

Information on the criteria for use of the Kids of Steel® Trademark in Manitoba

Kids of Steel® is owned by Triathlon Canada, Triathlon Manitoba has been authorized to use the trademark in Manitoba through a new Interprovincial agreement that became effective April 1, 2004.

This agreement relates to all events who would like sanctioning to use the Kids of Steel® trademark, i.e. races, camps, clinics, and seminars. In signing the agreement, Triathlon Manitoba has agreed to follow & conform to the established goals, standardized rules and maximum distances and use of a sanctioning manual, use/monitoring of the trademark, and sponsor requirements. This new agreement has created changes to the delivery of the Kids of Steel® trademark in Manitoba:

- Age Groups & Rules; a chart indicating maximum distances per age group and race rules will be followed. Events can be shorter in any given category but not longer than the maximum distance (see Appendix A).
- Bike rules need to be implemented, they are advertised on the website, the newsletter and the Provincial entry form (see Appendix A).
- Due to new agreement, we have to monitor use of the trademarked term Kids of Steel®, since there are now a number of requirements. As a result events must be sanctioned by TriMb to use the term Kids of Steel®. This will affect a few events that have been using the term. We have developed some new Kids of Steel® Sanctioning Criteria/Benefits for Regional Races that are not part of our series (they follow on the next page). The difference is that a provincial series event is run through TriMb being hosted though goodwill by clubs/individual directors, event distance, prices, and registration process is all standardized. TriMB has a standardized entry form/poster for these races, distances & age categories are the same, and takes care of all the financial aspects of an event (i.e. provides participant prizes, ribbons, food, etc). The race director submits the sanctioning package for review, but there is no charge for sanctioning as the event is being put on by Triathlon Manitoba. The regional events will be more of a basic trademark license agreement with requirements for organizers, some benefits and a minimal fee.
- Triathlon Canada is completing a sanctioning manual for Kids of Steel® events. Starting in 2004 all Kids of Steel® race directors will need to complete the sanctioning application. This is a safety step to ensure races are well thought out and that a sanctioning committee has the opportunity to review the plans in advance.
- Awarding of placing/series prizes – participatory vs. competitive. In 2003, we eliminated series champion under 12, so now only 12&13 short & long, 14&15 short & long provincial series champions are recognized. As a new incentive we will provide a specially designed t-shirt to all those member athletes who participate in 4 or more provincially sanctioned events.
- A Standard Pre-race message will be read at all events, that will assist the messages of rules and safety to be reinforced at each race. The only change each race would be the course directions.

If you have any questions on the above changes or would like additional information please contact Jaclyn in the office, 204-925-5636 or email trimb@shawbiz.ca

Manitoba Regional Kids of Steel® Events – Requirements for Trademark Sanctioning

Triathlon Manitoba's aim is to develop province wide regionally strong events that are part of the delivery system for triathlon programs, events, training and communication.

This policy identifies the benefits and requirements of becoming a sanctioned Triathlon Manitoba Regional Kids of Steel® event.

Race Benefits

To encourage the formation of sanctioning Kids of Steel® events, Triathlon Manitoba will provide the following benefits:

- Promotion within the Provincial newsletter, website, events calendar, Kids of Steel® posters and brochures
- Link from Triathlon Manitoba's website to your race site /race application form
- Assistance with organizing or training officials for your event (when possible).
- Posters and brochures provided to organizers to use for promoting your event.
- Ribbons if you are awarding placings at the event.
- Use of timing watches and other items of equipment available, at your cost to ship.
- Option of purchasing Kids of Steel® participant prizes that are used provincially at cost.
- Sanctioning, gives you the opportunity to put your plan in writing. The benefits of having a written plan are that you will have thought through, in detail, all of the steps that you need to take in order to organize a safe race. You will have a document to which to refer when carrying out each step.
- By communicating your plan with Triathlon Manitoba, the Sanctioning Committee has the opportunity to review your plan and to make recommendations in areas that may require some improvements. This builds an extra safeguard into your plan, further ensuring that something important does not get overlooked and that your race is the safest and most enjoyable that it can be.
- Triathlon Manitoba will endeavor to assist you in any way possible.

Race Requirements

To be a sanctioned Regional Kids of Steel® event with Triathlon Manitoba a group must meet the following criteria:

- Agree to follow Technical requirements, age distances/rules as identified in the Kids of Steel® Race Organizers and Sanctioning Manual.
- Submit a Kids of Steel® sanctioning application form. To give the Sanctioning Officials the opportunity to review your plan and to make recommendations in areas that may require some improvements. This builds an extra safeguard into your plan, further ensuring that something important does not get overlooked and that your race is the safest and most enjoyable that it can be.
- Use of Kids of Steel® logo and funding partner logos on all race materials.
- If national or provincial sponsors are secured, they must be recognized on all materials, and local sponsor could not conflict. Notice will be given by Dec 31st as to any sponsors who need to be recognized.
- Submit to Triathlon Manitoba a sanctioning fee of \$1 per participant
- Have information available to participants on TriMb memberships.
- Submit to TriMb race entry forms, t-shirt designs, and posters for verification of proper use of logos/trademark/funding partner/sponsors recognition.

Application for Sanctioning Consideration: for a Manitoba Kids of Steel® Regional Event

Event Information

This page confirms an event's desire to be sanctioning by Triathlon Manitoba for a Regional Kids of Steel® event and agreement to meet the race requirements as outlined.

NAME OF EVENT: _____ DATE: _____

LOCATION: _____

RACE DIRECTOR: _____

ADDRESS: _____

PHONE:(W) _____ PHONE:(H) _____

FAX: _____ E-mail: _____

TYPE OF EVENT: (circle) TRIATHLON DUATHLON OTHER (i.e. camp, clinic)

EVENT DISTANCES AND AGES:

Race #1	AGE _____	Distance: SWIM _____	BIKE _____	RUN _____
Race #2	AGE _____	Distance: SWIM _____	BIKE _____	RUN _____
Race #3	AGE _____	Distance: SWIM _____	BIKE _____	RUN _____
Race #4	AGE _____	Distance: SWIM _____	BIKE _____	RUN _____
Race #5	AGE _____	Distance: SWIM _____	BIKE _____	RUN _____

With the Manitoba Kids of Steel® event sanctioning, I agree:

- To follow Technical requirements, age distances/rules as identified in the Kids of Steel® Race Organizers and Sanctioning Manual.
- Submit a Kids of Steel® sanctioning application form to Triathlon Manitoba 45 days prior to my event for approval.
- Use the Kids of Steel® logo and funding partner logos on all race materials.
- Submit to Triathlon Manitoba a sanctioning fee of \$1 per participant.
- Have information available to participants on TriMb memberships.
- Submit to TriMb race entry forms, t-shirt designs, and posters for verification of proper use of logos/trademark/funding partner/sponsors recognition.

YOUR SIGNATURE BELOW ACKNOWLEDGES YOUR UNDERSTANDING OF THE AGREEMENT.

Signature: _____ Date: _____

Print Name: _____

Fax completed form to Triathlon Manitoba: (204)925-5792.



RACE RULES - Appendix A

The purpose of Kids of Steel® rules is to promote safety in regards to equipment and race distances that are developmentally appropriate.

Rationale for Kids of Steel® Equipment Rules

Safety is of paramount importance for young athletes. Advanced equipment can be “contraindicative” (i.e. causes more harm than good) when used by novices.

Inclusion is a large component of the Kids of Steel® philosophy. Many young athletes cannot afford top-end equipment, therefore, the rules create a more equitable environment for participation.

Development is also accounted for. Basic skills must be mastered as a foundation for future success. Races of longer duration and equipment that restricts basic skill acquisition are not conducive to long term involvement in sport; nor do they promote opportunities for athletes to reach their ultimate potential.

What is “developmentally appropriate”?

Every child develops at a different rate. Biological age, or age of the “growing body” may differ from chronological age by one to three years. Maturation describes the patterns of development that culminate in an adult state including : skeletal, sexual, neural (brain / nervous system), morphological (height / weight), psychological / emotional, intellectual / cognitive.

Guidelines that are “developmentally appropriate” take maturational patterns into account. They ensure athletes avoid practices that may negatively impact long term involvement in sport and physical activity.

For more information on childhood growth and development, sport recommendations, and maturational issues, contact Triathlon Canada.

KOS Age Divisions

- Ages are determined as of DECEMBER 31 of the current year of competition.

Racing Up

- Athletes **MUST** race in their respective age divisions; no athlete under the age of 18 is permitted to race in a “higher” or “older” age division.

Exception

- Athletes 18-19 years of age may race “up” in the 18-23 ITU or 20-24 Olympic Distance races.

Maximum Distances

- Distances refer to “swim / bike / run” in that order respectively.
- Distances denote MAXIMUMS in each age group. Races may be shorter but not longer than the prescribed distances.*

*The Technical Director from the Provincial Governing Body sanctioning the race has the *discretion to approve distances that are nominally longer (maximum 10%) than those stated below when the need is due to safety issues in course design*. Variances of more than 10% will be referred to the National Youth Development Committee for input and agreement.

- Distances for 5 years and younger should be substantially shorter than the 7 and Under maximums.

Age Divisions	Maximum Race Distances (Swim / Bike / Run)	Equipment (at races) - Aero bars ^a , - Clipless pedals ^b , - Race wheels ^c	STANDARD DISTANCE AT ALL PROVINCIAL MANITOBA KIDS OF STEEL ® SERIES EVENTS
7& Under	50 m / 1.5 km / 500 m	not permitted	50 m / 1.5 km / 500 m
8-9 years	100 m / 5 km / 1.5 km	not permitted	100m / 5km / 1km
10-11 years	150 m / 10 km / 2 km	not permitted	100m / 5km / 1km
12-13 years	300 m / 15 km / 3 km	not permitted	Choice of: Short: 200m / 10km / 2km Long: 300m / 15km / 3km
14-15 years	500 m / 15 km / 4 km	permitted	Choice of: Short: 300m / 15km / 3km Long: 500m / 15km / 4km
16-19 years	750 m / 20 km / 5 km	permitted	750 m / 20 km / 5 km
18-19 years	1500 m / 40 km / 10 km	permitted	1500 m / 40 km / 10 km

- a Aero bars must be draft legal and comply with Triathlon Canada and ITU rules. The only exception is for 18-19 year old athletes racing in an Age Group, Olympic distance category at a non-drafting race.
- b For age groups where clipless pedals are not permitted, the only exception is for mountain bikes that have wide-based platform pedals designed with a shoe cleat that can be used with running shoes.
- c Standard wheels must be used by athletes in age divisions where race wheels are not permitted. A standard wheel is defined as:
- Spokes must be metal and a minimum of 24 in number.
 - Spokes may not exceed a depth of 2.4mm but can be round, oval, or flat.
 - Rims must be metal and not exceed a depth of 2.5cm; this excludes the use of disc wheels.
 - Standard road tires must be no thinner than 23c.

Rule Description	Rationale	Age Groups Affected
Aero bars are not permitted	<ul style="list-style-type: none"> ▪ Balance, bike handling, and coordination are critical skills to develop in the initial years of training cycling. If aero bars are introduced prior to the mastery of these skills – balance in particular – the athlete can put themselves and others at risk of accident. ▪ Aero bars also restrict maneuverability and responsiveness while on the bike. 	7 & under 8 / 9 10 / 11 12 / 13
Aero bars must be draft legal and comply with ITU standards.	<ul style="list-style-type: none"> ▪ Draft-legal aero bars are more stable than traditional aero bars. ▪ Draft-legal aero bars are designed to be safer in case of collisions or accidental falls. ▪ If athletes wish to pursue higher levels of the sport, they must use draft-legal bars. Earlier exposure to draft legal aero bars will facilitate skill acquisition. 	14 / 15 16 / 19
Clipless pedals are not permitted.	<ul style="list-style-type: none"> ▪ Clipless pedal systems are unstable for walking and running; they pose significant risk of injury while traveling in and out of transition (<i>e.g. slipping / tripping on clips; falling / toppling while trying to “clip in”; colliding / sliding into other athletes and / or bikes</i>) ▪ Clipless pedal systems also lock feet into pedals, thus increasing the chance of injury (<i>unless fit properly</i>). 	7 & under 8 / 9 10 / 11 12 / 13
The exception to the clipless pedal restriction is : wide-based platform pedals (for mountain bikes) designed with a shoe cleat that can be used with running shoes.	<ul style="list-style-type: none"> ▪ Running shoes can be used on wide-based pedals, therefore reducing the risk associated with traveling (walking / running) in traditional cycling shoes with protruding clips (running / walking). 	All age groups.
Race wheels are not permitted.	<ul style="list-style-type: none"> ▪ Race wheels with (<24) spokes pose a serious danger to athletes who may accidentally step into a wheel or trip over a bike (<i>e.g. in transition; after a collision / crash</i>). This situation has caused serious injuries at the Elite level. ▪ Race wheels are also lighter and more “flighty” than regular wheels, putting athletes at risk for “blow-overs” (in the wind). 	7 & under 8 / 9 10 / 11 12 / 13