National Championships within a Continental Cup event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered.
- 3.5. The total number of points acquired by an athlete will be determined by adding the best 3 scores.
- 3.6. The rankings start on January 1st and finish in December 31st of every year.

4. NATIONS' RANKING:

- 4.1. The Continental Confederation may decide to have a Nations' Junior Ranking. In this case every the addition of the points of the best 3 men and the best 3 women will determine the points of the National Federation.



Appendix E17

ITU Duathlon Points List Criteria

1. PURPOSE:

- 1.1. ITU Duathlon Points Lists will be used to determine the best performing duathletes.

2. SCORING:

- 2.1. The ITU Events counting for the ITU Duathlon Points List, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
Duathlon World Championships(*)	400	25
Duathlon Continental Championships (*)	300	15
Duathlon World Series		
Duathlon National Championships (**)	100	5

(*) Standard, Middle and Long distance

(**) If a NF organize several championships in the same year/season the standard distance one will be preferred. Then Sprint, Middle and Long distance in this order.

- 2.2. The points will be decreased by 7.5% for every position;
- 2.3. Only athletes representing National Federations from the respective National Federation will be considered in the National Championships.
- 2.4. The events included in more than one level (i.e. National Championships taking place in a Continental Cup event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered;
- 2.5. Total Events to Count: The total number of points acquired by an athlete in a given year will be the result of adding:
 - a) The 3 best scores in the previous 53 weeks (current year);
 - b) 1/3 of the value of the the 3 best scores gained in the weeks between the 54th and the 106th previous to the date of publication. (previous period).
- 2.6. The total number of points acquired by an athlete in a given week will be determined by adding the best 3 scores in the current period, plus 1/3 of the addition of the 3 best scores in the previous period.



Appendix E18

ITU Long Distance Triathlon Points List Criteria

1. PURPOSE:

- 1.1. ITU Long Distance Triathlon Points Lists will be used to determine the best performing long distance triathletes.

2. SCORING:

- 2.1. The ITU Events counting for the ITU Long Distance Triathlon Points List, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
World Championships(*)	400	25
Continental Championships (*) World Series	300	15
National Championships (**)	100	5

(*) Middle and Long distance

(**) If a NF organize several championships in the same year/season the Long distance one will be preferred over the Middle distance.

- 2.2. The points will be decreased by 7.5% for every position;
- 2.3. Only athletes representing National Federations from the respective National Federation will be considered in the National Championships.
- 2.4. The events included in more than one level (i.e. National Championships taking place in a Continental Cup event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered;
- 2.5. Total Events to Count: The total number of points acquired by an athlete in a given year will be the result of adding:
 - a) the 3 best scores in the previous 53 weeks (current year);
 - b) 1/3 of the value of the the 3 best scores gained in the weeks between the 54th and the 106th previous to the date of publication. (previous period).
- 2.6. The total number of points acquired by an athlete in a given week will be determined by adding the best 3 scores in the current period, plus 1/3 of the addition of the 3 best scores in the previous period.



Appendix E19

ITU Winter Triathlon Points List Criteria

1. PURPOSE:

- 1.1. ITU Long Distance Triathlon Points Lists will be used to determine the best performing Winter Triathlon athletes.

2. SCORING:

- 2.1. The ITU Events counting for the ITU Winter Triathlon Points List, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
World Championships	400	25
Continental Championships	300	15
World Series	300	15
National Championships	100	5

- 2.2. The points will be decreased by 7.5% every position;
- 2.3. Only athletes representing National Federations from the respective National Federation will be considered in the National Championships.
- 2.4. The events included in more than one level (i.e. National Championships taking place in a Continental Cup event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered;
- 2.5. Total Events to Count: The total number of points acquired by an athlete in a given year will be the result of adding:
 - a.) the 3 best scores in the previous 53 weeks (current year);
 - b.) 1/3 of the value of the the 3 best scores gained in the weeks between the 54th and the 106th previous to the date of publication. (previous period).
- 2.6. The total number of points acquired by an athlete in a given week will be determined by adding the best 3 scores in the current period, plus 1/3 of the addition of the 3 best scores in the previous period.



Appendix E2o

ITU Paratriathlon Points Lists Criteria

1. GENERAL

- 1.1. ITU Paratriathlon Points Lists will be used to determine the best performing Paratriathletes of the season;
- 1.2. There are 12 ITU Paratriathlon Points Lists, one per Gender and Sport Class: PTHC Women, PTHC Men, PTS2 Women, PTS2 Men, PTS3 Women, PTS3 Men, PTS4 Women, PTS4 Men, PTS5 Women, PTS5 Men, PTVI Women, PTVI Men.

2. POINTS AND SCORING:

- 2.1. All scoring events will be sprint distance.
- 2.2. The ITU Events counting for the ITU Paratriathlon Points List, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
Paratriathlon World Championships	700	30
World Paratriathlon Series	550	30
Paratriathlon Continental Championships	450	25
Paratriathlon World Cup	300	20
National Championships	150	5

- 2.3. The points will be decreased by 7,5% for every position;
- 2.4. Only athletes representing the respective National Federation will earn points for the respective National Championships.
- 2.5. Only athletes representing NFs from the respective continent will be considered in the Continental Championships.
- 2.6. The events included in more than one level (i.e. National Championships taking place in an ITU International event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships), only the highest score will be considered.
- 2.7. Total events to count: The total number of points acquired by an athlete at any moment will be the result of adding:
 - a) The best 3 scores gained in the previous 53 weeks (Current period);
 - b) 1/3 of the best 3 scores gained in the weeks between the 54th and the 106th previous to the date of publication. (Previous period).
- 2.8. The total number of points acquired by an athlete in a given week will be determined by adding the best 3 scores in the current period, plus 1/3 of the addition of the 3 best scores in the previous period.
- 2.9. Cut-off: To earn points, athletes must finish within the cut-off time which will be determined by adding 30% to the race winner's time of the respective gender and sport class.

Appendix E21

ITU Continental Ranking Criteria

1. GENERAL:

- 1.1. The Continental Confederations will decide on the existence of the Continental Ranking. The title "ITU Continental Ranking" is generic and the word "ITU" will be replaced by the initials of the respective Continental Confederation.
- 1.2. ITU Continental Rankings will be used to determine the best performing triathletes of the season within the continent;
- 1.3. Pool prize money may be established by the Continental Confederation and will be distributed after the last scoring event according to the ITU Continental Rankings.
- 1.4. The title of the event will have the name of the continent replacing the word, "continent" and the short name of the Continental Confederation, i.e., 2010 Pontevedra ETU Triathlon Premium European Cup.

2. ELIGIBILITY:

- 2.1. Only athletes in good standing with their National Federations affiliated with the Continental Confederation are eligible to be included in the ITU Continental Rankings from their continent.

3. SCORING:

- 3.1. The season is determined by the Final event. Events taking place after the Final will be included in the next season.
- 3.2. The ITU Events counting for the ITU Continental Rankings, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
Elite Continental Championships	600	40
Continental Cup Final	500	30
Premium Continental Cup	400	20
Continental Cup	250	20
Elite Regional Championships	150	10

- 3.3. The points will be decreased by 7.5%;
- 3.4. **Cut-off:** To earn points, athletes must finish within the cut-off time which will be determined by adding 5% to the winner's time in the men's event and 8% in the women's event;
- 3.5. **Total Events to Count:** The final score will be obtained by adding the points gained in the ITU Continental Cup Final plus the 4 best scores obtained in the rest of scoring events of the season.



Appendix E22

ITU Powerman Long Distance Duathlon Points List

1. PURPOSE:

- 1.1. ITU Powerman Long Distance Triathlon Points Lists will be used to determine the best performing Long Distance Duathlon athletes.

2. SCORING:

- 2.1. The ITU Events counting for the ITU Powerman Long Distance Duathlon Points List, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for 1st place	Maximum athletes to score
Duathlon World Championships(*)	400	25
Duathlon Continental Championships (*)	300	15
Duathlon World Series		
Duathlon National Championships (**)	100	5

(*) Middle and Long distance

(**) If a NF organize several championships in the same year/season the Long distance one will be preferred over the Middle distance. .

- 2.2. The points will be decreased by 7,5% for every position;

- 2.3. Only athletes representing the respective National Federation will earn points for the respective National Championships.

- 2.4. The events included in more than one level (i.e. National Championships taking place in an ITU International event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships), only the highest score will be considered.

- 2.5. Total events to count: The total number of points acquired by an athlete at any moment will be the result of adding:

a.) The best 3 scores gained in the previous 53 weeks (Current period);

b.) 1/3 of the best 3 scores gained in the weeks between the 54th and the 106th previous to the date of publication. (Previous period).

- 2.6. The total number of points acquired by an athlete in a given week will be determined by adding the best 3 scores in the current period, plus 1/3 of the addition of the 3 best scores in the previous period.



28. APPENDICES F: UNIFORM RULES

APPENDIX F1: ELITE, UNDER23, JUNIOR AND YOUTH UNIFORM RULES

1. Overview:

- 1.1. To compete in ITU Events, athletes must comply with the ITU Uniform Rules and the reference to the Uniform at 2.8 of the Competition Rules;
- 1.2. The images on this document are reproducing a typical triathlon uniform. For winter triathlon and, in some cases, in triathlon, duathlon and aquathlon, the long sleeves and lower leg covering are allowed. This appendix applies in the same way for all the cases;

2. Purpose:

- 2.1. Provide a clean and professional image of our sport to local and global spectators and media;
- 2.2. Provide sponsors with reasonable space for viable exposure;
- 2.3. Provide a framework for enabling ITU member National Federations and athletes to have a mutually beneficial relationship with respect to rights and responsibilities, as per Appendix F.2.

3. General Requirements:

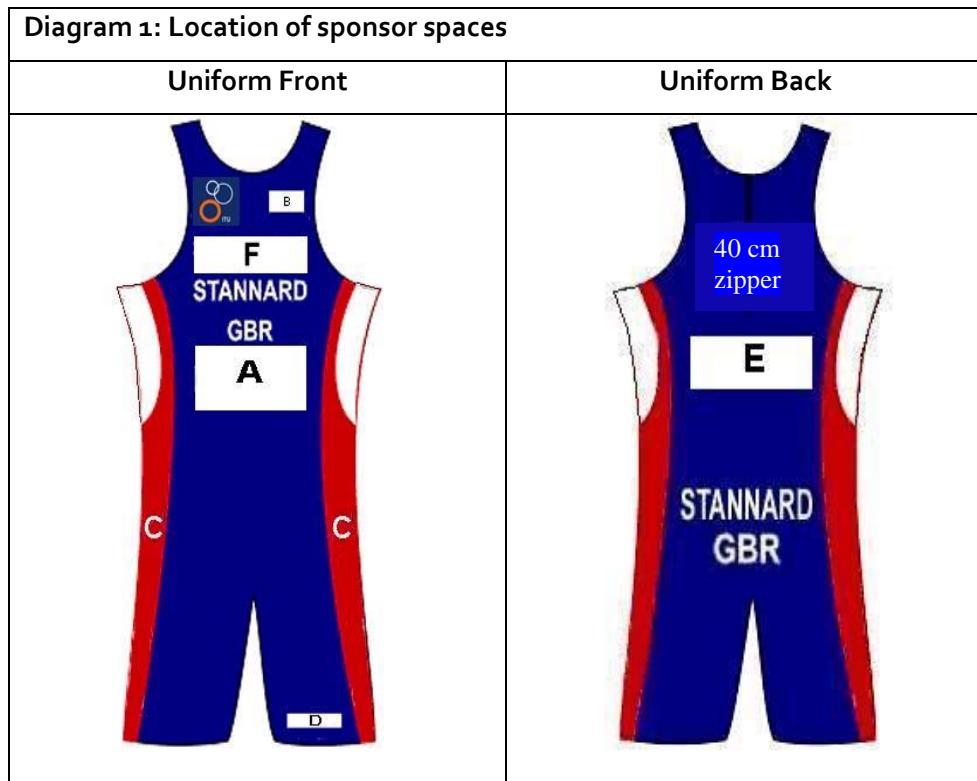
- 3.1. Uniforms will be completely clean of any logos or images other than those described below;
- 3.2. Logos will be measured on a flat surface when the athlete is not wearing the uniform. The "ITU Logo Measurement Template" will be used to measure the logo sizes;
- 3.3. There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, spirits and products containing any substance on the WADA Prohibited List;
- 3.4. There must be a minimum clearance space of 1.5cm around all marks including:
 - a) The ITU logo;
 - b) The family name;
 - c) The country code;
 - d) All sponsor logos.

4. Uniform Colour and Design:

- 4.1. Uniforms must be in the colours chosen by the National Federation for ITU World Triathlon Series Grand Final, ITU World Triathlon Series , ITU Continental Championships and ITU Multisport World Championships events. For all other ITU Events the uniform colors have no restrictions;
- 4.2. The colour and design of the uniform and podium apparel must be distinct to that country and must be approved by ITU in advance;
- 4.3. Country uniforms must have a distinct look, however the design requirements should not impact on technical requirements athletes might have due to body shape or size;
- 4.4. The approval process for the uniform colour and design is outlined in Appendix F7. The goal of the approval process is to ensure countries do not have the same uniform colour and design;



4.5. ITU reserves the right to establish a specific rule till 30th of January regarding the color of the uniform of the actual leader of ITU World Triathlon Series has to wear:



5. Family Name and Country Code/Name:

5.1. The family name and the IOC country code must be placed on the upper front of the uniform and also on the buttocks. The initial of the first name may be added before the family name: athletes with the same family name are encouraged to add the initial of the first name. The representation of both the family name and country code must meet the following criteria:

a) **Font Type:**

- The font type must be "Arial";
- Letters for the family name and country code must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter. Symbols such as ' - . and space are considered as characters (See Diagram 2: Family Name Layout).

b) **Colour:**

- If the uniform is a dark colour, the letters must be white. If the uniform is a light colour, the letters must be black.

c) **Position:**

- Front: The position on the front is below the ITU logo and Sponsor Spaces B and F. The athlete's family name is above the country code and Sponsor Space A;
- Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike. The athlete's family name is above the country code;
- Height: The family name and the country code must be 5cm in height, regardless of the number of letters in the name;

- Width: The length for the family name is a minimum of 12cm and a maximum of 15cm. A family name with few letters must still be a minimum length of 12 cm. (See Diagram 2: Family Name Layout) The width for the country code must be 6cm to 10 cm;

Diagram 2. Family Name Layout



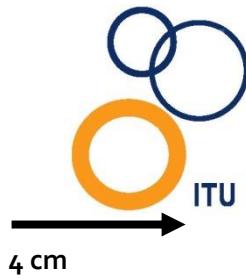
- For family names such as "MAY" above, the height is 5cm and the width is 12cm.
- For longer names such as "Polikarpenko" below, the height is still a minimum 5cm but the name should take up the full 15cm.



6. ITU Logo:

- 6.1. The official ITU logo will appear on the upper **right** shoulder;
- 6.2. It will conform to the official ITU rings with the letters ITU on the bottom right;
- 6.3. The horizontal dimension will be 4cm;
- 6.4. The white version should be applied to dark coloured uniforms, the blue and orange version should be applied to light coloured uniforms (see this appendix 6.5, 6.6, Diagram 3);

6.5. Click [here](#) for the print version of the ITU logo:
Diagram 3. ITU Logo Layout



6.6. Diagram 3 above shows the correct layout for the ITU Logo:

- a) ITU Orange:
 - Pantone 144C (Coated papers);
 - CMYK conversion (four-colour process) - C: 0%, M: 49%, Y: 100%, K: 0%.
- b) ITU Blue:
 - Pantone 2955C (Coated papers);
 - CMYK conversion (four-colour process) - C: 100%, M: 45%, Y: 0%, K: 37%.

6.7. Individual World Champions are allowed to add below the ITU Logo the design element of the WTS recognizing this honor. Graphic details will be published separately.

7. Sponsor Spaces:

7.1. Sponsor Space A:

- a) This space is directly below the country code (See Diagram 1. Sponsor Logos: size and space);
- b) The maximum height is 20cm;
- c) The maximum length is 15cm;
- d) Up to 3 sponsor logos may be positioned in this space;
- e) The athlete may have 1, 2 or 3 logos in this space. Each of the logos must represent a different sponsor.

7.2. Sponsor Space B: upper left front:

- a) This space is for the manufacturer of the uniform or for another sponsor;
- b) The maximum height is 4cm;
- c) The maximum length is 5cm;
- d) The space must be on the left hand shoulder of the uniform – not the middle.

7.3. Sponsor Spaces C: side panels:

- a) Sponsor logos may appear on the side panel;
- b) The maximum width is 5cm;
- c) The maximum length is 15cm;
- d) Only one sponsor logo is allowed on each side and it must be the same sponsor logo;
- e) This space must be visible from the side of the body. If, due to the athlete body, this space is partly visible from the front, it has to be visible also from the back;

- 7.4. **Sponsor Space D: lower front:**
 - a) The maximum height is 4cm;
 - b) The maximum length is 5cm;
 - c) This space can be on the lower left or right side of the uniform but not both.
- 7.5. **Sponsor Space E: upper back:**
 - a) One logo of any sponsor may appear above the family name on the back;
 - b) The maximum height is 10cm;
 - c) The maximum length is 15cm;
- 7.6. **Sponsor Space F: upper front:**
 - a) One logo of any sponsor may appear above the family name on the front;
 - b) The maximum height is 5cm;
 - c) The maximum length is 15cm.

8. Headwear:

- 8.1. **Swim:**
 - a) No sponsor logos are allowed on the swim cap other than as prescribed by ITU/LOC.
- 8.2. **Cycle:**
 - a) Athletes must wear helmets on the bicycle segment, as described by the ITU Competition Rules;
 - b) Helmet race number stickers, provided by ITU or the Local Organising Committee, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;
 - c) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible;
 - d) The helmet can be any colour or design and include any logo provided it meets the requirements in b) & c) above.

9. Bicycle:

- a) Only logos of bicycle related products may appear on the athlete's bicycle;
- b) Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- c) Bike race number stickers, provided by ITU or the Local Organising Committee, must be placed on the bike as instructed, without any alteration.

10. Wetsuits:

- 10.1. **Logos:**
 - a) Only the wetsuit manufacturer's logo may appear on the wetsuits;
 - b) The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit;
 - c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm²;



d) Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.

11. Body Decals:

- 11.1. ITU will provide body number decals, which may include a race identification logo, and each elite athlete will apply them prior to the event.
- 11.2. One set of body number decals are to be applied to each arm and each leg;
- 11.3. For double digit numbers, decals must be applied one above the other, not side by side;

For example the number 23 should appear like this

2

Not like this..

23

3

12. Temporary Tattoos:

12.1. Athletes are not allowed to place any temporary tattoo, other than the race numbers and logos provided by ITU, on their body during ITU Events.

13. Podium apparel.

13.1. All the sponsor spaces and design colors indicated in this appendix, apply as well to the podium apparel.

APPENDIX F2: RIGHTS AND RESPONSIBILITIES (Elite, U23, Junior and Youth athletes)

	World Triathlon Series and Grand Final	Triathlon World Cup	Continental Championships	Triathlon Continental Cup	Multisport Championships	Other ITU Events
Uniform Colour and Design	As per the catalog	To be agreed in good faith between Athlete and NF	As per the catalog	To be agreed in good faith between Athlete and NF	As per the catalog	To be agreed in good faith between Athlete and NF
Family Name	Mandatory as per ITU Competition Rules					
Country Code						
ITU Logo						
Sponsor Spaces A to F	To be agreed in good faith between Athlete and NF					



APPENDIX F3: PARATRIATHLON UNIFORM RULES

1. Overview:

- 1.1. To compete in ITU Events, athletes must comply with the ITU Uniform Rules and the reference to the Uniform at 2.8 of the Competition Rules;
- 1.2. The images in this document are reproducing a typical triathlon uniform. For winter triathlon, and, in some cases, in triathlon, duathlon and aquathlon, long sleeves and lower leg covering are allowed. This appendix applies in the same way in all cases.

2. Purpose:

- 2.1. Provide a clean and professional image of our sport to local and global spectators and media;
- 2.2. Provide sponsors with reasonable space for viable exposure;
- 2.3. Provide a framework for ITU member National Federations and athletes to enable both parties to have a mutually beneficial relationship with respect to rights and responsibilities, as per Appendix F.4.

3. General Requirements:

- 3.1. Uniforms will be completely clean of any logos or images other than those described below;
- 3.2. Logos will be measured on a flat surface when the athlete is not wearing the uniform. The "ITU Logo Measurement Template" will be used to measure the logo sizes;
- 3.3. There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, spirits and products containing any substance on the WADA Prohibited List. (See Diagram 1 for location of sponsor spaces);
- 3.4. There must be a minimum clearance space of 1.5cm around all marks including:
 - a) The ITU logo;
 - b) The family name;
 - c) The country code;
 - d) All sponsor spaces.

4. Uniform Colour and Design:

- 4.1. Uniforms must be in the colours chosen by the National Federation for ITU World Championship Grand Final, ITU Continental Championships and ITU Multisport World Championships events;
- 4.2. The colour and design of the uniform and podium apparel must be distinct to that country and must be approved by ITU in advance;
- 4.3. It is intended to give the country uniforms a distinct look. However the design definition should not impact on technical requirements that athletes might have due to body shape or size;
- 4.4. The approval process for the uniform colour and design is outlined in Appendix F7. The goal of the approval process is to ensure different countries do not have the same uniform colour and design.



Diagram 1: Sponsor Logos Size and Space



5. Family Name and Country Code:

5.1. The family name and the IOC country code must be placed on the upper front of the uniform and also on the buttocks. The initial of the first name may be added before the family name: athletes with the same family name are encouraged to add the initial of the first name. The representation of both the family name and country code must meet the following criteria:

a) **Font Type:**

- The font type must be "Arial";
- Letters for the family name and country code must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter. Symbols such as ' - . and space are considered as characters (See Diagram 2: Family Name Layout).

b) **Colour:**

- If the uniform is a dark colour, the letters must be white. If the uniform is a light colour, the letters must be black.

c) **Position:**

- Front: The position on the front is below the ITU logo and Sponsor Spaces B and F. The athlete's family name is above the country code and Sponsor Space A;
- Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike. The athlete's family name is above the country code;
- Height: The family name and the country code must be 5cm in height, regardless of the number of letters in the name;
- Width: The length for the family name is a minimum of 12cm and a maximum of 15cm. A family name with few letters must still be a minimum length of 12 cm. (See Diagram 2: Family Name Layout) The width for the country code must be 6cm to 10 cm:

Diagram 2. Family Name Layout

MAY

- For family names such as "MAY" above, the height is 5cm and the width is 12cm.
- For longer names such as "Polikarpenko" below, the height is still a minimum 5cm but the name should take up the full 15cm.

Polikarpenko

6. ITU Logo:

- 6.1. The official ITU logo will appear on the upper **right** shoulder;
- 6.2. It will conform to the official ITU rings with the letters ITU on the bottom right;
- 6.3. The horizontal dimension will be 4cm;
- 6.4. The white version should be applied to dark coloured uniforms, the blue and orange version should be applied to light coloured uniforms (see this appendix 6.5, 6.6, Diagram 3);
- 6.5. Click [here](#) for the print version of the ITU logo;

Diagram 3. ITU Logo Layout



6.6. Diagram 3 above shows the correct layout for the ITU Logo:

- a) ITU Orange:
 - Pantone 144C (Coated papers);
 - CMYK conversion (four-colour process) - C: 0%, M: 49%, Y: 100%, K: 0%.
- b) ITU Blue:
 - Pantone 2955C (Coated papers);
 - CMYK conversion (four-colour process) - C: 100%, M: 45%, Y: 0%, K: 37%.

7. Sponsor Spaces:

7.1. Sponsor Space A:

- a) This space is directly below the country code (See Diagram 1. Sponsor Logos: size and space);
- b) The maximum height is 20cm;
- c) The maximum length is 15cm;
- d) Up to 3 sponsor logos may be positioned in this space;
- e) The athlete may have 1, 2 or 3 logos in this space. Each of the logos must represent a different sponsor.

7.2. Sponsor Space B: upper left front:

- a) This space is for the manufacturer of the uniform or for another sponsor;
- b) The maximum height is 4cm;
- c) The maximum length is 5cm;
- d) The space must be on the left hand shoulder of the uniform – not the middle.

7.3. Sponsor Spaces C: side panels:

- a) Sponsor logos may appear on the side panel;
- b) The maximum width is 5cm;
- c) The maximum length is 15cm;
- d) Only one sponsor logo is allowed on each side and it must be the same sponsor logo;
- e) This space must be visible from the side of the body. If, due to the athlete body, this space is partly visible from the front, it has to be visible also from the back.

7.4. Sponsor Space D: lower front:

- a) The maximum height is 4cm;
- b) The maximum length is 5cm;
- c) This space can be on the lower left or right side of the uniform but not both.

7.5. Sponsor Space E: upper back:

- a) One logo of any sponsor may appear above the family name on the back;
- b) The maximum height is 10cm;
- c) The maximum length is 15cm.



7.6. Sponsor Space F: upper front:

- a) One logo of any sponsor may appear above the family name on the front;
- b) The maximum height is 5cm;
- c) The maximum length is 15cm.

8. Headwear:

8.1. Swim:

- a) No sponsor logos are allowed on the swim cap other than as prescribed by the ITU / Local Organising Committee.

8.2. Cycle and PTHC Run:

- a) Athletes must wear helmets on the bicycle section and the PTHC athletes also on the Run section, as described by the ITU Competition Rules;
- b) Helmet race number stickers, provided by ITU or the Local Organising Committee, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;
- c) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible;
- d) The helmet can be any colour or design and include any logo provided it meets the requirements in b) & c) above.

9. Bicycle:

- a) Only logos of bicycle related products may appear on the athlete's bicycle;
- b) Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- c) Bike race number stickers, provided by ITU or the Local Organising Committee, must be placed on the bike as instructed, without any alteration.

10. Wetsuits:

10.1. Logos:

- a) Only the wetsuit manufacturer's logo may appear on the wetsuits;
- b) The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit;
- c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm²;
- d) Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.

11. Race Numbers:

- 11.1. Traditional race numbers:** Race numbers, provided by ITU or the Local Organising Committee, must be worn as instructed by the ITU Technical Delegate on the Athletes' or Team Managers' Briefing, without any alteration;



11.2. Body Marking:

- a) LOC will provide body marking and each elite athlete will apply them prior to the event;
- b) One set of body marking is to be applied to each arm and each leg unless instructed by the ITU Technical Delegate on the Athletes' or Team Managers' Briefing.

12. Temporary Tattoos:

- 12.1.** Athletes are not allowed to place any temporary tattoo, other than the race numbers and logos provided by ITU, on their body during ITU Events.

13. Specific Rules for PTVI Sport Class:

- 13.1.** The uniform of the Guide must comply with the rules above and use the same sponsors' logos and spaces as on the Paratriathlete's uniform;
- 13.2.** The uniform of the guide must display the word "GUIDE" in the Family Name space;
- 13.3.** The font type must be "Arial", the height 5cm and the width 12 cm.



APPENDIX F4: RIGHTS AND RESPONSIBILITIES (Paratriathlon athletes)

	Triathlon World Championships and Continental Championships	Multisport Championships	Other ITU Events
Uniform Colour and Design	As per the catalog	As per the catalog	To be agreed in good faith between Athlete and NF
Family Name	Mandatory as per ITU Competition Rules		
Country Code			
ITU Logo			
Sponsor Spaces A to F	To be agreed in good faith between Athlete and NF		



APPENDIX F5: AGE GROUP UNIFORM RULES

1. Overview:

- 1.1. To compete in ITU Events, athletes must comply with the ITU Uniform Rules and the reference to the Uniform at 2.8 of the Competition Rules;
- 1.2. The images in this document are reproducing a typical triathlon uniform. For winter triathlon, and in some cases in triathlon, duathlon and aquathlon, long sleeves and lower leg covering are allowed. This appendix applies in the same way in all cases.

2. Purpose:

- 2.1. Provide a clean and professional image of our sport to local and global spectators and media;
- 2.2. Provide sponsors with reasonable space for viable exposure;
- 2.3. Provide a framework enabling ITU member National Federations and athletes to have a mutually beneficial relationship with respect to rights and responsibilities, as per Appendix F.6.

3. General Requirements:

- 3.1. Uniforms will be completely clean of any logos or images other than those described below;
- 3.2. Logos will be measured on a flat surface when the athlete is not wearing the uniform. The "ITU Logo Measurement Template" will be used to measure the logo sizes;
- 3.3. There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, spirits and products containing any substance on the WADA Prohibited List. (See Diagram 1 for location of sponsor spaces);
- 3.4. There must be a minimum clearance space of 1.5cm around all marks including:
 - a) The ITU logo;
 - b) The family name;
 - c) The country code;
 - d) All sponsor spaces.

4. Uniform Colour and Design:

- 4.1. Uniforms must be in the colours chosen by the National Federation for ITU World Championship, ITU Continental Championships and ITU Multisport World Championships events;
- 4.2. The colour and design of the uniform and podium apparel must be distinct to that country and must be approved by ITU in advance;
- 4.3. Country uniforms must have a distinct look, however the design requirements should not impact on technical requirements athletes might have due to body shape or size;
- 4.4. The approval process for the uniform colour and design is outlined in Appendix F7. The goal of the approval process is to ensure different countries do not have the same uniform colour and design:



Diagram 1: Sponsor Logos Size and Space



5. Family Name and Country Code:

5.1. The IOC country code must be placed on the upper front of the uniform and also on the buttocks. The placement of the family name on the upper front and on the buttock of the uniform is optional for Age Group athletes. The initial of the first name may be added before the family name: athletes with the same family name are encouraged to add the initial of the first name. The representation of both the family name and country code must meet the following criteria:

a) **Font Type:**

- The font type must be "Arial";
- Letters for the family name and country code must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter. Symbols such as ' - . and space are considered as characters (See Diagram 2: Family Name Layout).

b) **Colour:**

- If the uniform is a dark colour, the letters must be white. If the uniform is a light colour, the letters must be black.

c) **Position:**

- Front: The position on the front is below the ITU logo and Sponsor Spaces B and F. The athlete's family name is above the country code and Sponsor Space A;
- Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike. The athlete's family name is above the country code;
- Height: The family name and the country code must be 5cm in height, regardless of the number of letters in the name;
- Width: The length for the family name is a minimum of 12cm and a maximum of 15cm. A family name with few letters must still be a minimum length of 12 cm. (See Diagram 2: Family Name Layout) The width for the country code must be 6cm to 10 cm:

Diagram 2. Family Name Layout



MAY

- For family names such as "MAY" above, the height is 5cm and the width is 12cm.
- For longer names such as "Polikarpenko" below, the height is still a minimum 5cm but the name should take up the full 15cm.



Polikarpenko

6. ITU Logo:

- 6.1. The official ITU logo will appear on the upper **right** shoulder;
- 6.2. It will conform to the official ITU rings with the letters ITU on the bottom right;
- 6.3. The horizontal dimension will be 4cm;
- 6.4. The white version should be applied to dark coloured uniforms, the blue and orange version should be applied to light coloured uniforms (see this appendix 6.5, 6.6, Diagram 3);
- 6.5. Click [here](#) for the print version of the ITU logo:

Diagram 3. ITU Logo Layout



6.6. Diagram 3 above shows the correct layout for the ITU Logo:

- a) ITU Orange:
 - Pantone 144C (Coated papers);
 - CMYK conversion (four-colour process) - C: 0%, M: 49%, Y: 100%, K: 0%.
- b) ITU Blue:
 - Pantone 2955C (Coated papers);
 - CMYK conversion (four-colour process) - C: 100%, M: 45%, Y: 0%, K: 37%.

7. Sponsor Spaces:

7.1. Sponsor Space A:

- a) This space is directly below the country code (See Diagram 1. Sponsor Logos: size and space);
- b) The maximum height is 20cm;
- c) The maximum length is 15cm;
- d) Up to 3 sponsor logos may be positioned in this space;
- e) The athlete may have 1, 2 or 3 logos in this space. Each of the logos must represent a different sponsor.

7.2. Sponsor Space B: upper left front:

- a) This space is for the manufacturer of the uniform or for another sponsor;
- b) The maximum height is 4cm;
- c) The maximum length is 5cm;
- d) The space must be on the left hand shoulder of the uniform – not the middle.

7.3. Sponsor Spaces C: side panels:

- a) Sponsor logos may appear on the side panel;
- b) The maximum width is 5cm;
- c) The maximum length 15cm;
- d) Only one sponsor logo is allowed on each side and it must be the same sponsor logo;
- e) This space must be visible from the side of the body. If, due to the athlete body, this space is partly visible from the front, it has to be visible also from the back.

7.4. Sponsor Space D: lower front:

- a) The maximum height is 4cm;
- b) The maximum length is 5cm;
- c) This space can be on the lower left or right side of the uniform but not both.

7.5. Sponsor Space E: upper back:

- a) One logo of any sponsor may appear above the family name on the back;
- b) The maximum height is 10cm;
- c) The maximum length is 15cm.



7.6. Sponsor Space F: upper front:

- a) One logo of any sponsor may appear above family name and/or the country code on the front;
- b) The maximum height is 5cm;
- c) The maximum length is 15cm.

8. Headwear:

8.1. Swim:

- a) No sponsor logos are allowed on the swim cap other than as prescribed by the ITU / Local Organising Committee.

8.2. Cycle:

- a) Athletes must wear helmets on the bicycle section, as described by the ITU Competition Rules;
- b) Helmet race number stickers, provided by ITU or the Local Organising Committee, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;
- c) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible;
- d) The helmet can be any colour or design and include any logo provided it meets the requirements in b) & c) above.

9. Bicycle:

- a) Only logos of bicycle related products may appear on the athlete's bicycle;
- b) Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- c) Bike race number stickers, provided by ITU or the Local Organising Committee, must be placed on the bike as instructed, without any alteration.

10. Wetsuits:

10.1. Logos:

- a) Only the wetsuit manufacturer's logo may appear on the wetsuits;
- b) The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit;
- c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm²;
- d) Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.

11. Race Numbers:

11.1. Traditional race numbers: Race numbers, provided by ITU or the Local Organising Committee, must be worn as instructed by the ITU Technical Delegate on the Athletes' or Team Managers' Briefing, without any alteration.



11.2. Body Marking:

- a) Athletes will be marked on each arm and each leg unless otherwise instructed by the ITU Technical Delegate at Athletes' or Team Managers' Briefing;
- b) One calf of the athletes must be marked with the category and the gender of the athletes. (For example the number M25 should appear for men athletes in the category men 25-29 or the number F40 should appear for the women athletes in category women 40-44.).

12. Temporary Tattoos:

12.1. Athletes are not allowed to place any temporary tattoo, other than the race numbers and logos provided by ITU, on their body during ITU Events.



APPENDIX F6: RIGHTS AND RESPONSIBILITIES (Age Group athletes)

	Triathlon World Championships and Continental Championships	Multisport Championships	Other ITU Events
Uniform Colour and Design	As per the catalog	To be agreed in good faith between Athlete and NF	To be agreed in good faith between Athlete and NF
Family Name	Optional as per ITU Competition Rules		
Country Code	Mandatory as per ITU Competition Rules		
ITU Logo			
Sponsor Spaces A to F	To be agreed in good faith between Athlete and NF		



APPENDIX F7: ITU COMPETITION UNIFORM APPROVAL PROCESS

1. Overview:

- 1.1 This process is part of the ITU Uniform Rules and is a specific addition to the ITU Competition Rules.

2. Purpose:

- 2.1 The process was created to regulate the ITU's approval of the design of each NF's competition uniform to be used by their athletes in all ITU competitions according with the ITU Uniform Rules.

3. General Requirements:

- 3.1 Every National Federation uniform has to be different from any other National Federation uniform, according to the ITU Uniform Rules. The difference will be significant to avoid confusion between two different National Federations;
- 3.2 Artistic or creative elements are acceptable provided that the ITU Competition Rules are followed. Specifically, if the design contains recognisable commercial logos or trade marks which exceed the surface limits, it will not be approved;
- 3.3 The same design applies to all types of uniforms: men, women, triathlon style, duathlon style, summer, winter, etc;
- 3.4 Every National Federation can request the approval of one different uniform design for every different multisport. Two uniform options can be requested for the Age Group athletes, indicating which is the 1st option and which is the 2nd option. However, all athletes from the same National Federation, competing in the same event, will wear the National Federation's same distinctive design.

4. Timeline for Approval:

- 4.1 National Federations will submit a proposed design of their Competition Uniform for the following year, according to these specifications:
 - a) A pattern provided by ITU will be used;
 - b) Sponsor spaces and dimensions, as outlined the ITU Uniform Rules. The athlete's family name and National Federation code positions (front and back) and dimensions of both;
 - c) The position and dimensions of the ITU logo. The colour(s) used in the design, including the pantone. The proposed design may be submitted in .jpg .gif .bmp or .tif format.
- 4.2 Once approved, the Uniform approval is extended till the the National Federation must seek approval for a new design.

5. Approval:

- 5.1 ITU will inform each National Federation in writing about the approval or disapproval of their National Federations uniform if the design is:
 - a) Compliant with all the ITU Uniform Rules;
 - b) Distinct from other National Federation designs.
- 5.2 If the request is not approved ITU will:
 - a) Ask the National Federation for a new design if the submitted one did not comply with the ITU rules, or;
 - b) Ask the National Federations that submitted similar requests to agree to modifying their proposed designs in order to have different uniforms;



- c) If the National Federations do not get an agreement ITU will decide on which National Federation can use the proposed design according with these priorities:
 - The National Federation that used the proposed uniform in the past will be given preference;
 - If both National Federations are proposing new uniforms, a draw will be conducted to choose which National Federation will use the submitted design and which NF(s) will have to submit a new one.

5.3 ITU will produce an electronic catalogue of approved NF's competition uniforms. This catalogue will be updated monthly;

5.4 Requests for uniform approval received will be considered on a monthly basis. National Federations requesting approval will choose designs that are different from those already approved.

6. Approval Panel:

- 6.1 All decisions on uniform approval will be made by a panel composed of:
 - a) A member of the ITU Technical Committee;
 - b) A representative of the ITU Sport Department;
 - c) **A representative of the ITU Marketing Department;**
- 6.2 The decisions of the Approval Panel can be appealed to the ITU Arbitration Tribunal. This appeal does not suspend the decision of the Approval Panel, but rather the decision will stay in place during the time the ITU Arbitration Tribunal takes to make a decision on the appeal.



29. APPENDIX G: PARATRIATHLON CLASSIFICATION:

1. General:

1.1 The IPC Athlete Classification Code (the Code):

- a) Applies to all members of the Paralympic Movement and to all athletes competing in Paralympic sport at international competitions under the jurisdiction of the international sport federations, ITU in this case;
- b) The Code is the fundamental document upon which classification in the Paralympic Movement must be based. The purpose is to uphold confidence in classification and promote participation by a wide range of athletes. To achieve this purpose, the Code details policies and procedures common across all sports and sets principles to be applied by all Paralympic sports. The Code is intended to be specific enough to achieve harmonization on classification where standardization is required and general enough in other areas to permit flexibility regarding the implementation of its principles;
- c) The Code is supplemented by international standards that provide the technical and operational requirements for classification. These form the basis of the Classification Rules for all Paralympic sports;
- d) ITU Constitution and ITU Competition Rules are compliant with the IPC Code of Ethics; (www.paralympic.org/the-ipc/handbook)
- e) ITU is committed to developing an evidence-based classification system through coordinated research, according to the IPC Code and research practices;
- f) Classification research is multi-disciplinary, including biomechanics, kinesiology and physiology, where appropriate;
- g) IPC is playing a major role in the review and application of classification research and the coordination of any research conducted in the associated disciplines.

1.2 ITU Paratriathlon Classification Rules:

- a) These rules are an integral part of the ITU Competition Rules and are intended to implement the provisions of the IPC Classification Code for the sport of Paratriathlon;
- b) These rules shall apply to:
 - (i). All athletes and athlete support personnel, who are registered with ITU, as defined in the ITU Competition Rules;
 - (ii). All athletes and athlete support personnel participating in such capacity in ITU events and competitions recognized by ITU or any of its members or affiliate organizations or licensees.
- c) It is the individual responsibility of athletes, athlete support personnel and classification personnel to acquaint themselves with all of the requirements of these rules, the IPC Classification Code - IPC Handbook, Section 2, Chapter 1.3 – and the other sections of the IPC Handbook that apply to classification, including the IPC Position Statement on Background and Scientific Rationale for Classification in Paralympic Sport (see IPC Handbook, Section 2, Chapter 4.4). (www.paralympic.org/the-ipc/handbook)

1.3 Definition and Purpose:

- a) These ITU Classification Rules provide a framework within which the process of "Classification" will take place;

- b) The term "Classification" refers to a structure for competition, the aim of which is to ensure that an athlete's impairment is relevant to sport performance, and to ensure that athletes compete equitably with each other;
- c) The purpose of classification is to minimize the impact of eligible impairment types on the outcome of competition, so that athletes who succeed in competition are those with best anthropometry, physiology and psychology, and who have enhanced them to best effect;
- d) Classification is defined as grouping athletes into sport classes according to how much their impairment affects fundamental activities in each specific sport or discipline;
- e) These Classification Rules include provisions related to:
 - (i). Eligible Impairments and Minimum Impairment Criteria (in accordance with the International Standard for Eligible Impairments);
 - (ii). Athlete Evaluation, Sport Class and Sport Class Status allocation (in accordance with the International Standard for Athlete Evaluation);
 - (iii). Protests and Appeals (in accordance with the International Standard for Protests and Appeals);
 - (iv). Classifier Personnel and Training (in accordance with the International Standard for Classifier Personnel and Training);
 - (v). Data Protection (in accordance with the International Standard for Classification Data protection).

1.4 International Classification:

- a) All athletes must have an International Classification in order to compete at an ITU event;
- b) Athlete evaluation that is conducted in full compliance with these rules at ITU events is referred to as international classification. ITU will only recognize Sport Class and Sport Class Status if allocated by way of international classification;
- c) ITU will provide athletes with an opportunity to undertake international classification by appointing classifiers certified pursuant to conduct athlete evaluation at ITU events, and by providing reasonable notice of such international classification opportunities to athletes and National Federations;
- d) International classification will determine eligibility to compete by type of impairment and severity of impairment;
- e) An athlete will only be permitted to undergo international classification if he or she:
 - (i). is registered according to ITU Competition Rules, and
 - (ii). has been entered in an ITU event or competition recognized by ITU where international classification is taking place or has entered a recognized classification opportunity by ITU.

1.5 Classification Master List:

- a) ITU shall maintain a Classification Master List, which shall include at the very least each internationally classified athlete's name, year of birth, country, sport class, sport class status;
- b) The ITU Classification Master List will be available on the ITU website under http://www.triathlon.org/about/downloads_category/paratriathlon.



2. Classification personnel: ITU shall appoint the following classification personnel, each of whom will have a key role in administration, organization and execution of classification.

2.1 Classifier:

- a) An individual authorized as a Technical Official by ITU to determine an athlete's sports class and sports class status, while serving as a member of a classification panel, in accordance with the ITU Competition Rules;
- b) An ITU International Paratriathlon Classifier must be trained and certified by ITU or by the International Blind Sports Association (IBSA);
- c) Classifiers may be former Athletes or coaches, sports scientists, physical educators and medical professionals, all of whom have the competencies and qualifications relevant to conduct all or specific parts of Athlete Evaluation, according to the rules of the ITU.

2.2 Classification Panel:

- a) A Classification Panel is appointed by the Head of Classification in collaboration with Sport Department for a particular competition to determine the eligibility, the Sport Class and Sport Class Status of the athletes competing in that event under ITU Competition Rules;
- b) Classification panels should include a minimum of two classifiers, in which at least one medical classifier must be present;
- c) In exceptional circumstances, a panel may be set up with only one (1) medical classifier. In this case, the athletes can only be allocated a Review sport class status;
- d) Host National Federations may request to have up to two (2) observers for classification procedures per event. Approval will be pending the presence of trainee classifiers who will have priority;
- e) Protest opportunities for athlete's sport classes are only available at ITU competitions when two (2) classification panels are available. The Chief Classifier may be a member of one of the panels.

2.3 Head of Classification:

- a) The Head of Classification (HoC) is a classifier who together with the Sport Department, is responsible for the direction, administration, co-ordination and implementation of classification matters for ITU;
- b) The Head of Classification is appointed by the ITU Executive Board from the proposal made by the Paratriathlon Committee following the quadrennial elections;
- c) The Head of Classification and the ITU Sport Department can also delegate tasks to specific senior classifiers or appointed persons to assist with the specific responsibilities of the Head of Classification.

2.4 Deputy Head of Classification:

- a) The Deputy Head of Classification (DHoC) is a classifier who can when required assume the roles and responsibilities of the Head of Classification including taking responsibility for ITU Sports Department related matters;
- b) The Deputy Head of Classification is appointed by the ITU Executive Board from the proposal made by the Paratriathlon Committee following the quadrennial elections.



2.5 Process to appoint Head of Classification and Deputy Head of Classification:

- a) After the appointment of a Paratriathlon Committee, ITU will request National Federations to make nominations for the positions of Head of Classification and Deputy Head of Classification from the ITU Level 2 senior classifiers. The Paratriathlon Committee will make a recommendation to the Executive Board for a formal appointment of each position;
- b) Each of the Head of Classification and Deputy Head of Classification positions will have the same term duration as the active Paratriathlon Committee;
- c) The ITU Executive Board may replace these appointed individuals after 1 year of service.

2.6 Chief Classifier:

- a) The Chief Classifier is a classifier responsible for the direction, administration, co-ordination and implementation of classification matters for a specific competition;
- b) The Head of Classification in conjunction with the Sport Department is responsible for appointing the Chief Classifier for ITU Events;
- c) The Chief Classifier supervises classifiers to ensure that the classification rules are applied appropriately during a specific competition;
- d) The Chief Classifier manages protest procedures.

2.7 Trainee Classifier:

- a) A trainee classifier is a person who is in the process for formal training by ITU;
- b) National Federations may nominate ITU certified national classifiers as trainees in order to follow the pathway to become international classifiers;
- c) ITU may appoint trainee classifiers, if supported by their respective National Federation, in order for them to be certified as a classifier;
- d) A trainee classifier may participate in some or all components of athlete evaluation under the supervision of a classification panel in order to develop the necessary competencies and proficiencies to be certified by ITU as a Level 1 Classifier.

2.8 Classifier Competencies, Qualifications and Responsibilities:

- a) Classifiers shall be:
 - (i). Medical classifiers: medical and/or health professionals. For example: licensed medical doctors, physiotherapists, occupational therapists that have experience in standard muscle power testing procedures and assessment of neurological impairments;
 - (ii). Technical classifiers: sports specific and/or technical experts for example sport scientists, coaches, physical educators, experts in human movements' science or equivalent. Must have knowledge of the technical aspects of the sport of triathlon.
- b) Candidates must submit evidence of their relevant qualification with their CV;
- c) Candidates must have experience in the sport or classify nationally for their National Federation;
- d) All candidates must undergo the IPC Academy's course for Introduction to Para Sport; <http://ipc-academy.org> and <http://ipc-academy.org/?academy=1&course=47>

e) In accordance with the ITU Classifier Education and Certification System, there are 4 levels of classifiers:

- (i). National Classifier (NC);
- (ii). Trainee Classifier (CT);
- (iii). Level 1 International Classifier (Senior);
- (iv). Level 2 International Classifier (Senior).

2.9 Classifier Code of Conduct:

- a) The integrity of Classification in para-sport depends on the professional conduct of Classification Personnel;
- b) All classifiers must adhere to the IPC Classification Code of Ethics; (http://www.paralympic.org/sites/default/files/document/141113161026885_2014_10_08+Sec+ii+chapter+1_1_IPC+Code+of+Ethics.pdf) to:
 - (i). Act as neutral evaluators in determining Sport Class and Sport Class Status for all athletes;
 - (ii). Perform their duties courteously, respectfully, competently, consistently and objectively for all Athletes and their support personnel;
 - (iii). Have respect for the ITU Competition Rules;
 - (iv). Have respect for their colleagues;
 - (v). Have an understanding of the consequence of non-compliance with the ITU Competition rules;
 - (vi). Maintain confidentiality of Athlete Evaluation information in accordance with the International Standard for Classification Data Protection;
 - (vii). Declare any actual, perceived or potential conflicts of interest; and
 - (viii). Must not assume any other role and responsibility that conflicts with their duties as Classification Personnel at a competition and avoid taking on any other roles and responsibilities at competitions where they are acting as classifiers. For example, a classifier must not act as a competition technical official, such as a judge or have any other role with their National Federation or International Federation.

3. Eligible impairments:

3.1 Paratriathlon Eligibility:

To be eligible in Paratriathlon, an athlete must:

- a) Provide evidence that they have a medically diagnosed underlying health condition that is permanent and meets one of the IPC eligible impairment types included in Paratriathlon;
- b) Meet the ITU minimal impairment criteria for Paratriathlon whereby the relevant eligible impairment has an impact on sport performance.

3.2 Eligible Impairments and Commonly Associate Health Conditions:

Impairment Type	Examples of Health Conditions that may cause such impairment.
Impaired muscle power	Spinal cord injury, muscular dystrophy, brachial plexus injury, Erbs palsy, polio, spina bifida, Guillain – Barre syndrome.



Impaired passive range of movement	Ankyloses, arthrogryposis, post burns joint contractures. Does not include hypermobility of joints.
Limb deficiency	Amputation resulting from trauma or congenital limb deficiency (dysmelia).
Hypertonia	Cerebral palsy, brain injury, stroke, multiple sclerosis.
Ataxia	Cerebral palsy, brain injury, multiple sclerosis, Friedrichs ataxia, spinocerebellar ataxia.
Athetosis	Cerebral palsy, stroke, brain injury.
Vision Impairment	Myopia, tunnel vision, scotoma, retinitis pigmentosa, glaucoma, macular degeneration, congenital cataract.

a) Examples of certain health conditions that do not lead to Eligible Impairments are:

- (i). Health conditions that primarily cause pain, such as myofascial pain-dysfunction syndrome, fibromyalgia or complex regional pain syndrome;
- (ii). Health Conditions that primarily cause fatigue, such as chronic fatigue syndrome;
- (iii). Health Conditions that primarily cause joint hypermobility or hypotonia, such as Ehlers-Danlos syndrome;
- (iv). Health Conditions which are primarily psychological or psychosomatic in nature, such as conversion disorders or post-traumatic stress disorder;
- (v). Health conditions that cause a hearing impairment, impairment of muscle endurance, impairment of motor reflex function, cardiovascular or respiratory impairment, impairment of metabolic function, tics, mannerisms and motor perseveration.

3.3 Establishing Eligible Impairment:

a) The athlete's National Federation must initiate the process, on behalf of an athlete, by providing medical documentation and any other records to the ITU Head of Classification, or representative, so that the existence of the Eligible Impairment can be verified;

b) Every athlete requiring classification must submit to the ITU, through its National Federation, no later than six (6) weeks prior the competition, the Physical Impairment (PI) or Vision Impairment (VI) Medical Diagnostics Form and all relevant medical documents. This must also be presented at time of classification, as outlined in section 5.2.

4. Minimum impairment criteria (MIC):

4.1 Evidence Based Classification System: The Paratriathlon classification system is based on evidence and science:

- a) It has been developed with the clear purpose to minimize the impact that impairments have on the outcome of competition through the activity of Paratriathlon;
- b) To evaluate the level of impact eligible impairments, have on the performance in Paratriathlon, classifiers assess body functions through a physical assessment (muscle power or neurological assessment) and technical assessment (functional abilities

profile). These processes will determine whether an athlete meets the Minimal Impairment Criteria (MIC) for paratriathlon;

- c) ITU uses a point system and a weighting factor for classification of athletes with a physical impairment for each discipline of the sport (swimming, cycling and running). The total score determines the athlete's sport class;
- d) ITU follow the IBSA Classification MIC guidelines for athletes with vision impairment.

4.2 Physical Impairments:

- a) PTS2-PTS5 (Ambulant Athletes): The maximum possible score in the assessment would correspond to an athlete with full muscle power in the physical assessment and a full score in the Functional Abilities Profile (FAP). This is a value of 1280. The score of 1212 represents the minimal impairment criteria (MIC) in Paratriathlon for all physical impairments from PTS2 to PTS5 sport classes. The MIC is equivalent to an athlete with the complete loss of a hand or throughout the wrist amputation;
- b) PTHC (Wheelchair users): The maximum possible score in the assessment would correspond to an athlete with full muscle power in the PTHC physical assessment and a full score in the PTHC Functional Athlete Profile (FAP). This is a value of 667.15. The score of 640.0 represents the minimal impairment criteria in paratriathlon for all physical impairments that fall under the PTHC sport class. It is equivalent to a bilateral above the knee amputee with prosthesis in competition. The score of MP 463 together with specific trunk and hip scores and functional tests determine the allocation into H1 or H2 sub-classes.

4.3 Vision Impairments (PTVI):

- a) B1: Visual acuity poorer than LogMAR 2.60;
- b) B2: Visual acuity ranging from LogMAR 1.50 to 2.60 (inclusive) and/or visual field constricted to a diameter of less than 10 degrees;
- c) B3: Visual acuity ranging from LogMAR 1.40 to 1 (inclusive) and/or visual field constricted to a diameter of less than 40 degrees.

4.4 Paratriathlon Sport Class MIC:

Sport Class	Description	Range of Scoring
PTHC	Athletes who predominantly use a wheelchair for their daily ambulation. Includes athletes with comparable activity limitation and an impairment of, but not limited to: muscle power, limb deficiency, hypertonia, ataxia, and Athetosis. Common health conditions could include spinal cord lesions, above knee amputee, severe cerebral palsy. Athletes must use a recumbent hand-cycle on the bike course and a racing wheelchair on the run segment. It is divided into two subclasses, H1 which is the most impaired and H2 which is the least impaired.	Max 640 points
PTS2	Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement. Common health Conditions could include a complete brachial plexus, above elbow amputee, double below knee amputee, severe cerebral palsy. In both bike and run	Max 909,9 points



	segments, amputee athletes may use approved prosthesis or other supportive devices.	
PTS3	Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement. Common health conditions could include partial brachial plexus, moderate multiple limb impairments, moderate cerebral palsy. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.	From 910,0 to 979,9 points
PTS4	Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement. Common health conditions could include a below knee amputee, below elbow amputee and mild cerebral palsy. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.	From 980,0 to 1091,9 points included
PTS5	Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement. Common health conditions could include a below knee amputee, below elbow amputee and mild cerebral palsy. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.	From 1092,0 to 1211,9 points included
PTVI	Total or Partial Visual Impairment (IBSA/IPC defined sub-classes B1, B2, and B3): To be eligible, athletes must meet the criteria outlined in section 4.3: (i). One guide is mandatory throughout the race. Must ride a tandem during the bike segment.	

5. Athlete evaluation:

5.1 Definition:

- a) Athlete Evaluation is the process by which an athlete is assessed by a classification panel in order for the athlete to be allocated a Sport Class and a Sport Class Status;
- b) The allocation of a Sport Class must be based on an evaluation by a classification panel of the extent to which the athlete's impairment affects the specific tasks and activities fundamental to the sport. This evaluation must take place in a controlled non-competitive environment which allows for the repeated observation of key tasks and activities;
- c) A Sport Class must be allocated based solely on the impact that Eligible Impairment has on the fundamental tasks and activities of the sport. Although other factors such as low fitness level, poor technical proficiency and aging may also affect the fundamental tasks and activities of the sport, allocation of Sport Class must not be affected by these factors.

5.2 Athlete responsibilities:

- a) Athletes who undergo classification will need to report to the classification panel at their designated time;



- b) Athletes must provide the classification panel with a copy of the ITU Physical Impairment (PI) Medical Diagnostic Form", completed by their medical doctor, or the "ITU Visual impairment (VI) Medical Diagnostic Form", completed by an ophthalmologist;
- c) A passport sized photo must be submitted;
- d) It is mandatory for athletes who have one or more of the medical conditions highlighted on page two of the PI Medical Diagnostics Form, to submit relevant and recent medical information. This could include, but should not be limited to: medical letters and reports detailing medical history, results of radiological examinations, and other diagnostic tests relevant to the athlete's medical condition. Athletes who have multiple Sclerosis must include an MRI;
- e) Failure to report for classification at the designated time, without reasonable explanation to the chief classifier, will result in the athlete not being classified and not being able to compete at the Paratriathlon event;
- f) Failure to provide the required medical documentation during classification, by athletes who have a health condition that presents as a permanent eligible impairment type, (refer to section 3.2), will result in the athlete being allocated a status of "PCS" (Provisional Classification Status) for that event. In order to retain and preserve any results, ranking or award, associated with that event, an athlete allocated with a PCS will need to submit all completed documents to ITU within 30 days after the race;
- g) Failure to provide the required medical documentation during classification where there the athlete does not have evidence of an eligible impairment type, the athlete's classification will be suspended and the athlete will be allocated a status of "Classification not Complete" (CNC), and will not be able to compete at any ITU event until classification is complete. (Refer to section 5.7.);
- h) Athletes must dress appropriately in sports clothes and bring all supportive equipment (prostheses, orthoses, slings, crutches etc.) to the classification appointment, and their bike, or hand bike and racing wheelchair;
- i) English is the official language for the classification assessments. Athletes must be accompanied by an interpreter (if English is not their first or commonly spoken language);
- j) All athletes must present a true and accurate medical and sporting history and must cooperate fully in the examination process and observation phase of classification. Non-cooperation may lead to sanctions, as explained in sections 5.8;
- k) An athlete must disclose the use of any medication and/or medical devise/implant to the classification panel and be currently taking, at time of classification, all medication that will be used during competition.

5.3 Athlete Evaluation Process: The Athlete Evaluation process consists of the following:

- a) An assessment of whether or not the athlete has an Eligible Impairment for the sport;
- b) An assessment of whether or not an athlete complies with Minimum Impairment Criteria for the sport which involves an assessment and evaluation of the severity of the impairment and the extent to which the athlete is able to execute the specific tasks and activities fundamental to the sport:
 - (i). Physical Assessment: The classification panel will conduct a physical assessment of the athlete, to establish whether the athlete's health condition presents as an

- eligible physical or visual impairment type and meets the relevant Minimum Impairment Criteria;
- (ii). Technical Assessment: The Classification Panel will conduct a Technical Assessment of the athlete which may include, but is not limited to, an assessment of the athlete's physical ability to perform, in a non-competitive environment, specific tasks and activities that are part of triathlon.
- c) If required, Observation in Competition Assessment may be conducted to ensure that the outcome of the athlete's physical and technical assessments is reflected in the athlete's ability to perform in the competition;
- d) The observation in competition period begins upon arrival at the competition venue on race day and until the end of competition;
- e) If changes to an Athlete Sport Class or Sport Class Status are made following Observation in Competition Assessment, the changes are effective immediately. ITU must give considerations to the impact any such changes on results and prizes;
- f) The allocation of a Sport Class and designation of a Sport Class Status;
- g) A Classification Panel is undertaking Athlete Evaluation may at any stage seek medical, technical or scientific opinion, with the agreement of the Head of Classification and/or the Chief Classifier. This expertise may only be sought if the Classification Panel feels that such expertise is necessary in order that it can allocate a Sport Class or solve athlete evaluation related queries;
- h) Video footage, photography or other multimedia material may be utilized by the Classification Panel/s during the evaluation period for all classification purposes connected to the competition. The evaluation period is from the start of classification assessment to the end of competition and the allocation of Sports Class and Sports Class Status.

5.4 Pre-Competition Evaluation:

- a) The Sport Department in conjunction with the Chief Classifier, the Technical Delegate and the Local Organising Committee will coordinate and develop a classification schedule ensuring that all classifications will take place before the athletes' race briefing. A period of time shall be set aside for possible Classification Protests;
- b) As soon as a National Federation has registered an athlete to an event, the ITU Sport Department will confirm the athletes' class and status based on the ITU Classification Master List. All those with New (N) or Review (R) or Provisional Classification Status (PCS) or those protested shall be assigned a classification appointment. ITU Sport Department will communicate the classification appointment (venue, assigned times) to the athletes' National Federation, the Head of Classification, the assigned Chief Classifier, the Local Organising Committee and the assigned Technical Delegate;
- c) An average of sixty (60) minute periods shall be designated for each appointment (with adequate meal times and breaks scheduled for the classifiers).

5.5 Athlete Presentation:

- a) The athlete, and their accompanying support staff, will report to classification reception 30 minutes prior to the designated time;
- b) Athlete identification will be verified;
- c) Required medical documentation will be checked and appropriate documentation completed;



- d) Athletes must attend classification with all competition equipment, including bicycles, hand bikes and racing wheelchairs (as outlined in section 5.2);
- e) The athlete will be checked for appropriate sports attire and equipment requirements in accordance with the ITU Competition Rules;
- f) Athletes can only compete with prostheses, orthoses or special adaptive equipment that have been checked and approved during the Classification Procedure;
- g) Athletes may be accompanied by no more than one representative of their National Federation. It is mandatory to have a representative from their National Federation if the athlete is under 18 years of age. An athlete's representative shall not speak during the classification process, unless directed to do so by the classifiers.

5.6 Athlete Failure to Attend/Refuses Evaluation:

- a) If an athlete fails to attend evaluation, the athlete will not be allocated a Sport Class or Sport Class Status, and will not be permitted to compete at that competition;
- b) Should the Chief Classifier be satisfied that a reasonable explanation exists for the failure to attend the evaluation, an athlete will be given a second and final chance to attend the evaluation, if time allows;
- c) Failure to attend evaluation includes:
 - Not attending the evaluation at the specified time or place;
 - Not attending the evaluation with the appropriate equipment/clothing and/or medical documentation.
- d) The athlete has a right to terminate the classification process at any time. If this occurs, that athlete will be withdrawn from the competition;
- e) If any athlete refuses to be classified, this will automatically exclude them from competition.

5.7 Suspension of Athlete Evaluation-Classifications Not Completed (CNC):

- a) An athlete's classification will be suspended and will be considered not completed if the process of classification cannot be completed for one of, but not limited to, the following:
 - (i). A failure on the part of the athlete to comply with any part of the relevant Classification Rules;
 - (ii). A failure on the part of the Athlete to provide any medical information that is reasonably required by the Classification Panel;
 - (iii). Insufficient medical information to give evidence of an athlete's impairment;
 - (iv). The Classification Panel believes that the use (or non-use) of any medication and/or medical procedures/device/implant disclosed by the Athlete will affect the ability to conduct Athlete Evaluation in a fair manner;
 - (v). The athlete has a health condition that may limit or prohibit complying with requests by the Classification Panel during Athlete Evaluation, which the Classification Panel considers will affect its ability to conduct Athlete Evaluation in a fair manner, for example pain;
 - (vi). If an athlete is unable to communicate effectively with the Classification Panel;
 - (vii). If in the reasonable opinion of the Classification Panel the athlete is physically or mentally unable to comply with the instructions of the Classification Panel;



- (viii). The athlete's representation of his or her abilities is inconsistent with any information available to the Classification Panel to such an extent that Athlete Evaluation cannot be conducted in a fair manner;
- (ix). The athlete failed to attend one or more components of the classification evaluation;
- (x). Force majeure circumstances.

b) An athlete, whose class cannot be completed, will not be permitted to compete at that event or until classification has been completed;

c) If Athlete Evaluation is suspended by a Classification Panel, the following steps must be taken;

- (i). An explanation for the suspension and details of the remedial action that is required on the part of the athlete will be provided to the athlete and/or the relevant National Federation;
- (ii). If an Athlete takes the remedial action to the satisfaction of the Chief Classifier or Head of Classification, Athlete Evaluation will be resumed;
- (iii). If the athlete fails to comply and does not take the remedial action within any timeframe specified, Athlete Evaluation will be terminated, and the athlete must be precluded from competing at any competition until Athlete Evaluation is completed.

5.8 Non-Cooperation during evaluation:

- a) An athlete who, in the opinion of the Classification Panel, is unwilling to participate in the evaluation shall be considered as being non-cooperative during evaluation;
- b) If the athlete fails to co-operate during the evaluation, they will not be allocated a Sport Class or Sport Class Status, and will not be permitted to compete in the competition;
- c) Should the Chief Classifier be satisfied that a reasonable explanation exists for the failure to co-operate during the evaluation, an athlete may be given a second and final opportunity to attend and co-operate or offered to voluntarily stop the classification process;
- d) The ITU will not permit any athlete found to have been non-cooperative during an evaluation to undergo any further evaluation for a minimum of six (6) months, starting from the date upon which the athlete failed to co-operate.

5.9 Intentional Misrepresentation of Skills and/or Abilities:

- a) An athlete, or athlete support personnel, who, in the opinion of the Classification Panel, is intentionally misrepresenting skills and/or abilities, will be warned of the consequences of misrepresentation. If the athlete, or athlete support personnel, continues presenting in such a manner they shall be considered in violation of the ITU Competition Rules;
- b) If the athlete, or athlete support personnel, intentionally misrepresents skills and/or abilities, the athlete will not be allocated a Sport Class or Sport Class Status and will not be permitted to compete at that competition;
- c) The Chief Classifier shall inform the ITU Sport Department of the athlete's, or athlete's support personnel, intentional misrepresentation and provide all the evidence in a detailed report;

d) ITU may consider any of the following actions:

- (i). Not allow the athlete to undergo any further evaluation for that competition and be removed from the start list;
- (ii). At the next opportunity the same athlete undergoes classification, if misrepresentation is reported by the classification panel, ITU will not allow the athlete to undergo any further evaluation for a minimum of two (2) years from the date upon which the athlete intentionally misrepresented skills and/or abilities;
- (iii). Remove any Sport Class or Sport Class Status allocated to the athlete from the Classification Master List;
- (iv). Designate the athlete as IM (intentional misrepresentation) in the Classification Master List;
- (v). Officially communicate the incident to the corresponding National Federation through written communication.

5.10 Consequences for Athlete Support Personnel:

- a) The ITU shall enforce sanctions on the personnel supporting the athlete, who assist or encourage an athlete to fail to attend their evaluation, to fail to cooperate, intentionally to misrepresent skills and/or abilities or disrupt the evaluation process in any other way;
- b) Those who are involved in advising any athlete intentionally to misrepresent skills and/or abilities are subject to sanctions that will be as severe as the sanctions enforced on the athlete;
- c) In this circumstance, reporting the athlete's support personnel to appropriate parties is an important step in deterring intentional misrepresentation by any party.

5.11 Sport Class Allocation:

- a) A Sport Class will be allocated to an athlete by a Classification Panel following athlete evaluation;
- b) The decision of the Classification Panel to allocate a Sport Class is final and subject to challenge only as prescribed under a protest or appeal;
- c) A Sport Class that enables an athlete to compete in triathlon will be allocated if that athlete has an Eligible Impairment and meets the Minimum Impairment Criteria set by ITU;
- d) If an athlete does not have an Eligible Impairment or has an eligible impairment which does not comply with the Minimal Disability Criteria, he or she will not be eligible to compete in triathlon. If an athlete is not eligible to compete he or she will be allocated the Non-Eligible Sport Class.

5.12 Sport Class Non-Eligibility (NE):

- a) If ITU determines that an athlete has:
 - (i). A health condition that does not lead to an Eligible Impairment or;
 - (ii). An impairment that is not eligible.ITU will allocate that athlete the Sports class Non-Eligible (NE) and the athlete will not have the right to have this determination reviewed.
- b) If an ITU Classification panel allocates a Sports Class of NE on the basis that the athlete does not comply with the Minimal Impairment Criteria, the athlete must be reviewed



by a second classification panel as soon as practicably possible. Pending any such second assessment, the athlete is allocated a Sports Class NE and designated a Sports class Status of review, the athlete is not permitted to compete until such reassessment. The ITU will communicate to the athlete and National Federation the next available opportunity for classification review;

- c) None of the classifiers involved in the first NE allocation should be involved in the resolution by a second panel;
- d) NE Confirmed (C) status will be assigned if the second panel also determined the athlete's class as Non-Eligible If there is a change in medical condition, athletes may submit a Medical Review Request according to section 5.19;
- e) If an athlete is allocated a sports class NE, it must not be inferred that the athlete does not have an impairment, but rather, the athlete's impairment and activity limitation is not severe enough to be eligible for Paratriathlon. That athlete may well be eligible to compete within another sport, subject to evaluation in that sport.

5.13 Sport Class Status:

- a) A Sport Class Status is allocated to an athlete to indicate athlete evaluation requirements and protest opportunities after the assessment;
- b) The designation of a Sport Class Status assists in identifying athletes who:
 - (i). Have not previously been classified (New – N);
 - (ii). Require a review of their sport class (Review – R);
 - (iii). Already have a recognized Sport Class (Confirmed – C);
 - (iv). Provisional classification status (PCS);
 - (v). Under Protest.

5.14 Allocation of Sport Class Status:

- a) New (N):
 - (i). Sport Class Status N is assigned to an athlete that has not been previously evaluated by an international Classification Panel and has not had an entry Sport Class verified by the ITU;
 - (ii). Sports Class Status N includes athletes who have been allocated a Sport Class by their National Federation for entry purposes;
 - (iii). Sports Class Status N athletes must undergo classification evaluation before competing at an ITU Event. The athlete's Sports Class is still subject to protest according to ITU Paratriathlon first appearance (in competition) requirements.
- b) Review (R):
 - (i). Sport Class Status R is assigned to an athlete if the Classification Panel believes that further Athlete Evaluation is required before an athlete can be given a Confirmed Sports Class Status. Such reasons could include but not limited to:
 - Athlete has a fluctuating impairment;
 - Athlete has not reached maturity;
 - Athlete has a new injury or medical condition or hasn't developed the necessary skills for the sport and therefore the athlete's best functional abilities aren't presented.

This will ensure such Athletes have time to develop the necessary skills for the sport so the athlete's best functional abilities can be presented;

- (ii). The athlete's Sports Class is still subject to protest, according to ITU Paratriathlon first appearance requirements. This includes athletes who are protested, but for whom no second panel is available at the competition, or athletes who have been reassessed after protest, but who have not been observed in competition by a second panel (PR);
- (iii). Athlete has had a medical review request approved (MR);
- (iv). Athletes with Sport Class NE remain non-eligible with a Review status until a second classification panel is able to examine the athlete (NE-R);
- (v). R status must be assigned to athletes who are assessed by a panel composed of only one classifier;
- (vi). Sports Class Status R Athletes (with no fixed review) must complete evaluation prior to competing at ITU events;
- (vii). A Classification Panel may designate an Athlete's Sport Class with Sport Class Review with a Fixed Review Date (FRD). An Athlete with Sport Class Status Review (FRD) is required to complete Athlete Evaluation at the first opportunity after the relevant fixed date and is not able to be protested until this time;
- (viii). If ITU changes the criteria or methodology used to allocate Sport Classes, it may redesignate Athletes with Sport Class Status Confirmed (C) and Athletes with Sport Class Status with Fixed Review Date (FRD) as being Sport Class Status Review (R).

c) Confirmed (C):

- (i). Sport Class Status C is assigned to an athlete if he/she has been previously evaluated by an international Classification Panel and the panel has determined that the athlete's Sport Class will not change;
- (ii). ITU recognizes that athletes with Sport Class C are not required to complete evaluation prior to competition and their sport class will not be altered before or during competition, except in the case of a protest lodged by ITU.

5.15 Remote Assessment of Eligible Impairment:

- a) If an athlete is attending an event where no classification is offered, he/she will be able to obtain a Provisional Classification Status (PCS) from ITU and will need to provide the required Provisional Classification form and Medical Diagnosis form no later than four weeks' prior the competition. If the athlete has a health condition that presents as a permanent eligible impairment type, the athlete will receive a PCS status;
- b) For the athlete to preserve the results and ranking points achieved in the current season, he/she must attend an ITU classification opportunity in that season;
- c) An athlete with a Provisional Classification Status will have no protest opportunities.

5.16 First Appearance:

- a) First Appearance for N and R Sports Class Status athletes is defined as the first time the athlete competes in the ITU event where they are being classified;
- b) Athletes with N or R status cannot be allocated a C Status, until they have completed the First Appearance, in order to allow the classifiers and other paratriathletes/nations to:
 - (i). Observe the athlete in competition and complete the classification evaluation;

- (ii). Protest the allocated Sports Class provided the athlete has not already been protested by any of the parties under section (6.2).

5.17 Reporting of Classification Results:

- a) ITU Classification Evaluation Cards completed at an ITU event should be signed by all of the members in the Classification Panel and the athlete;
- b) The Chief Classifier has the responsibility to inform all relevant parties of the outcomes of Athlete Evaluation after each of the classification sessions;
- c) Once the Classification Panel has allocated the Sport Class, verbal notification of the athlete's Sports Class is provided to the athlete. If the athlete decides not to sign the form, it is considered that the athlete has been informed in person about the outcome of classification;
- d) A Confirmed or Review Sports Class Status can only be allocated after the First Appearance has been completed;
- e) The Chief Classifier must liaise with the Race Referee to ensure start lists are updated accordingly after each of the classification sessions;
- f) A list with the complete classification outcomes must be posted and available to all National Federations at the Paratriathlon briefing. Protests can be launched up until 60 minutes after the time the classification outcomes are posted at the briefing;
- g) After the race, final classification outcomes will be posted in the area the Technical Delegate has designated at the briefing. It is the National Federations and athlete's responsibility to check and refer to these results in case they are potentially involved in further completion of their assessment or a protest;
- h) The completed Classification Evaluation Card will be filed in a protected database and maintained by ITU. National Federations may request from ITU a copy of an athlete's classification evaluation after the competition;
- i) Official confirmation of Sport Class and Sport Class Status will be sent to the relevant National Federation in the form of a Classification Certification, upon written request to the ITU;
- j) The ITU Paratriathlon Master List will be updated after each event within 7 days where classification takes place www.triathlon.org/about/downloads_category/paratriathlon;
- k) An official report must be submitted after the event from the Chief Classifier to the ITU Technical Delegate in order to be included in the events' post-race report.

5.18 Changes in Sport Class before and after First Appearance:

- a) Before Competition:

SCENARIO	OUTCOME
a) Athlete undergoes classification Athlete changes Sport Class	Chief Classifier notifies Athlete/National Federation, Technical Delegate and Race Referee immediately after change of Sport class identified. Sports Class outcome is posted at the race briefing. Start list is updated from athletes old to new sports class. Bib number is reassigned accordingly by the Technical Delegate.
b) Athlete undergoes classification Athlete is declared non-eligible (NE) by first assessment panel	Sport Class NE Review status is assigned and athlete is given the opportunity to be seen by a second panel at the earliest opportunity. 2nd Panel not available:



	<ul style="list-style-type: none"> Athlete remains NE Sports class with R sports class status and cannot compete at the event or other events until the protest is resolved. Athlete is removed from the start list. Does not appear on the results. <p>2nd Panel available:</p> <ul style="list-style-type: none"> If an athlete is declared NE by second panel, an NE Sports Class becomes a confirmed Sports class Status (C) Athlete cannot compete at the event. Athlete is removed from the start list and does not appear in the results. Athlete must be informed by the classifiers that he/she can register for the AG race if the timing of races allows for it. If athlete is eligible, athlete should remain on the start list with the designated sport class allocated by the second panel.
--	---

b) After Competition (includes observations during competition):

SCENARIO	OUTCOME
a) Athlete changes Sport Class as a result of observation during First Appearance (in Competition)	<p>Chief Classifier notifies Athlete/National Federation through final classification results posting and informs Race Referee and Technical Delegate.</p> <p>Race Referee decides if the change is applicable for the given event results and notifies Timing so athlete is correctly ranked in new category.</p> <p>Past results/rankings may be revisited.</p>
b) Athlete's Sport Class is protested	<p>Review status is assigned and the athlete is given the chance to be seen by a second panel at the earliest opportunity.</p> <p>2nd panel not available:</p> <ul style="list-style-type: none"> Results and sport class stand as they are and a Note should be added in the official results indicating the athlete has been protested and is pending resolution. Athlete is made Review Sport Class Status. <p>2nd panel available; the following scenarios can occur:</p> <ul style="list-style-type: none"> Confirms the decision of the first panel, results and sport class stand as they are. Changes the decision of the 1st panel, the subsequent procedures are described in 5.18. b) a) If the athlete is declared non-eligible, Sport Class Status becomes NE-Review. Athlete is shown with no ranking after the DSQ and DNF IRM codes with an NE-R as total time.
c) Athlete is declared non-eligible (NE) due to observation	<p>If a 2nd panel is available procedure as in 5.18. b) b) is followed.</p> <p>If a 2nd Panel is not available:</p> <p>The athlete remains NE with R status. The athlete is shown with no ranking after the DSQ and DNF IRM codes with an NE as total time.</p>

5.19 Medical Review Request: Reclassification:

a) An athlete who has reason to believe that his or her impairment and activity limitations are no longer consistent with the Sport Class he or she was assigned under his/her current classification certification, may request to the ITU for consideration of a



reclassification. The means by which this can take place is referred to in these rules as “the Medical Review Process” and the means by which a request for such review is referred to as “a Medical Review Request”;

- b) The National Federation must make a Medical Review Request on behalf of the athlete;
- c) A Medical Review Request may be made if an athlete has been allocated:
 - (i). A Sport Class with Sport Class Status Confirmed (C), or;
 - (ii). A Sport Class with Sport Class Status Review (R), or if the athlete has been allocated a Fixed Review Date.
- d) A Medical Review Request must be made by completing the ITU Medical Review Request Form. The athlete and his or her National Federation must ensure that the Medical Review Request abides by the following provisions:
 - (i). it must explain that the athlete’s relevant impairment has changed since the last athlete evaluation to an extent that the athlete’s ability to perform the sport activities has changed and may not reflect the criteria for that current class;
 - (ii). it must be completed by a qualified medical physician or ophthalmologist and include all relevant supporting documentation in English or with a certified English translation;
 - (iii). a fee of 100\$ USD must be paid to the ITU.
- e) Each Medical Review Request will be assessed by ITU to ensure that all requisite information, documentation and fee have been provided. Once the Medical Review Request is complete, the Head of Classification will, in conjunction with such third parties as he or she considers appropriate, decide whether or not the Medical Review Request is accepted;
- f) If the Medical Review Request is accepted the athlete’s Sport Class Status will be amended to Review on the ITU Classification Master List; or the Athlete’s Fixed Review Date will be set and the athlete will be requested to undertake Athlete Evaluation at the next available opportunity;
- g) If the Medical Review Request is denied, the applicant may appeal this decision to the ITU Executive Board.

6. Classification protest:

6.1 Protest definition:

- a) A protest may be made in respect of the allocation of a Sport Class to an Athlete. No protest may be made in respect of the designation of an Athlete’s Sport Class Status;
- b) A protest cannot be made in respect of the allocation to an Athlete of Sport Class Non-Eligible (NE);
- c) ITU is responsible for resolving any protest made in respect of that Sport Class;
- d) Protests must be resolved in a manner that minimizes the impact on competition participation, competition schedules and results.

6.2 Parties permitted to make a protest:

- a) Protests may only be made by the following parties:

- (i). A National Federation; and
- (ii). A National Paralympic Committee; and



(iii). ITU

6.3 National Federation Protests:

- a) A National Federation or its National Paralympic Committee may make a protest;
- b) A National Federation or its National Paralympic Committee may make a protest in respect of the Sport Class of any Athlete under its jurisdiction who at the time of being enrolled at the Competition holds a Sport Class that has been designated either Sport Class Status New (N) or Sport Class Status Review (R). An athlete with a review fixed dates Sports class Status cannot be protested by its National Federation;
- c) A National Federation or its National Paralympic Committee protest must be made at a competition;
- d) An athlete's Sport class can only be protested once by their National Federation or its National Paralympic Committee. A Classification Protest in relation to a Sport Class allocated by a classification panel may only be resolved by another classification panel;
- e) The National Federation or its National Paralympic Committee making the protest is responsible for ensuring that all protest process requirements are complied with;
- f) A National Federation or its National Paralympic Committee may not make a protest in respect of the Sport Class of any athlete who is under the jurisdiction of another National Federation. If a National Federation believes there are grounds for a protest in respect of the Sport Class allocated to such an athlete, it may request ITU to make a protest;
- g) If an athlete is required by a Classification Panel to undergo Observation in Competition Assessment by way of First Appearance, a National Federation or its National Paralympic Committee may make a protest before or after First Appearance takes place. If a protest is made before First Appearance takes place the athlete must not be permitted to compete until the protest has been resolved;
- h) The timeline to submit protests is defined under section 6.9.

6.4 National Federation Protest Procedure:

- a) A National Federation Classification Protest must be submitted in English by using the ITU Classification Protest Form: http://www.triathlon.org/about/downloads_category/paratriathlon
- b) The protest must include:
 - (i). The name and sport of the protested athlete;
 - (ii). The details of the protested decision and/or a copy of the protested decision;
 - (iii). A reasoned explanation as to why the protest has been made and the basis on which the National Federation or National Paralympic Committee believes that the protested decision is flawed;
 - (iv). Reference to the specific rule/s alleged to have been breached;
 - (v). A refundable deposit of 100 USD (or its equivalent) must accompany all classification protests. The deposit will be retained by ITU if the protest is denied.
- c) All documents and evidence supporting the protest, other than what may have been presented at time of classification, must be submitted with the Protest Form, or as soon as is reasonably practicable following the submission of the Protest Form;



- d) The Protest Form, supporting explanation and documentation, and any prescribed fee, must be submitted to the Chief Classifier for the relevant Competition within the timeframes specified by ITU upon receipt of the Protest Form and the information and/or documentation specified above, the Chief Classifier must conduct a review of the protest;
- e) If it appears to the Chief Classifier that the protest is not supported by appropriate evidence, in absence of a specific rule/s alleged to have been breached and/or otherwise does not comply with the relevant Protest procedures, the Chief Classifier shall decline the protest and notify all relevant parties. In such cases, the Chief Classifier shall provide a written explanation to the National Federation as soon as is practicable. Any protest fee will be forfeited;
- f) If it appears to the Chief Classifier that the Protest is supported by evidence and complies with the relevant protest procedures the protest must be accepted. If the protest is accepted:
 - (i). The protested athlete's Sport Class shall remain unchanged pending the outcome of the protest but the protested athlete's Sport Class Status shall be retained or amended as or to Sport Class Status Review (R) as appropriate;
 - (ii). The Chief Classifier shall appoint a Protest Panel to resolve the protest as soon as is reasonably possible, which must be if practicable at the competition the protest was made.
- g) The Chief Classifier will notify all relevant parties of the time and date for the Athlete Evaluation that will be conducted by the Protest Panel.

6.5 ITU Protests:

- a) ITU may make a protest in respect of any Sport Class of any athlete under its jurisdiction at any time;
- b) ITU may make a protest if it has good reason to believe that the protested athlete's ability to execute the specific tasks and activities fundamental to the sport are not consistent with the Sport Class that has been allocated to the protested athlete.

6.6 ITU Protest Procedure:

- a) The ITU Head of Classification, or delegated representative, will advise the relevant National Federation at the earliest possible opportunity that a protest is to be made;
- b) The Head of Classification, or delegated representative, will provide the National Federation with a reasoned explanation as to why the protest has been made and the basis on which the Head of Classification believes that the protest is justified;
- c) If ITU makes a protest:
 - (i). The protested athlete's Sport Class shall remain unchanged pending the outcome of the protest but the protested athlete's Sport Class Status shall be retained or amended as or to Sport Class Status Review (R) as appropriate;
 - (ii). A Protest Panel must be appointed to resolve the protest as soon as is reasonably possible.
- d) A Chief Classifier may make a protest for and on behalf of ITU at a competition if it is in the interests of fairness to athletes to do so.

6.7 Resolving a protest: The Protest Panel:

- a) A Protest Panel must be appointed by the Head of Classification, or delegated representative, in a manner consistent with the provisions in the classification rule 2.2;
- b) A Protest Panel must not include any person who:
 - (i). Was a member of the Classification Panel that made the protested decision; or
 - (ii). Any person who has been a member of a Classification Panel that has conducted any Athlete Evaluation in respect of the protested athlete within a period of six (6) months prior to the date of the protested decision, except that a National Federation may agree to a Protest Panel comprising such a person.
- c) The Head of Classification, or representative, will supply all documentation submitted with the Protest Form to the Protest Panel. The Head of Classification, or representative, will notify all relevant parties of the time and date for the relevant components of Athlete Evaluation that will be conducted by the Protest Panel;
- d) Reclassifications for athletes protested before the race will be carried out at the classification venue as soon as possible after the classification schedule has been completed;
- e) Reclassifications for athletes protested during the race will be carried out if possible at a facility close to the finish line of the race location;
- f) The Protest Panel will conduct the relevant components of Athlete Evaluation. The Protest Panel may make enquiries of the Classification Panel that made the Protested Decision and the Chief Classifier if such enquiries will enable the Protest Panel to complete Athlete Evaluation in a fair and transparent manner;
- g) The protest panel should have access to the assessment files of the first classification panel;
- h) The protest panel may request any video footage from the first panel taken during observation in 1st appearance or from competition;
- i) The Protest Panel will (if able to do so) allocate a Sport Class and designate a Sport Class Status. All relevant parties shall be notified of the Protest Panel's decision as quickly as possible following Athlete Evaluation;
- j) The decision of the Protest Panel is final and is not subject to any further protest by a National Federation;
- k) All relevant parties shall be notified of the Classification Protest decision.

6.8 Provisions where no Protest Panel is available:

- a) If a protest is made at a competition but there is no opportunity for the protest to be resolved at that competition;
- b) The protested athlete will be permitted to compete within the Sport Class that is the subject of the protest, pending the resolution of the protest. The athlete is allocated a protest review Sports Class Status (PR);
- c) All reasonable steps will be taken to ensure that the protest is resolved at the earliest opportunity.

6.9 Protest Timelines:

a) Before the race:

- (i). This period starts once the athlete **and/or National Federation** have been informed of the athlete's Sport Class or once the classification outcome has been posted;
- (ii). The Chief Classifier, or a person designated for that event, shall be the person authorized to receive Classification Protests on behalf of ITU at that event;
- (iii). Classification Protests must be submitted to the Chief Classifier within sixty (60) minutes of the end of the athlete's classification assessment or within sixty (60) minutes after the official publication of the classification results at the athlete's briefing.

b) During/after the race:

- (i). The Chief Classifier, or a person designated for that event, shall be the person authorized to receive Classification Protests on behalf of ITU at that event;
- (ii). The intent to issue a classification protest must be communicated to the Chief Classifier within 5 minutes after the classification outcomes have been posted in the finish area or 5 minutes from the moment the athlete involved in a protest crosses the finish line, whichever occurs last. Once the intention to protest is initiated, the time limit will be extended by 15 minutes at which time all protest documents need to be submitted;
- (iii). Race results can only become official after this process is completed.

6.10 Protest Opportunities:

Athlete Sport Class Status	Protest by own National Paralympic Committee / National Federation		Protest by ITU		Possible Outcome	
	Before	During/After	Before	During/After	Before	During/After
NEW (N)	YES	YES	YES	YES	R/NE	R/C/NE
PROVISIONAL CLASSIFICATION STATUS (PCS)	NO	NO	NO	NO		
REVIEW (R)	YES	YES	YES	YES	R/C/NE	R/C/NE
REVIEW FIXED DATE (RFD)	NO	NO	YES	YES	R/C/NE	R/C/NE
CONFIRMED (C)	NO	NO	YES*	YES*	R/C/NE	R/C/NE

7. Classification appeal:

7.1 Definition of Appeal:

- a) The term "Classification Appeal", as used in this document, refers to a procedure by which a formal objection to the manner in which classification procedures have been conducted, is submitted and subsequently resolved.

7.2 Jurisdiction of a Classification Appeal:

- a) The Classification Appeal Body shall have jurisdiction to review classification decisions in order to:
 - (i). Ensure that all appropriate Sport Class allocation procedures have been followed;
 - (ii). Ensure that all appropriate Classification Protest Procedures have been followed.
- b) No Classification Appeal Body shall have jurisdiction to review the merits of an allocation of Sport Class or Sport Class Status. Under no circumstances shall the Classification Appeal Body modify a classification decision by allocating a new Sport Class and/or Sport Class Status to an athlete;
- c) The Classification Appeal Body shall hear classification appeals only in cases in which all other available remedies, including but not limited to classification protest procedures have been exhausted.

7.3 Timeline for Appeal Submission:

Submission of an appeal against classification: Classification appeals may be submitted and commenced no later than 30 days after the classification process took place, by submitting a Notice of Classification Appeal to the ITU Secretary General. The ITU shall promptly transmit a copy of the Notice of Classification Appeal to all parties involved:

- a) Only a National Federation (or National Paralympic Committee at the Paralympic Games) has the right to submit a Notice of Classification Appeal in English by using the ITU Classification Appeal Form;
(http://www.triathlon.org/about/downloads_category/paratriathlon)
- b) A refundable deposit of 150 USD (or equivalent) must accompany all appeals. The deposit will be retained by the ITU, if the appeal is denied;
- c) Upon receipt of a Notice of Classification Appeal, ITU shall conduct a review to determine whether all other available remedies have been exhausted by the party bringing the Classification Appeal. If not, ITU shall issue a written dismissal of the Classification Appeal.

7.4 Classification Appeal Procedures:

If all other available remedies have been exhausted, ITU shall:

- a) Advise all relevant parties that a Classification Appeal Body will be constituted for the purposes of hearing the classification appeal;
- b) Send a copy of the Notice of Classification Appeal, and all documents, evidence and details of witnesses to all parties involved; advise the parties involved that they must, within the 28th day after the Notice of Classification Appeal has been received, submit a list of all documents to the Classification Appeal Body, evidence and expert witnesses to be offered by the opposing party in relation to the classification appeal;
- c) Set a location for the hearing and date: The Classification Appeal Body shall have the right, in its sole discretion, to conduct a hearing; either live, by telephone conference or by video conference.

7.5 Classification Appeal Body and Hearing Procedures:

- a) The Classification Appeal Body should include no less than three (3) individuals, who have at no time been involved with, or informed of, the dispute brought before the Classification Appeal Body;

- b) Classification Appeal Body members will be nominated by the ITU Secretary General; Parties will have the right to recuse an Appeal Body panel member(s) when it may be perceived that he/she, his/her National Federation or National Paralympic Committee has a conflict of interest in the issue under dispute or when his/her independence may be compromised. This recuse must be done within the first 24h from the communication of the Appeal Body composition;
- c) The ITU may request the IPC the formation of an appeal body to deal with a specific appeal;
- d) The Classification Appeal Body may designate Counsel to assist it in the hearing;
- e) ITU and the applicable National Paralympic Committee or National Federation National Federation shall have the right to be represented by counsel and, if necessary, to engage an interpreter approved by the Classification Appeal Body;
- f) Not more than two representatives of any party, excluding the athlete and any interpreter, shall be entitled to participate in the hearing;
- g) Subject to the Classification Appeal Body's discretion, each party shall have the right to offer documentary evidence, to submit a hearing memorandum or brief, and to call witnesses.

7.6 Classification Appeal Decision:

- a) The Classification Appeal Body shall issue a written decision resolving any classification appeal after the hearing. The decision shall be provided to all parties;
- b) The Classification Appeal Body shall either affirm the decision that has been appealed against or overrule the decision. If the decision is overruled, the Classification Appeal Body's written opinion shall specify the procedural error committed and shall direct the appropriate party to the decision in a manner consistent with Classification Appeal Body's instructions;
- c) ITU shall be responsible for ensuring that the Classification Appeal Body's directives are followed in a timely manner;
- d) Classification appeal decisions are final and are not subject to any further classification appeal within the ITU/IPC.

7.7 Confidentiality:

- a) Classification Appeal Proceedings are confidential. The parties and the Classification Appeal Body shall not disclose facts or other information relating to the dispute or the proceedings to any person or entity excluding, to the extent necessary to prosecute or defend the classification appeal:
 - (i). Employees or agents of a party;
 - (ii). Witnesses whose testimony may be offered during the classification appeal;
 - (iii). Counsel, consultants or interpreters engaged for purposes of the classification appeal.
- b) At this sole discretion, the Classification Appeal Body may require all persons who attend a hearing to sign a confidentiality agreement. Any individual refusing to sign said agreement may be excluded from the hearing.

8. Classification data protection:

8.1 Classification data is personal information and/or sensitive personal information provided by an athlete and/or national federation and/or third party to ITU in connection with classification;

8.2 All classification data processed by ITU must be accurate, complete and kept up to date and be fair, relevant or necessary in relation to classification;

8.3 Consent and Processing:

- a) ITU must, wherever possible, Process Classification Data with the consent of the athlete to whom the classification data relates;
- b) If an athlete cannot provide informed consent (for example, because of age or mental capacity) the athlete's legal representative, guardian or other competent representative may give consent on the athlete's behalf;
- c) If for any reason an athlete is unable to provide consent the Classification Organization may process classification data if that processing complies with any national laws to which the classification organization is subject;
- d) ITU may wish to process classification data without an athlete's consent in certain circumstances. If so it must ensure that any such processing complies with any national laws to which the classification organization is subject.

8.4 Provisions that Apply to Classification Research:

- a) ITU may request that athletes and/or athlete support personnel provide them with Personal Information and/or Sensitive Personal Information from time to time for Research Purposes;
- b) The use by ITU of Personal Information and/or Sensitive Personal Information for research purposes must be consistent all applicable ethical use requirements, including but not limited to those that apply to the ITU;
- c) Personal Information and/or Sensitive Personal Information that has been provided by an athlete and/or athlete support personnel to ITU solely and exclusively for research purposes must not be used by ITU for any other purpose;
- d) ITU may only use Classification Data for research purposes with the express consent of the relevant athlete and/or athlete support personnel. An athlete and/or athlete support personnel must consent to any publication (for example, as part of an academic or scientific publication) of any Personal Information and/or Sensitive Personal Information they have provided for research purposes. This restriction does not apply to any information which as a result of anonymization or aggregation ceases to be Personal Information and/or Sensitive Personal Information.

8.5 Notification to Athletes:

- a) ITU must notify athletes and/or athlete support personnel who provide classification data as to:
 - (i). The identity of ITU collecting the classification data;
 - (ii). The classification data to be processed;
 - (iii). How classification data will be used and how long it may be retained.
- b) The notification to athletes and/or athlete support personnel of the information referred to in 8.3.a) may be withheld if providing the information might compromise an



ongoing or imminent investigation into an act of misconduct associated with classification;

c) ITU must provide the above information in an easily comprehensible and accessible manner.

8.6 Classification Data Security:

a) ITU must:

(i). Protect classification data by applying appropriate security safeguards, including physical, organizational, technical and other measures to prevent the loss, theft or unauthorized access, destruction, use, modification or disclosure of classification data, and

(ii). Take reasonable steps to ensure that any third party provided with classification data uses that classification data in a manner consistent with this international standard.

8.7 Disclosures of Classification Data:

a) ITU must not disclose classification data to other classification organizations except where such disclosures are related to classification conducted by other such classification organizations and the disclosure is consistent with all applicable national laws;

b) ITU may disclose classification data to third parties other than classification organizations only if the disclosure is in accordance with this international standard and permitted by national laws.

8.8 Retaining Classification Data:

a) ITU must ensure that classification data is only retained for as long as it is needed in relation to classification. If the retention of classification data is no longer necessary, it must be deleted, destroyed or permanently anonymized;

b) ITU must develop and publish guidelines regarding retention times in relation to classification data;

c) ITU must implement policies and procedures that ensure that Classifiers and classification personnel retain classification data for only as long as is necessary in order for them to carry out their classification duties in relation to any individual athlete.

8.9 Access Rights to Classification Data:

a) Athletes may request from ITU:

(i). Confirmation of whether or not that ITU Processes Classification Data relating to them and a description of the classification data that is held;

(ii). A copy of the relevant classification data held by ITU (if such a copy is requested it should be provided within a reasonable timeframe).

b) Such a request may be made by an athlete or a National Federation on an athlete's behalf.

9. Classification evaluation methodology:

9.1 Medical Assessment for Physical Impairments:

a) Muscle Power assessment will be based in general on the Daniels and Worthingham (D&W) scale published in 2014, version 9. The scale has 6 levels from 0-5. Plus, or minus

grades can't be recorded. That is, an athlete will score a 0, 1, 2, 3, 4, or 5, not a 2.5 or 3.5 for example;

- b) The athlete is passively taken through the anatomical range of the key movement to assess the available range of movement (ROM). The athlete then actively moves through their available range against gravity and subsequently with resistance provided through the available range by the assessor or with gravity eliminated to identify the muscle power level;
- c) The overall values for each muscle group are factored according to the relevance of each of the three disciplines (Swim, Bike and Run). Finally, the overall Swim, Bike and Run scores are weighed against proportionate mean values that relate to the specific distances for each discipline segment;
- d) The Muscle Power testing accounts for 70% of the total athlete's score;
- e) Full Range of Movement (ROM) is measured as full available ROM;
- f) Anatomical range is identified for all key movements. E.g. Neck Flexion: 0-40;
- g) Muscle Testing (Power scale):

- (i). 0 Total lack of voluntary contraction;
- (ii). 1 Faint contraction without any movement of the limb (trace, flicker);
- (iii). 2 Contraction with very weak movement through full range of motion when gravity is eliminated (poor);
- (iv). 3 Contraction with movement through the complete joint range against gravity;
- (v). 4 Contraction with full range movement against gravity and some resistance (good);
- (vi). 5 Contraction of normal strength through full range of movement against full resistance.

(Daniels and Worthingham 2014)

NOTE: Athletes with neurological impairments, will be requested to perform some neurological tests for upper motor neuron lesions and other novel motor and coordination tests to ensure there is evidence of hypertonia, athetosis and or ataxia to confirm they have an eligible impairment for Paratriathlon before they can continue the standard medical, technical and observation assessments.

9.2 Technical Assessment for Physical Impairments:

- a) Athletes will be questioned on and may be requested to perform sport specific and novel tests as part of the technical assessment. This is called the "Functional Abilities Profile" assessment. Testing protocols have been identified through current research;
- b) The Technical Tests account for 30% of the athlete's total score.

9.3 Athletes with Neurological Impairments:

- a) All athletes with a medically diagnosed permanent health condition (rule 3.1) which presents as an ITU eligible impairment type recognized impairment such as Ataxia, Athetosis or Hypertonia, will undergo a preliminary screen assessment to ensure there are clear signs of such impairment(s);
- b) Athletes with Multiple Sclerosis:
 - (i). In advance to the competition, these athletes should submit Electromyograms and/or MRI that show a permanent loss of power during activity;



(ii). If possible, videos of the athlete swimming and running, taken from the back (legs and upper torso) and more important, from the side. Videos of 6-10 seconds duration are to be sent to ITU, at time of submitting the athlete's medical diagnosis form within the timelines as outlined in rule 3.3.

9.4 Assessment for Athletes with Vision Impairment:

The assessment of athletes who may fall into the PTVI sport class will be done according to the International Blind Sports Association Federation's procedures, defined under: <http://www.ibsasport.org/documents/files/68-1-IBSA-Classification-Rules-and-Procedures.pdf>

9.5 Multiple Impairments:

- a) If an athlete has a secondary or even a tertiary ITU eligible permanent impairment that leads to further activity limitation, these impairments will also be accounted for in the overall scoring.

9.6 Considerations:

- a) This methodology measures the impact of impairment on activity limitation for Sprint Distance Triathlon. The Sport Classes defined by this classification system are applied across all disciplines in ITU for athletes with an impairment.

10. Classifiers' Education and Certification:

- 10.1 All documents related to the procedures and regulations on paratriathlon classifiers' certification as well as the list of certified classifiers can be found under: <http://www.triathlon.org/development/technicalOfficials/certification>

11. Definitions:

Term	Definition
Activity Limitation	Difficulties an individual may have in executing activities.
Appeal	A formal objection to the manner in which classification procedures have been conducted is submitted and subsequently resolved.
Adaptive Equipment:	Adaptive Equipment: implements and apparatus adapted to the special needs of Paratriathletes, and used by athletes during competition to facilitate participation and/or to achieve results.
Athlete	The competitors who register for and compete in ITU Events. References in the Classification Rules to athlete correspond to paratriathlete as in the main ITU Competition Rules.
Athlete Evaluation	The process by which an athlete is assessed in accordance with these rules.
Athlete Support Personnel	Any coach, trainer, manager, interpreter, agent, team staff, official, medical or paramedical personnel working with or treating athletes participating in or preparing for training and/or competition.
Chief Classifier	The classifier responsible for the direction, administration, co-ordination and implementation of classification matters for a specific competition.
Classification	A structure for competition to ensure that an Athlete's Impairment is relevant to sport performance, and to ensure that the athlete competes equitably with other athletes.
Classification Evaluation Period	The timeframe prior to the commencement of events at a competition within which Physical and Technical Assessment typically takes place.



Classification Master List	The list, made available by ITU that identifies the athletes that have participated in International Classification.
Classification Panel	A group of classifiers assembled to determine Sport Class and Sport Class Status in accordance with these rules.
Classification Personnel	All persons involved in or associated with the process of Athlete Evaluation, including the Head of Classification, Classifiers, Chief Classifiers and Trainee Classifiers.
Classifier	A person certified by ITU or IBSA/IPC to evaluate athletes as a member of a Classification Panel.
Classification Rule	Also referred to as ITU Classification Rules. The policies, procedures, protocols and descriptions adopted by ITU in connection with athlete evaluation.
Classification System	The framework used by ITU to develop and designate Sport Classes within a para-sport.
Classifier Code of Conduct	The behavioral and ethical standards for classifiers specified by ITU.
Code	The IPC Classification Code.
Competition	A series of individual events conducted together under the jurisdiction of ITU.
Compliance	The implementation of rules, regulations, policies and processes that adhere to the text, spirit and intent of the Code as defined by the IPC. Where terms such as (but not limited to) 'comply', 'conform' and 'in accordance' are used in the Code they shall have the same meaning as 'Compliance.'
Conflict of Interest	A set of circumstances that creates a risk that professional judgment or actions regarding a primary interest will be unduly influenced by a secondary interest.
Counsel	A barrister or other legal adviser conducting a case.
Eligible Impairment	An Eligible Impairment is an Impairment the existence of which is a pre-requisite for an Athlete to meet the Minimum Disability Criteria for the sport of triathlon.
Entry Sport Class	A Sport Class allocated to an athlete by a National Federation prior to an ITU Event to indicate the Sport Class with which the athlete intends to compete. An Entry Sport Class is an estimate and has no binding effect upon either the Athlete or the body responsible for organizing and managing the relevant competition.
Event	A sub-set of a competition that requires specific technical and sporting skills.
Fixed Review Date	A date prior to which an athlete who has been designated with Sport Class Status Review (R) will not be required to undertake Athlete Evaluation, regardless of whether or not that athlete competes at any competition. Unless otherwise specified by the Classification Panel, the Fixed Review Date is 1st January.
Head of Classification	A classifier responsible for all direction, administration, co-ordination and implementation of classification matters for triathlon.
Hearing	An act of listening to evidence in a court of law or before an official, especially a trial before a judge without a jury.
Impairment	Problems in body function or structure such as a significant deviation or loss.



Intellectual Impairment	A type of Impairment, which is defined as a limitation in intellectual functioning and adaptive behavior as expressed in conceptual, social and practical adaptive skills. This impairment originates before the age of 18.
Intentional Misrepresentation	A deliberate attempt (either by fact or omission) to mislead ITU or a National Federation as to the existence or extent of skills and/or abilities relevant to a Para-sport and/or the degree or nature of Eligible Impairment during Athlete Evaluation and/or at any other point after the allocation of a Sport Class.
International Classification	Athlete Evaluation that is conducted in full compliance with these rules.
IPC	International Paralympic Committee.
IPC Classification Code	The IPC Classification Code and accompanying International Standards and any subsequent version or versions of the same.
IPC Classifier Code of Conduct	A set of rules to outline the responsibilities, to guide behavior and decisions and to identify best practice for an individual Classifier, which is part of the IPC Classification Code International Standard of Classifier Training.
IPC Code of Ethics	The ethical standard that will be applied consistently within the Paralympic Movement, and will be applicable to all IPC sanctioned events, competitions and activities.
IPC Handbook	The IPC Handbook is the primary governance instrument for the IPC in its capacity as both an International Federation and the ruling body for the Summer and Winter Paralympic Games. All persons who are subject to the jurisdiction of the IPC are required to abide by its provisions.
Medical Intervention	Any intervention such as surgery, pharmacological intervention or other treatment, which affects the Athlete's Eligible Impairment.
Medical Review	The process by which an athlete can apply to ITU to undergo Athlete Evaluation, in order that the athlete's Sport Class may be reviewed to ensure that the athlete's Sport Class remains a fair allocation.
Minimum Disability Criteria	The standards set by ITU in relation to the degree of Eligible Impairment that must be present in order that an athlete is deemed to be eligible to compete in the sport of triathlon.
National Federation	National Triathlon Governing body affiliated with ITU.
Not Eligible	Consequence of not meeting the eligibility criteria.
Observation Assessment	The means by which a Classification Panel may complete Athlete Evaluation, if it considers that the only fair way in which it can complete Athlete Evaluation is to observe the athlete performing the specific skills associated with the sport of triathlon either prior to or during an event.
Para-Sports	All sport for athletes with an Impairment whether they feature on the Paralympic programme or not. These terms are used for all other sports events outside of the Paralympic Games.
Permanent	A Health Condition or Impairment that is unlikely to be resolved and, meaning the principal effects are lifelong.
Physical Assessment	The means by which a Classification Panel will determine whether or not an athlete has an Eligible Impairment and whether that Eligible Impairment complies with the Minimum Disability Criteria.



Physical Impairment	A group of Eligible Impairments affecting an athlete's biomechanical execution of sporting activities, comprising ataxia, athetosis, hypertonia, impaired muscle power, impaired range of movement, limb deficiency, leg length difference and short stature.
Protest	The procedure by which a formal objection to an athlete's Sport Class is submitted and subsequently resolved.
Protest Panel	A Classification Panel formed to conduct Athlete Evaluation in respect of an Athlete's Sport Class, where that Sport Class is the subject of a protest.
Recognized Competition	An umbrella term for triathlon competitions, ITU Sanctioned Competitions and ITU Approved Competitions as defined in the ITU Competition Rules.
Sport Class	A category defined by ITU in which athletes are categorized by reference to an Activity Limitation resulting from impairment.
Sport Class Status	A category allocation to each athlete to indicate evaluation requirements and protest opportunities.
Technical Assessment	The assessment of an athlete's ability to perform the tasks and activities required to participate in the sport of triathlon.
Third Party	Any natural person or legal entity other than the person to whom relevant Personal Information or Sensitive Personal Information relates.
Visual Impairment	An impairment of the eye structure, optical nerves or optical pathways, or visual cortex of the central brain, which adversely affect an athlete's vision.

30. APPENDIX H: PRIZE MONEY BREAKDOWN:

1. Introduction:

- 1.1. The ITU Prize Money Percentages were created to provide a fair and equitable formula to distribute prize money to athletes;
- 1.2. If an ITU Event Organiser wants to modify these percentages, they must request a rule exception. If the modification is approved, it must be posted on the ITU event's webpage and on www.triathlon.org;
- 1.3. The amount and depth of prize money must be equal for women and men. There is no modification to this.

2. Percentages:

- 2.1. The table below shows the five basic prize money percentages;
- 2.2. For an easy tool to calculate the prize money percentage based on the event prize money, please visit www.triathlon.org:

	Top 20 (150 001 USD and more overall prize money)	Top 15 (50 001 -150 000 USD and more overall prize money)	Top 10 (10 001 – 50 000 USD overall prize money)	Top 5 (3 001 – 10 000 USD overall prize money)	Top 3 (3 000 USD and less overall prize money)
1.	23,00%	25.00%	25.00%	30.00%	50.00%
2.	18,00%	20.00%	20.00%	25.00%	30.00%
3.	14,00%	15.00%	15.00%	20.00%	20.00%
4.	10,00%	10.00%	10.00%	15.00%	
5.	8,00%	7.00%	8.00%	10.00%	
6.	6,00%	6.00%	7.00%		
7.	4,00%	5.00%	6.00%		
8.	3,00%	3.00%	4.00%		
9.	2,30%	2.25%	3.00%		
10.	1,90%	1.75%	2.00%		
11.	1,60%	1.50%			
12.	1,40%	1.25%			
13.	1,20%	1.00%			
14.	1,10%	0.75%			
15.	1,00%	0.50%			
16.	0,90%				
17.	0,80%				
18.	0,70%				
19.	0,60%				
20.	0,50%				



31. APPENDIX I: ITU RELATED MULTISPORTS:

- Triathlon
- Long Distance Triathlon
- Aquathlon
- Duathlon
- Long Distance Duathlon
- Winter Triathlon
- Cross Triathlon
- Cross Duathlon
- Indoor Triathlon
- **Aquabike**



32. APPENDIX J: ITU EVENTS AND ITU EVENT CATEGORIES:

ITU Events

- World Championships
- World Triathlon Series
- World Triathlon Series Grand Final
- World Series
- World Cup
- Continental Championships
- Continental Cup
- Continental Cup Premium
- Continental Cup Final
- Continental Tour Event
- International Event

ITU Event Categories

- Elite
- U23
- Junior
- Youth
- Elite Paratriathlon
- Open Paratriathlon
- Age Group
- Team Relay



ITU Events	Categories
World Championships. Triathlon Standard Distance	U23, Age Group
World Championships. Triathlon Sprint Distance	Junior, Age Group, Elite Paratriathlon, Open Paratriathlon.
World Championships. Triathlon Team relay	Elite. U23 & Junior (combined)
World Championships. Triathlon Long Distance	Elite, Age Group, Elite Paratriathlon
World Championships. Duathlon Standard Distance	Elite, U23, Age Group
World Championships. Duathlon Sprint Distance	Junior, Age Group, Elite Paratriathlon
World Championships. Duathlon Team relay	Elite. Junior.
World Championships. Duathlon Long Distance	Elite, Age Group, Elite Paratriathlon
World Championships. Duathlon Middle Distance	Elite, Age Group, Elite Paratriathlon
World Championships. Winter Triathlon.	Junior, U23, Elite, Age Group, Mixed Relay, Elite Paratriathlon PTS ₂ , PTS ₃ , PTS ₄ and PTS ₅
World Championships. Aquathlon.	Junior, U23, Elite, Age Group, Elite Paratriathlon
World Championships. Cross Triathlon.	Junior, U23, Elite, Age Group. Team Relay. Elite Paratriathlon, PTS ₂ , PTS ₃ , PTS ₄ , PTS ₅
World Championships. Aquabike	Age Group
World Series. Triathlon. (Both Standard or Sprint)	Elite, Paratriathlon
World Series Grand Final. Triathlon.	Elite
World Cup. Triathlon. (Both Standard or Sprint)	Elite, Paratriathlon
World Cup. Winter Triathlon	Elite
World Series. Duathlon (Both Standard or Long)	Elite
World Series. Long Distance Triathlon	Elite
Continental Championships. Triathlon Standard distance	Elite, U23, Age Group
Continental Championships. Triathlon Sprint Distance	Elite, U23, Junior, Age Group, Paratriathlon
Continental Championships. Triathlon Long Distance.	Elite, Age Group, Paratriathlon.
Continental Championships. Triathlon team relay	Elite, Junior, Youth.
Continental Championships. Duathlon Standard distance.	Elite, U23, Age Group
Continental Championships. Duathlon Sprint distance	Elite, U23, Junior, Age Group, Paratriathlon
Continental Championships. Duathlon Team relay	Elite, Junior
Continental Championships. Duathlon Long distance.	Elite, Age Group, Paratriathlon.
Continental Championships. Winter Triathlon	Junior, U23, Elite, Age group. Team Relay. Paratriathlon PTS ₂ , PTS ₃ , PTS ₄ and PTS ₅
Continental Championships. Aquathlon.	Junior, U23, Elite, Age group, Paratriathlon
Continental Championships. Cross Triathlon.	Junior, U23, Elite, Age group. Team Relay. Paratriathlon PTS ₂ , PTS ₃ , PTS ₄ and PTS ₅
Continental Cup (All distances and all multisports)	Elite
Continental Tour events	Elite
Junior Continental Cup. Triathlon	Junior

33. APPENDIX K: PENALTIES AND VIOLATIONS:

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

All the references to Elite in the charts below, include Elite, U23, 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 36 hour period;	- DSQ from all the events included in this period
2. Failing to follow the prescribed course;	- Warning and re-enter the race 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 behaviour toward any official;	- DSQ and report to the ITU Arbitration Tribunal for possible suspension
5. Using unsportsmanlike behavior;	- DSQ and report to the ITU Arbitration 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 favourable positions, is not a violation;	- Unintentionally: warning and amend - Intentionally: DSQ
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 - If not: DSQ
9. Refusing to follow the instructions of Technical Officials or race officials;	- DSQ
10. Failure to wear the unaltered race numbers if provided by the Local Organising 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 race 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 unauthorised equipment to provide an advantage or which will be dangerous to others.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
14. Violating race-specific traffic regulations;	<ul style="list-style-type: none"> - Unintentionally: Warning and amend if possible - If not corrected or intentionally: DSQ
15. Contrived or intentional ties by elite, U23, junior and youth athletes, or Paratriathletes in ITU sanctioned events;	<ul style="list-style-type: none"> - DSQ
16. Wearing a different uniform than the one presented in the check-in, either in competition or in the award ceremony;	<ul style="list-style-type: none"> - 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;	<ul style="list-style-type: none"> - DSQ
18. 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 race: Warning and amend - If not corrected: DSQ
19. 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
20. 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
21. Displaying any kind of demonstration of political, religious or racial propaganda;	<ul style="list-style-type: none"> - Warning and amend - If not: DSQ
22. Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;	<ul style="list-style-type: none"> - DSQ and inform ITU Arbitration Tribunal for a possible suspension
23. Participating when not eligible;	<ul style="list-style-type: none"> - DSQ and inform ITU Arbitration Tribunal for a possible suspension
24. Repeated intentional violations of ITU Rules;	<ul style="list-style-type: none"> - DSQ and inform ITU Arbitration Tribunal for a possible suspension
25. Drug abuse;	<ul style="list-style-type: none"> - Penalties will apply according to the WADA rules
26. For an unusual and violent act of unsportsmanlike behaviour;	<ul style="list-style-type: none"> - DSQ and inform ITU Arbitration Tribunal for a possible suspension
27. Compete with a bare torso.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
28. Indecent exposure or nudity;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
29. 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 race;	<ul style="list-style-type: none"> - DSQ of both athletes
30. Gain unfair advantage from any vehicle (excluding drafting);	<ul style="list-style-type: none"> - DSQ



31. Not stopping in the next penalty box being obliged to do so;	- DSQ
32. Warming up on the course while another race is in progress;	- Warning and amend - If not corrected: DSQ
33. Competing under suspension;	- DSQ and report to ITU Arbitration Tribunal for extending suspension or expulsion.
34. Carrying out ambush marketing in the award ceremony;	- Forfeit the prize money earned in the event.
35. Intentionally missing a technological fraud test after being selected;	- DSQ and report to ITU Arbitration Tribunal for potential suspension.
36. Using any device, which makes the bike not only human powered and resulting technological fraud;	- DSQ and report to ITU Arbitration Tribunal for potential suspension.
37. Using any device distracting the athlete from paying full attention to their surroundings;	- Warning and amend - If not corrected: Time penalty

Briefing (Non-applicable for Age Group)	
Rules	Penalties
38. 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
39. Athletes entering the briefing hall after the briefing has started and athletes not attending the briefing but informed the Technical Delegate about their absence;	- Reallocation in the last positions of the pre start line-up - or time penalty during the run or snowshoe in case that is the first segment - or time penalty in the Transition 1 for Elite Paratriathlon
40. 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;	- Remove from the start list from every subsequent race at which they miss the briefing

Start	
Rules	Penalties
41. Starting before the starter's signal.	- Time penalty -
42. Starting in a wave earlier than the one the athlete is assigned to;	- DSQ



43. Not moving forward before touching the water;	<ul style="list-style-type: none"> - Time penalty -
44. To change the start position once selected;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
45. To block more than one start positions;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ

Swim	
Rules	Penalties
46. 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
47. 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

Transition	
Rules	Penalties
48. Rack the bike improperly, outside the athletes' own space or blocking the progress of other athletes;	<ul style="list-style-type: none"> - Before the race: Warning and amend - During the race: <ul style="list-style-type: none"> - Age Group and Open Paratriathlon: Warning and amend - Elite Draft-illegal and Elite Paratriathlon: Time penalty - Elite Draft Legal: Time penalty -
49. To have the helmet strap fastened in T1 while completing the first segment;	<ul style="list-style-type: none"> - Age Group and Open Paratriathlon: Technical Official will undo the strap. - Elite and Elite Paratriathlon: Technical Official will undo the strap and time penalty. -
50. Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike;	<ul style="list-style-type: none"> - Age Group and Open Paratriathlon: Warning and amend - Elite and Elite Paratriathlon: Time penalty
51. Mount the bike before the mount line;	<ul style="list-style-type: none"> - Age Group and Open Paratriathlon: Warning and amend - Elite and Elite Paratriathlon: Time penalty
52. Dismount the bike after the dismount line;	<ul style="list-style-type: none"> - Age Group and Open Paratriathlon: Warning and amend - Elite and Elite Paratriathlon: Time penalty
53. Discharge or store the athlete equipment outside the designated area;	<ul style="list-style-type: none"> - Age-Group and Open Paratriathlon: Warning and amend - Elite and Elite Paratriathlon: Time penalty



54. Marking of position in transition area;	<ul style="list-style-type: none"> - Warning and amend - If not corrected, marking and objects used for marking purposes will be removed and athlete will not be notified
55. Not depositing all equipment in the proper bag provided by the Local Organising Committee for events where bag drop system is in place (with the exception of bikes shoes that may remain on the pedals at all times);	<ul style="list-style-type: none"> - Age Group: Warning and amend - Elite and Elite Paratriathlon: Time penalty

Bike	
Rules	Penalties
56. Not wearing helmet during bike familiarisation and/or official bike training sessions;	<ul style="list-style-type: none"> - To be excluded from the specific session
57. Make forward progress without the bike, during the bike segment;	<ul style="list-style-type: none"> - Warning and amend - If not: DSQ
58. Drafting in a draft-illegal competition on sprint distance events;	<ul style="list-style-type: none"> - 1st offence: Drafting time penalty - 2nd offence: DSQ
59. Drafting in a draft-illegal competition on standard distance events;	<ul style="list-style-type: none"> - 1st offence: Drafting time penalty - 2nd offence: DSQ
60. Drafting in a draft-illegal competition on middle or long distance events;	<ul style="list-style-type: none"> - 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ
61. Drafting off a different gender athlete in draft legal events;	<ul style="list-style-type: none"> - 1st offence: Warning and amend - 2nd offence DSQ
62. Drafting off a vehicle or motorbike;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: Drafting time penalty
63. Blocking in a draft-illegal race;	<ul style="list-style-type: none"> - Time penalty
64. Wearing the helmet unfastened or insecurely fastened, during the bike segment;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
65. Take off the helmet on the bike course, even if stopped;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
66. Not wearing a helmet during the bike segment;	<ul style="list-style-type: none"> - DSQ
67. 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



Run and Ski.	
Rules	Penalties
68. Crawl during the running segment;	- DSQ
69. Run together with other athlete/s that is/are one or more laps ahead. (Applicable to Elite, U23, Junior, Youth athletes and Paratriathletes);	- Warning and amend - If not corrected: DSQ
70. Run or ski wearing a helmet;	- Warning and amend - If not corrected: DSQ
71. To use posts, trees or other fixed elements to assist maneuvering curves;	- Time penalty
72. Being accompanied by any non-competing person in the finish chute.	- DSQ

Team Relay Specific	
Rules	Penalties
73. Team relay exchange completed outside of the exchange zone;	- Time penalty
74. Team relay exchange not completed, or intentionally completed outside the changing zone;	- DSQ

Paratriathlon Specific	
Rules	Penalties
75. Paratriathletes , who use catheters or other urinary diversion devices, have spillage during training, competition or classification;	- Warning and amend - If not corrected: DSQ
76. 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.	- Before the race: Warning and amend - If not corrected: DSQ
77. Paratriathlete without a temporary, review or confirmed class status according to the regulated timelines;	- DSQ
78. Paratriathlete compete wearing or using any prostheses or special adaptive equipment which are not officially approved;	- Before the race: Warning and amend - If not corrected: DSQ
79. Paratriathletes using unprotected sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful;	- Before the race: Warning and amend - If not corrected: DSQ



80. Paratriathlete's classification is considered Not Completed (CNC);	<ul style="list-style-type: none"> - Remove from the start list
81. Paratriathlete who have been classified as non eligible for a paratriathlon competition;	<ul style="list-style-type: none"> - Remove from the start list
82. Paratriathlete fails to attend scheduled classification session;	<ul style="list-style-type: none"> - Reasonable explanation: Give second chance - If not: DSQ
83. Paratriathlete who is intentionally misrepresenting his/her skills and/or abilities;	<ul style="list-style-type: none"> - First offence: DSQ - Second offence: DSQ and report to ITU Arbitration Tribunal for potential suspension or expulsion
84. Guides and personal handlers, who have not registered at the athletes' briefing;	<ul style="list-style-type: none"> - Do not have access to the FOP
85. Personal handler not carrying the special credentials which were given by the LOC/ITU;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ the Paratriathlete that he/she is handling
86. Paratriathlete receiving help from more personal handlers that he/she has registered;	<ul style="list-style-type: none"> - DSQ
87. Any action taken by the personal handler which propels the paratriathlete forward;	<ul style="list-style-type: none"> - DSQ the Paratriathlete that he/she is handling
88. Personal handler repairing a Paratriathlete's bike in an area other than the athletes' transition spot or the wheel station during the race;	<ul style="list-style-type: none"> - DSQ
89. Paratriathletes' equipments in the pre-transition area which haven't been registered;	<ul style="list-style-type: none"> - Before the race: Warning and amend - If not corrected: DSQ
90. Personal handlers' present in the pre-transition area from PTS2, PTS3, PTS4 and PTS5;	<ul style="list-style-type: none"> - Before the race: Warning and amend - If not corrected: DSQ the athlete that they are handling
91. Paratriathletes with an absent lower limb not using a prosthesis or crutches to reach from Pre-Transition area to Transition 1 and hopping on one leg;	<ul style="list-style-type: none"> - Before the race: Warning and amend - If not corrected: DSQ
92. PTHC paratriathletes doing the transition outside the individual space;	<ul style="list-style-type: none"> - Time penalty
93. PTHC athletes not stopping completely at the mount and at the dismount lines or continue before the Technical Official say "Go";	<ul style="list-style-type: none"> - Time penalty
94. PTHC athletes drafting off a vehicle or motorbike during the run;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: Drafting time penalty
95. Paratriathletes leaving equipment in pre-transition after exiting it;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: Time penalty
96. PTVI athletes competing with a guide who is not complying the requirements;	<ul style="list-style-type: none"> - DSQ
97. PTVI athletes not be tethered during the swim or the run;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ



98. PTVI athletes paced, led or being more than 1.5m away from their guide, during the swim;	<ul style="list-style-type: none"> - First offence: Time penalty - Second offence: DSQ
99. PTVI athletes paced, leaded or being more than 0.5m away from their guide, during the after the swim exit;	<ul style="list-style-type: none"> - First offence: Time penalty - Second offence: DSQ
100. PTVI athletes pulled or pushed by the guide;	<ul style="list-style-type: none"> - DSQ
101. PTVI 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;	<ul style="list-style-type: none"> - DSQ
102. Paratriathlete enters the Field of Play with a guide dog;	<ul style="list-style-type: none"> - Before the race: Warning and amend - If not corrected: DSQ
103. PTVI B1 athletes not wearing blackout googles or glasses during the applicable segments;	<ul style="list-style-type: none"> - DSQ



34. APPENDIX L: RESULTS AND START LIST SAMPLES

APPENDIX L1: RESULTS SAMPLES

A. Individual Events

<Name of the event>

<Date of the event>

<Program results> i.e. Elite men; 45-49 Age Group Women

Race details:	Swim: xxxx m/x laps; Bike: xx.x km/x laps; Run: xx.x km/x laps
Race conditions:	Water temperature xx.x C; Air temperature xx.x C; (No) wetsuit swim
Technical Delegate:	<Last Name>, <First Name>/<NF Code>
Race Referee:	<Last Name>, <First Name>/<NF Code>
Competition Jury:	<Last Name>, <First Name>/<NF Code>, TD <Last Name>, <First Name>/<NF Code> <Last Name>, <First Name>/<NF Code>

(This information can be shown also as a footer note)

POSITION			NAT.	RACE No	TIME	SWIM	T1	BIKE	T2	RUN
1	Annelise	Butterfly	GBR	4	01:03:34	00:11:15	00:00:30	00:33:48	00:00:42	00:17:20
2	Annelise	Butterfly	USA	1	01:04:27	00:11:11	00:00:31	00:34:35	00:00:45	00:17:25
3	Annelise	Butterfly	IRL	3	01:05:10	00:11:08	00:00:30	00:33:56	00:00:44	00:18:53
4	Annelise	Butterfly	CAN	5	01:05:24	00:11:55	00:00:42	00:34:01	00:00:45	00:18:02
5	Annelise	Butterfly	SRB	12	01:05:32	00:11:20	00:00:37	00:34:08	00:00:45	00:18:42
6	Annelise	Butterfly	ESP	8	01:05:50	00:11:57	00:00:34	00:34:09	00:00:45	00:18:26
7	Annelise	Butterfly	FRA	6	01:06:32	00:11:19	00:00:30	00:34:28	00:00:46	00:19:29
8	Annelise	Butterfly	POR	9	01:06:43	00:11:22	00:00:48	00:34:33	00:00:48	00:19:12
9	Annelise	Butterfly	RSA	11	01:06:58	00:12:24	00:00:33	00:33:43	00:00:49	00:19:30
10	Annelise	Butterfly	MAR	16	01:07:03	00:10:08	00:00:36	00:34:49	00:00:47	00:20:42
DNF	Annelise	Butterfly	BAR	7	00:00:00	00:12:01	00:00:28	00:33:49	00:00:42	00:00:00
DNF	Annelise	Butterfly	CHI	19	00:00:00	00:12:01	00:00:28	00:36:38	00:00:42	00:00:00
LAP	Annelise	Butterfly	KOR	21	00:00:00	00:13:14	00:00:35	00:00:00	00:00:00	00:00:00
DNF	Annelise	Butterfly	MEX	20	00:00:00	00:13:28	00:00:00	00:00:00	00:00:00	00:00:00
DSQ	Annelise	Butterfly	MEX	23	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
DNS	Annelise	Butterfly	MEX	22	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
DNS	Annelise	Butterfly	MEX	24	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00



B. Mixed Relay Events

<Name of the event>

<Date of the event>

<Program results> I.e. Mixed Relay Elite ;Mixed Relay Junior

Race details:	Swim: xxxx m/x laps; Bike: xx.x km/x laps; Run: xx.x km/x laps (Show the differences if 1st or 4th relay are different)
Race conditions:	Water temperature xx.x C; Air temperature xx.x C; (No) wetsuit swim
Technical Delegate:	<Last Name>, <First Name>/<NF Code>
Race Referee:	<Last Name>, <First Name>/<NF Code>
Competition Jury:	<Last Name>, <First Name>/<NF Code>, TD <Last Name>, <First Name>/<NF Code> <Last Name>, <First Name>/<NF Code>

(This information can be shown also as a footer note)

Rk	Race No.			Time	Swim	T1	Bike	T2	Run
1	1	ITA	Team I	0:51:24					
			Beatrice	Bevilacqua	0:12:54	0:03:00	0:00:15	0:05:05	0:00:30
			Antonio	Antonioli	0:12:37	0:03:01	0:00:14	0:05:09	0:00:33
			Sofia	Santimaria	0:13:18	0:03:02	0:00:13	0:05:13	0:00:36
			Piero	Pauli	0:12:35	0:03:03	0:00:12	0:05:17	0:00:30
2	15	RSA	Team I	0:52:04					
			Cindy	Carter	0:13:04	0:03:02	0:00:15	0:05:13	0:00:30
			William	Wonder	0:12:47	0:03:03	0:00:14	0:05:17	0:00:33
			Daria	Delly	0:13:28	0:03:04	0:00:13	0:05:21	0:00:36
			Peter	Pundio	0:12:45	0:03:05	0:00:12	0:05:25	0:00:30
3	33	CHN	Team I	0:54:09					
			Li	Li	0:13:24	0:03:04	0:00:15	0:05:21	0:00:30
			Whang	Gao	0:12:57	0:03:05	0:00:14	0:05:25	0:00:33
			Linin	Xi	0:14:53	0:03:06	0:00:13	0:05:29	0:00:36
			Feng	Feng	0:12:55	0:03:07	0:00:12	0:05:33	0:00:30
NC	21	ITA	Team II	0:54:24					
			Maria	Antonioli	0:13:34	0:03:04	0:00:15	0:05:21	0:00:30
			Piero	Santimaria	0:12:57	0:03:05	0:00:14	0:05:25	0:00:33
			Elena	Pauli	0:14:58	0:03:06	0:00:13	0:05:29	0:00:36
			Giorgio	Sandrini	0:12:55	0:03:07	0:00:12	0:05:33	0:00:30



C. PTVI and PTHC Events

<Name of the event>

<Date of the event>

<Program results> I.e. PTVI Men, PTVI Women

Race details:	Swim: xxxx m/x laps; Bike: xx.x km/x laps; Run: xx.x km/x laps
Race conditions:	Water temperature xx.x C; Air temperature xx.x C; (No) wetsuit swim
Technical Delegate:	<Last Name>, <First Name>/<NF Code>
Race Referee:	<Last Name>, <First Name>/<NF Code>
Competition Jury:	<Last Name>, <First Name>/<NF Code>, TD <Last Name>, <First Name>/<NF Code> <Last Name>, <First Name>/<NF Code>
Interval start: athletes marked with B1 started the race X:XX before the rest. The split shown are the real ones. The total time shown for the non B1 athletes adds the result to add X:XX to the splits shown.	
ONLY FOR THIS SAMPLE X:XX is 1:11	
(This information can be shown also as a footer note)	

POSITION		NAT.	RACE No	TIME	SWIM	T1	BIKE	T2	RUN
1	Annelise	Butterfly	GBR 4	01:03:34	00:11:15	00:00:30	00:33:48	00:00:42	00:17:20
2	Annelise	Butterfly B1	USA 1	01:04:27	00:10:00	00:00:31	00:34:35	00:00:45	00:17:25
3	Annelise	Butterfly	IRL 3	01:05:10	00:11:08	00:00:30	00:33:56	00:00:44	00:18:53
4	Annelise	Butterfly	CAN 5	01:05:24	00:11:55	00:00:42	00:34:01	00:00:45	00:18:02
5	Annelise	Butterfly	SRB 12	01:05:32	00:11:20	00:00:37	00:34:08	00:00:45	00:18:42
6	Annelise	Butterfly B1	ESP 8	01:05:50	00:10:46	00:00:34	00:34:09	00:00:45	00:18:26
7	Annelise	Butterfly B1	FRA 6	01:06:32	00:10:08	00:00:30	00:34:28	00:00:46	00:19:29
8	Annelise	Butterfly B1	POR 9	01:06:43	00:10:11	00:00:48	00:34:33	00:00:48	00:19:12
9	Annelise	Butterfly	RSA 11	01:06:58	00:12:24	00:00:33	00:33:43	00:00:49	00:19:30
10	Annelise	Butterfly	MAR 16	01:07:03	00:10:08	00:00:36	00:34:49	00:00:47	00:20:42
DNF	Annelise	Butterfly	BAR 7	00:00:00	00:12:01	00:00:28	00:33:49	00:00:42	00:00:00
DNF	Annelise	Butterfly	CHI 19	00:00:00	00:12:01	00:00:28	00:36:38	00:00:42	00:00:00
LAP	Annelise	Butterfly	KOR 21	00:00:00	00:13:14	00:00:35	00:00:00	00:00:00	00:00:00
DNF	Annelise	Butterfly	MEX 20	00:00:00	00:13:28	00:00:00	00:00:00	00:00:00	00:00:00
DSQ	Annelise	Butterfly	MEX 23	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
DNS	Annelise	Butterfly	MEX 22	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
DNS	Annelise	Butterfly	MEX 24	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00



APPENDIX L2: PTVI and PTHC INTERVAL START LIST SAMPLES

A. PTVI Men start list

To be used when the schedule separates men and women starts

Start number	Name	NF	Sub Class	Start time
1	Svensson, Lars	SWE	B1	00:00:00
2	Arkajanow, Nikolai	RUS	B1	00:00:00
3	Nice, John	USA	B2	00:XX:XX
4	Goodwill, David	AUS	B2	00:XX:XX
5	Krecek, Jan	CZE	B3	00:XX:XX
6	Crogic, Gergely	CRO	B3	00:XX:XX

B. PTHC Women start list

To be used when the schedule separates men and women starts

Start number	Name	NF	Sub Class	Start time
11	Smith, Petra	GER	HC1	00:00:00
12	Donner, Melissa	USA	HC1	00:00:00
13	Williams, Lucy	AUS	HC2	00:YY:YY
14	Merini, Sofia	ITA	HC2	00:YY:YY
15	Jun, Ji	KOR	HC2	00:YY:YY
16	Mendes, Fernanda	POR	HC2	00:YY:YY

C. PTVI Men and women start list

To be used when the schedule combines men and women starts

Start number	Name	NF	Sub Class	Start time
11	Smith, Petra	GER	B1 F	00:00:00
12	Donner, Melissa	USA	B1 F	00:00:00
1	Svensson, Lars	SWE	B1 M	00:00:00
2	Arkajanow, Nikolai	RUS	B1 M	00:00:00
3	Nice, John	USA	B2 M	00:XX:XX
4	Goodwill, David	AUS	B2 M	00:XX:XX
5	Krecek, Jan	CZE	B3 M	00:XX:XX
6	Crogic, Gergely	CRO	B3 M	00:XX:XX
14	Williams, Lucy	AUS	B2 F	00:YY:YY
15	Merini, Sofia	ITA	B2 F	00:YY:YY
16	Jun, Ji	KOR	B3 F	00:YY:YY
17				Mendes, Fernanda
				00:YY:YY



35. APPENDIX M: ATHLETE'S AGREEMENT

- to be included -



36. APPENDIX N: TECHNOLOGICAL FRAUD:

1. Location and time:

- 1.1. For any event, the technological fraud check will take place at the time that the athletes' bicycles are checked (athletes' lounge or transition zone).
- 1.2. Ideally two tents should be provided by the LOC (one of them can be without walls).
- 1.3. Prior to the race, there will be random selections among the athletes. Post-race, tests can take place on targeted athletes according to their performance.

2. Personnel involved:

- 2.1. One or two ITU accredited bike check officials should be part of the process.
- 2.2. A qualified bike mechanic should be provided by the LOC. The bike mechanic should be very familiar with the types of bicycles that are being used at the particular race and be able to disassemble the bike and reassemble the bike within a short period of time.

3. Process:

- 3.1. The selected athlete will be asked to move his/her bicycle to the 1st tent. The ITU accredited bike check official will explain the process to the athlete, perform a visual check and scan the bicycle including the frame and the wheels.
- 3.2. In case low readings, the athlete and bicycle will be released.
- 3.3. In case high readings, if available, the second accredited bike check official will be asked to verify the results. If still high reading, the athlete will be asked to move his/her bike to the closed tent. In case of high reading and there is no second accredited bike check official available, the athlete will be asked to move his/her bike to the closed tent.
- 3.4. ITU may use any available technology to check the athletes' bicycles.
- 3.5. In the closed tent, along with the ITU accredited bike check official, the ITU Race Referee (RR) has to be present (or any other official assigned by the RR to represent her/him) and the bike mechanic. This tent has to be closed from any public/media view.
- 3.6. The athlete will be given the tools to remove the seat post and the chain wheel axle. Alternatively, the athletes' representative can remove the above equipment for them. If the athlete or his/her representative is not willing to remove the above equipment, he/she has to sign a waiver for any damages to the bicycle during removal by ITU approved bike mechanic.
- 3.7. The bike mechanic or the athlete will remove the chain wheel axle. If a motor exists, the athlete will be referred to the RR for a decision. The RR will disqualify the athlete and refer the case to the ITU Arbitration Tribunal for possible further penalties.
- 3.8. If the athlete refuses to sign a waiver, the case will be considered as a missed test and as such the RR will disqualify the athlete and refer the case to the ITU Arbitration Tribunal for possible further penalties.
- 3.9. The athlete is not allowed to race on another bicycle at any ITU event until the case is closed and during the time of a possible suspension.



37. APPENDIX P: NON-TRADITIONAL OR UNUSUAL BIKE APPROVAL PROCESS

1. The manufacturer should provide a product description (with illustrative pictures) about the bike frame to be approved.
2. The manufacturer should declare that the frame (in all available/sold frame sizes) fulfils all the criteria of the actual bike safety standards, at the moment the ISO 4210:2015. This declaration should be part of the document package submitted for approval.
3. The manufacturer should demonstrate the compliance with ISO 4210:2015 standard of the frame with a test report issued by an independent third-party laboratory conducting consumer product safety and compliance testing in the field of mechanical testing and accredited to the requirements of EN/ISO/IEC 17025. Test reports should be provided about all available/sold frame sizes (like 48/50/52 etc.) These test reports should be part of the document package submitted for approval.
4. The certification about the compliance with EN/ISO/IEC 17025 of the accredited test laboratory should be part of the document package submitted for approval.
5. The approval panel will study these documents and will take a decision on the acceptance of the request.



38. APPENDIX Q: PPE – PRE PARTICIPATION EVALUATION

1. The PPE should consist of:

- 1.1. Answer the Medical Questionnaire : this questionnaire is strictly confidential and must given to the responsible team doctor before the medical examination. The medical questionnaire will be available to be downloaded from the ITU website.
- 1.2. Physical Examination : by the doctor following the IOC recommendations published in the "Lausanne Recommendations" about the Sudden Cardiovascular Death in Sport Consensus.
 - a.) Cardiac auscultation:
 - Rate /rhythm
 - Murmur : systolic/diastolic
 - Systolic click
 - b.) Blood Pressure
 - c.) Radial and Femoral Pulses
 - d.) Marfan stigmata
- 1.3. A 12 lead rest electrocardiogram (ECG). Doctor to look for anomalies in rhythm, conduction or repolarisation.
- 1.4. Each National Federation must send one letter/certificate at the beginning of each season, signed by the National Federation representative, confirming that all the juniors athletes that will enter in an ITU event in the specific season, have undertaken the PPE. This letter will have to be submitted manually, otherwise junior athletes from the specific National Federation will not be admitted to any ITU event.

