



# TRIATHLON MANITOBA AGE GROUP AND KOS COMPETITION RULES

Approved by the Triathlon Manitoba Board  
May 26, 2025







## **Triathlon Manitoba Age Group & KOS Rules**

*The Triathlon Manitoba Age Group & KOS Rules is extrapolated from the Triathlon Canada/World Triathlon Rules (TRI), with the focus being on identifying rules that are specific to Age Group and Kids of Steel events being held in the province of Manitoba. It should be noted that events within the province that are qualifying or points events for provincial, national or world championships, will exclusively follow the rules outlined in the TRI Competition Rules which will supercede the rules outlined in this document. The TRI Competition Rules master source document can be found on TRI's website at [www.competitionrules.org](http://www.competitionrules.org). (See 1.1 Purpose, p3.)*





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## **I. INTRODUCTION:**

### **1.1. Purpose:**

- a.) World Triathlon (TRI) is the sole governing body, responsible for the Competition Rules for Triathlon, Duathlon and other related multisport events. Triathlon Canada follows the TRI Competition Rules. This Triathlon Manitoba specific rule book is intended for use in Manitoba for age group and KOS recreational triathlons, duathlons and other multisport events and may contain modifications to some of the Triathlon Canada rules. In the event a triathlon or other multisport event is held in the province, and is used to determine provincial, national or international qualifying spots, the rules governing Triathlon Canada/TRI sanctioned events will supersede those outlined here.

### **1.2. Intention:**

- a.) The Triathlon Manitoba AG/KOS Competition Rules are intended to:
  - (i) Create an atmosphere of sportsmanship, equality, and fair play;
  - (ii) Provide safety and protection;
  - (iii) Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action;
  - (iv) Penalize athletes who gain an unfair advantage.
  - (v) Encourage grass roots participation and the growth of the sport.

### **1.3. Exceptions:**

- a.) The Triathlon Manitoba AG/KOS Competition Rules will be applicable to all events sanctioned by Triathlon Manitoba and are to be implemented by the appointed Head Referee as appropriate.
- b.) Exceptions for special circumstances in a particular event may only be gained from Triathlon Manitoba with prior approval. A request for an exception to the Triathlon Manitoba AG/KOS Competition Rules must be made in writing 15 days prior to the event to Triathlon Manitoba's assigned Technical Delegate through the Race Director.

### **1.4. Rule Updates:**

- a.) The Triathlon Manitoba AG/KOS Competition Rules may be changed from time to time by the Triathlon Manitoba Technical Committee at its discretion, with the approval of the Triathlon Manitoba Board of Directors. Any rule change(s) shall be advised in writing to the membership at least 30 days before the rule change takes effect.

## 2. CONDUCT OF ATHLETES:

### 2.1. General Conduct:

- a.) Triathlon and other related multisports involve many athletes. Competition 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 Triathlon Manitoba AG/KOS Competition Rules, available on [www.competition.mb.ca](http://www.competition.mb.ca) ;
  - (iv) Obey local traffic regulations and instructions from race officials;
  - (v) Treat other athletes, race 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;
  - (i) Compete without receiving assistance other than from event personnel and officials as outlined in 2.2;
  - (xi) Intentionally 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; exceptions will be applied:
    - When it happens because of safety reasons if advantage is not gained;
    - When it happens following the instructions of a Technical Official;
    - When it happens accidentally if advantage is not gained.
  - (xiv) Not use any device that will distract the athlete from paying full attention to their surroundings.
    - Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A "distracting manner" includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, and taking photographs or using a one or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification.

### 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 Head 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, pumps, tubular tires, inner tubes and puncture repair kits;
- b.) Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes include but are not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be disqualification of both athletes.

Athletes may provide other athletes competing in the same competition other items of equipment provided that the donor is able to continue with their own competition;

#### **2.4 Health:**

- a.) Triathlons and 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 Technical Delegate or Race Director. These limits must be published in the pre- event registration material;
- c.) Triathlon Manitoba encourages all athletes and technical officials to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport.

#### **2.5 Eligibility when the following race categories are offered:**

- a.) An athlete's age is determined by their age on December 31<sup>st</sup> in the year of competition;
- b.) Athletes aged 12 to 15 years old are eligible to compete in the Youth category;
- c.) Athletes aged 16 to 19 years old are eligible to compete in the Junior category;
- d.) Athletes aged 18 to 23 years old are eligible to compete in the U23 category;
- f.) Age limits: Athletes must be a minimum age to compete in any Triathlon Manitoba AG/KOS event, as outlined in Appendix A.
- h.) Athletes will be eligible to compete in the individual Age Group events in the group in which their age is included. The groups are:
  - (i) 12-19 in super sprint distance events
  - (ii) 16-19 in sprint distance events
  - (iii) 18-19 in standard and longer distance events
  - (iv) 20 -24, 25-29, 30-34 etc. in standard and longer distance events
- m.) Athletes may not compete within 24 hours in more than one triathlon or multisport event when one event is of standard distance or longer; the 24 hours is considered from the start of the race until the start of the race the following day.
- n.) Age limits: Athletes must be a minimum age to compete in any event, as outlined in Appendix A. Triathlon Manitoba may add other age limits for youth or younger categories with super-sprint events. The age limits in Appendix A cannot be modified.
- o.) An athlete who competes in an age category different from his/her age, in a distance in which it is not allowed, or before the 24-hour period, will be disqualified from the events they took part in.

#### **2.6 Insurance:**

- a.) All athletes competing in any Triathlon Manitoba AG event must have personal insurance coverage guaranteed by one-day membership or an annual membership with Triathlon Manitoba. This insurance will cover:
  - Liability caused by an athlete during the competition.

#### **2.8 Uniform:**

- c.) Athletes must follow the following rules with respect to wearing uniforms:
  - ii) The uniform must cover the whole torso in the front. The back may be uncovered from the waist up;
  - vii) 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 (standard and sprint); except

- middle- and long-distance events where the midriff is allowed to be exposed;
- iii) Wetsuits, when authorized, may cover the arms but not the hand; See 4.9 d. p12
- vi) Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden;
- ix) The uniform must be worn over both shoulders for the duration of the competition.
- 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
  - (ii) the uniform will not interfere with the bicycle mechanisms

## 2.9 Race numbers:

- c.) Official race numbers:
  - i) Are mandatory for all in the Winter Triathlon events;
  - ii) Age Group:
    - may be worn for the wetsuit swim segment, but are forbidden in a non-wetsuit swim ;
    - are mandatory for the bike segment and must be worn on the back
    - are mandatory for run segments;
    - must be visible on the front during the run segment.
- e.) Body marking:
  - (i) Age Group:
    - The Local Organizing Committee (LOC) may provide body marking or body marking decals, which athletes must apply prior to the event;
    - Body markings are to be applied to each arm, or one arm and one leg – left side, unless instructed otherwise by the Head Referee at the briefing;
    - Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side.
    - In the event of a national or world qualifying race, one calf of each athlete – if not covered – will be marked with the category and gender of the athlete (for example, the number M25 would appear on a male in the 25-29 individual age category or F25 in the female 25-29 category. For age group Mixed Relay, the number x30 would appear on all team members in the 30-39 age category.

## 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, Head Referee and Race Director following the same principles.
  - i) Before the competition:
    - A triathlon may be modified to a duathlon, aquathlon, or even a two-segment 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 events to be postponed, to hold as a minimum, two segments. If not possible, the event will be cancelled as no multisport can be run as a single segment event.
- Relay events may be modified on the same basis than those indicated in the previous two bullets.
- The Technical Delegate/Head Referee may make 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.
- For the relay events, once one segment is modified, the modifications will remain for the rest of the legs.

### 3. PENALTIES:

#### 3.1 General Rules:

- a.) Failure to comply with the Triathlon Manitoba AG/KOS Competition Rules may result in an athlete being verbally warned, issued with a time penalty, or disqualified;
- 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 the Triathlon Manitoba AG/KOS Competition Rules;
- d.) Infringements and penalties are listed in Appendix K;
- e.) The Technical Officials are allowed to determine penalties, even if the infringement is not included in the Competition Rules, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally.
- f.) Under exceptional circumstances, Technical Officials may modify penalties defined in the Rules in accordance with the spirit of the rules.

#### 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. 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.
- d.) It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty;

#### 3.3 Time Penalty:

- a.) A time penalty is an appropriate penalty for infringements, which do not warrant a disqualification;

- b.) Time penalties will be served in a designated penalty box, in the transition area or on the spot;
- c.) Technical Officials will decide when an athlete needs to be penalized with a time penalty;
- d.) There are two types of infringements penalized with time penalties:
  - i). Drafting infringements as defined in 5.5;
  - ii). Other infringements. See appendix K for list.
- e.) Time penalties vary depending on the type of infringement:
  - i). Drafting infringements:
    - 3 minutes in long- distance events;
    - 2 minutes in middle distance events;
    - 1 minute in standard distance events;
    - 30 seconds in sprint and shorter events.
  - ii). Other infringements:
    - 1 minute in long distance events;
    - 30 seconds in middle distance events;
    - 15 seconds in standard distance events;
    - 10 seconds in sprint and relay events;
    - 5 seconds in events shorter than sprint distance.

### 3.4

#### **Penalty notification:**

- a.) 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 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.
    - Will be served in the bike penalty box
  - 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 athlete's transition spot, who will sound a whistle, show a yellow card and time the penalty;
    - Bike segment infringements (i.e. blocking): Sounding a whistle, showing a yellow card, calling the athlete's number and saying, "Time penalty, you have to stop at the next penalty box". The Technical Official has to ensure the athlete receives the penalty notification; (See table below)
    - Infringements in transition and on run segment: Athletes may be notified about penalties by sounding a whistle, showing a yellow card, calling the athlete's number and saying, "Time penalty, you have to stop". The athlete must stop and amend the behavior before continuing.
    - Athletes who are given a time penalty have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in disqualification on crossing the finish line. The athlete

may then protest the penalty. Evidence will only be made available if a protest is filed.

### 3.5 Applicable penalties and where they should be served:

<u>Place infraction occurred</u>	<u>Age Group</u>
<u>Start</u>	<u>T<sub>1</sub></u>
<u>Swim</u>	<u>T<sub>1</sub></u>
<u>Transition 1</u>	<u>Warning/Time Penalty on the spot</u>
<u>Bike</u>	<u>Bike Penalty box (for middle/long distance) or at Penalty box at entrance to T<sub>2</sub> (for sprint/standard/relay)</u>
<u>Transition 2</u>	<u>Warning/Time Penalty on the spot</u>
<u>Run</u>	<u>Warning/Time Penalty on the spot</u>

### 3.6 Procedure while serving a time penalty:

- a.) The Technical Official applying the time penalty is not required to give a reason for the penalty;
- b.) When given a blue or yellow card, the athlete will follow the instructions of the Technical Official;
- c.) Time penalty in Transition 1 (for any infringements up to this point):
  - (i) Athletes who are given a time penalty have the option to decide whether to stop at T<sub>1</sub> and serve the penalty or continue to the finish. Not stopping will result in DSO on crossing the finish line. The athlete then may protest the penalty.
  - (ii) The Technical Official will hold a yellow card as the penalized athlete arrives in transition. The athlete will be ordered to stop and amend the behavior without touching any of their equipment;
  - (iii) Once the behavior is amended, the Technical Official will say "Go" and the athlete can continue with the race.
- d.) Time penalty at the Bike Penalty Box (for middle/long distance only or at the end of the bike course at the penalty box as the athlete enters T<sub>2</sub>). Location of the penalty box will be provided by the Head Referee during the athlete briefing before the race start:
  - (i) The penalized athlete's race numbers are NOT displayed in a penalty box. It is the athlete's responsibility to report to the next penalty box on the course after receiving notification;
  - (ii) The penalized athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number, race distance, the number of penalties to serve, and the colour of card(s) received. The time penalty starts when the athlete complies with all the 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) While in the bike penalty box, athletes can consume only the food and/or water that is on the athlete's bike or person;

- (iv) Athletes are prohibited from using the restroom while serving a penalty in the bike penalty box. The time of penalty will be paused while using the restroom;
- (v) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the bike penalty box is prohibited.

### **3.7 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 the athlete's number and saying "Disqualified";
    - For safety reasons, a Technical Official may have to delay issuing a disqualification.
  - (ii) Alternatively, 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.

### **3.8 Right of Protest:**

- a.) Athletes punished with a penalty have the right to protest with the exception of:
  - (i) a penalty for a drafting violation, and
  - (ii) a time penalty which has already been served.
- b.) If an athlete serves a time penalty, the athlete accepts the penalty and no protest will be admitted;
- c.) If an athlete does not serve a time penalty, they will be disqualified but may protest against the DSQ and the decision of the HR to issue the time penalty;
- d.) The Competition Jury receiving the protest will decide on the correctness of the decision to issue the time penalty and will either:
  - (i) Dismiss the protest and confirm the DSQ;or
  - (ii) Uphold the protest, remove the time penalty and reverse the DSQ.

## **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; TD may authorize athletes to push off the ground in other sections of the swim course;
- 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. It is forbidden to pull, push or use any inanimate object in a way which helps the athlete progress;
- 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.

- e.) Athletes may sportingly maintain their own space in the water:
- (i) Where athletes make accidental contact in the swim, and then immediately afterwards move apart, no penalty will be incurred;
  - (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
  - (iii) The deliberate targeting of another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to Triathlon Manitoba Board of Directors for potential suspension/expulsion;
  - (iv) Where athletes dunk, punch, scratch, or kick another athlete will result in DSO

**4.2 Wetsuit Use:**

- a.) For **age group competitions**, wetsuit use is governed by the following tables:

**Age group from the youngest to 55-59 category:**

<u>Swim Length</u>	<u>Forbidden</u>	<u>Mandatory</u>
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

**Age group from 60-64 category to the oldest:**

<u>Swim Length</u>	<u>Forbidden</u>	<u>Mandatory</u>
All distances	24.6 °C and above	15.9 °C and below

**\* when mandatory, the wetsuit must cover at least the torso**

**4.3 Maximum Stay in Water:**

<u>Swim Length</u>	<u>Age Group</u>
Up to 300 m	20 min.
301 m to 750 - below 31°C	30 min.
301 m to 750 - 31°C and above	20 min.
751 m to 1000m	50 min.
1001m to 1500m	1hr 10min.
1501 m to 3000m	1h 40 min.
3001 m to 4000m	2h 15 min.

**4.4 Modifications:**

- a.) In case of high or low temperatures the swim distance can be shortened or even cancelled

according to this table:

<u>Original swim distance</u>	<u>Above 33C</u>	<u>Temperature of water</u>							<u>Below 11.0 C</u>
		<u>Above 32.0 °C</u>	<u>31.9°C- 31.0 °C</u>	<u>30.9 °C - 15.0 °C</u>	<u>14.9 °C - 14.0 °C</u>	<u>13.9 °C 13.0 °C</u>	<u>12.9 °C - 12.0 °C</u>	<u>11.9-11.0 C</u>	
Up to 300m	Cancel	Original distance	Original distance	Original distance	Original distance	Original distance	Original distance	Original distance	Cancel
750 m	Cancel	Cancel	750 m	750 m	750 m	750 m	750 m	Cancel	Cancel
1000m	Cancel	Cancel	750m	1000m	1000m	1000m	750m	Cancel	Cancel
1500 m	Cancel	Cancel	750 m	1500 m	1500 m	1500 m	750 m	Cancel	Cancel
1900m	Cancel	Cancel	750m	1900m	1900m	1500m	750m	Cancel	Cancel
2000m	Cancel	Cancel	750m	2000m	2000m	1500m	750m	Cancel	Cancel
2500m	Cancel	Cancel	750m	2500m	2500m	1500m	750m	Cancel	Cancel
3000 m	Cancel	Cancel	750 m	3000 m	3000 m	1500 m	750 m	Cancel	Cancel
3800m	Cancel	Cancel	750m	3800m	3000m	1500m	750m	Cancel	Cancel
4000 m	Cancel	Cancel	750 m	4000 m	3000 m	1500 m	750 m	Cancel	Cancel

- b.) The temperatures in section 4.2 are not always the water temperature used in the final decision. When the water temperature is above 22°C, the temperatures in the table are to be applied as they are. When the water temperature is at or below 22°C and the air temperature is at or below 15°C, then the value of the water temperature will be adjusted according to the following table:

(*)		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	13.0	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

- c.) If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the Technical Delegate/Head Referee in consultation with the Medical Coordinator (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/Head Referee;
- d.) 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;
- e.) 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. Where the average measured figure is 27C or below, the lowest measured temperature will be considered as the official water temperature. Where the average measured figure is above 27C, the highest measured temperature will be considered as the official water temperature.

#### 4.7 Start procedure (Age Group 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 "You are in the hands of the start" 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 start before the start signal. A continuously repeated use of the start signal and kayaks blocking the way of the athletes are used to provide a false start signal. The athletes must come back to the previously selected position 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 Head Referee can decide that the start is valid. A photo/video camera may be used to identify early starters. The early starters will receive a time penalty in Transition 1, according to the distance of the race. In the case of relay events, the time penalty has to be served by the first athlete of the team.
- g.) The same procedure will apply for the start of any other multisport events 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 Head Referee. The athlete start time will be the start time of the assigned wave.

#### **4.11 Equipment:**

- a.) Swim cap:
  - i) All athletes must wear the official event swim cap if provided during the swim segment, unless approval is received by the Head Referee prior to race start;
  - ii) In an aquathlon event, athletes may carry the official event swim cap and goggles during the first run segment but can only put on in the transition area;
  - iii) Swim caps are provided by the Local Organizing Committee (LOC);
  - iv) If an athlete chooses to wear two caps, the second swim cap must be unbranded and the official swim cap must be on the outside from the moment of the athletes' line-up procedure starts;
  - 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.
  - vii) Neoprene swim caps are allowed if wetsuits are allowed.
- b.) Trisuits:
  - (i) Trisuits will not have any neoprene sections;
  - (i) When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any part of the legs below the knees is also forbidden.
- c.) Swimskins:
  - (i) For Age group athletes in all events and distances swimskins are allowed;
  - (ii) Swimskins must be removed after the swim segment
  - (iii) Swimskins must be 100% textile material, which is defined as materials consisting

- of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene);
- (iv) Swimskins must comply with the wetsuit section of the applicable Guidelines Regarding Authorized Identifications
  - (v) Swimskins can be used in all water temperatures.
- d.) 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. When mandatory, the wetsuit must cover at least the torso.
  - (v) There is no limitation regarding the length of the zipper.
- e.) Electronic devices may be used in competition unless they are distracting the athlete from paying full attention to their surroundings.
- f) Illegal Equipment:
- (i) Athletes must not use or wear:
    - Artificial propulsion devices;
    - Flotation devices;
    - Gloves
    - Socks; except when wetsuits are mandatory;
    - Wetsuits (including neoprene caps) or any part of the wetsuits when they are forbidden;
    - Non-certified swimsuits;
    - Snorkels;
    - Bib 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;
    - Safety inflatable device (tube) which has been deployed. If deployed the athlete must retire from the race.
    - Suits, vests or any clothing having any part made of rubberized material such as polyurethane or neoprene;
    - Buoyancy shorts;
    - Any jewelry

## 5. CYCLING CONDUCT:

### 5.1 General Rules:

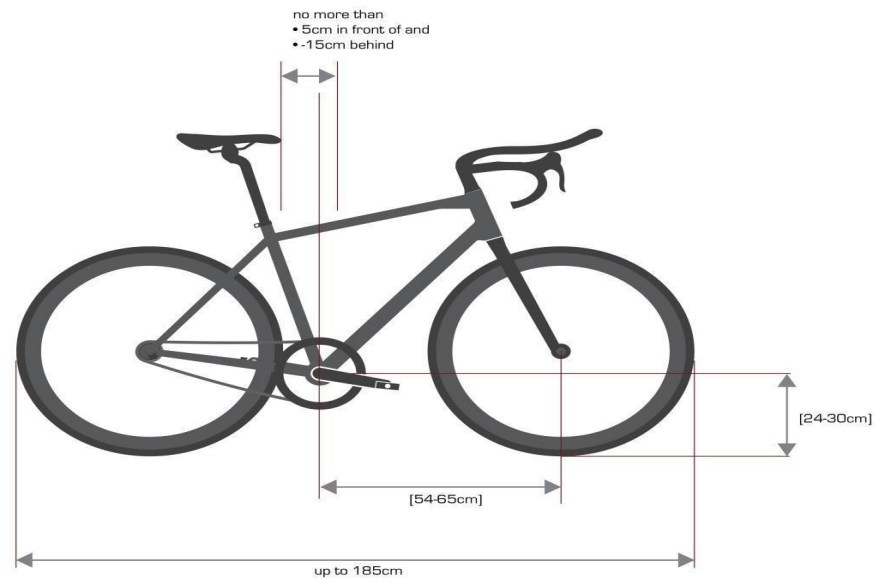
- a.) Athletes must obey the specific traffic regulations for the event; unless a Technical Official advises otherwise;

- b.) Athletes are not permitted to make forward progress without being in possession of the bike;
- c.) Athletes must compete with the bike checked in;
- d.) 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;
- e.) Dangerous riding may result in a penalty. This includes, but is not limited to, passing another athlete on the wrong side.

## 5.2 Equipment:

- a.) In general, UCI rules, as of January 1<sup>st</sup> of the current year, will apply during competition;
  - ~~UCI road race rules for draft-legal triathlon and duathlon races;~~
  - ~~UCI time trial rules for draft-illegal triathlon and duathlon races;~~
  - ~~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 comprised of pedals and a chain. Bicycles are referred to as bikes and will have the following characteristics in the following sections:
- d.) For draft-illegal events, Para Triathlon and Age Group and 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 draft-illegal events, even if they contravene any of the previous bullets in this 5.2 d.) (i) 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 Triathlon Manitoba Chair of Officials for approval at least 30 days before the Event.

e.) Wheels:

- (i) No wheel may contain any mechanism, which is capable of accelerating it;
- (ii) Tubular tires 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;
- (iii) There must be a brake on each wheel.
  
- (vi) 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, AG competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Head Referee in the interest of safety, i.e. high-winds.

f.) Handlebars:

- (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 AG 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.
- Water bottles and water bottle holders may be mounted on the handlebars or clip on

g.) Helmets:

- (i) Helmets must be approved by a national accredited testing authority;
- (ii) Helmets must be used in all official competition activities when the athlete rides the bike;
- (iii) 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;
- (iv) The helmet must be securely fastened and fit properly at all times and any garment worn underneath must not affect the fit 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;
- (v) 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.

- h.) Platform Pedals:
  - (i) 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
- j.) Illegal Equipment:
  - (i) Illegal equipment includes, but is not limited to:
    - Headphone(s), headset(s) or technical earplug(s), or smart helmets which are inserted or covering the ears;
    - Glass containers;
    - Mirrors;
    - Bike or parts of the bike not complying with these rules.
    - Water bottles if placed behind the saddle for draft-legal competitions.
- k.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Head Referee before the race, must be securely mounted, not endanger any athlete or give unfair advantage.
- l.) Fairings are prohibited. Fairings are defined as any devices or materials (including duct tape) added, attached, or blended into the structure of the bicycle which have the effect of reducing the resistance to air penetration.

### 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 Triathlon Manitoba AG/KOS Competition Rules;
- c.) One athlete can check in only one bike;
- d.) All athletes must rack their bike before Transition Area closes. Any athlete unable to do this must inform the Head Referee.

### 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.

#### Draft Legal events:

- Age group events that may be draft legal include: Team relay, Sprint, Winter Triathlon (all distances) and Cross Triathlon/Duathlon (all distances).
- b) Draft Legal events
  - (i) It may be forbidden to draft off a different gender athlete
  - (ii) It may be forbidden to draft off another athlete on a different lap
  - (iii) 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:
  - 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. Several consecutive attempts to overtake with no success may lead to a drafting infringement;
  - Motorbike draft zone: the draft zone behind a motorbike will be 15 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 the allotted time in the overtaking maneuver;
  - 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;
  - An overtaken athlete must drop out of the draft zone of the passing athlete by continuously making rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
  - Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;
  - 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 Head Referee will instruct the athletes during the briefing on which side they must pass another athlete when mounted on their bicycle.

**Draft Zone**

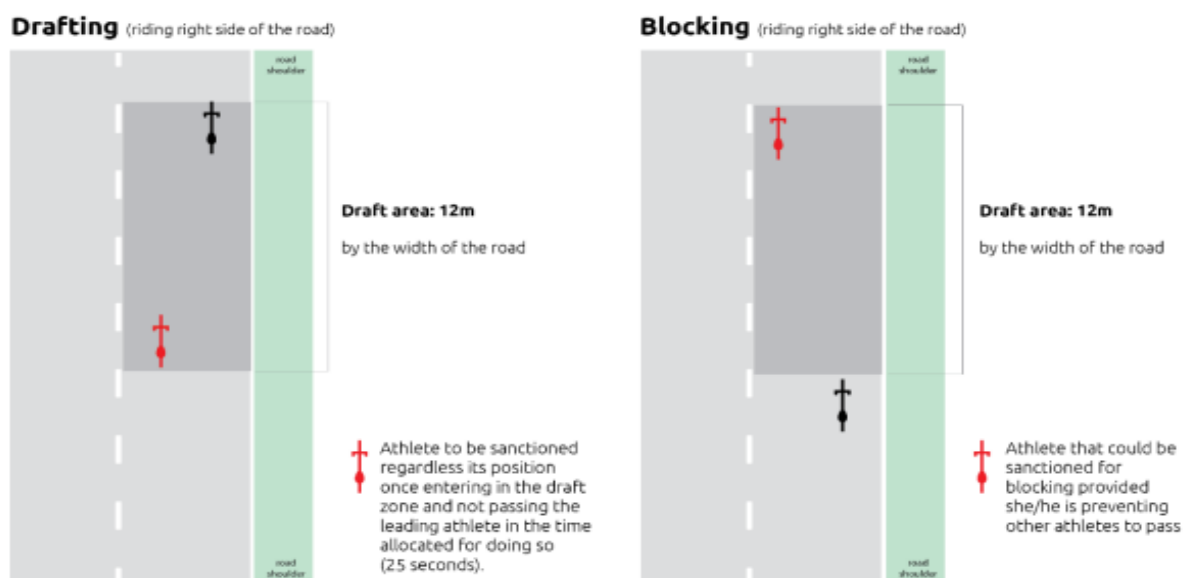
## 5.6 Penalties for Drafting:

- 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 by calling the athlete's number and showing a blue card. 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. Drafting penalties are outlined in 3.3 f).
- 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;
- g) Drafting violations cannot be protested.

## 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 blocking will receive a yellow card to be served at the penalty box.

### Illustration for riding on the right side of the road.



## 5.8 Riding Positions:

- a.) The riding position requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars, and the seat on the saddle;
- b.) Additionally, during the draft-illegal races, forearms can be used as a point of support on the handlebar. While arms or elbows are in contact with the handlebar or armrest, hands will grip the clip on;
- c.) This article does not apply in Cross and Winter races.

Image 1:  
**Allowed positions in all races:**



Image 2:  
**Forbidden position in all races (handlebar without clip-on):**



Image 3:  
**Forbidden positions in all races:**



## 6. RUNNING :

### 6.1 General Rules:

- a.) The athletes will:
  - i. Run or walk;
  - ii. Wear the bib number;
  - 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 maneuvering curves;
  - vii. Not be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course.

### 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 cannot 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.

### **7. TRANSITION AREA :**

#### **7.1 General Rules:**

- a) Athletes must use only their designated bike area and must rack their bike;
- b) Position of Equipment:
  - (i) Athletes must place within 0.5 m of their rack area all equipment to be used at a later stage in the event.
  - (ii) 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;
- c) Running shoes must be located within 0.5m of the athlete's bike rack area;
- d) Athletes who are observed by a Technical Official intentionally discarding any item between the swim exit and transition will receive a penalty.
- e) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike in Transition 1;
- f) Athletes must not impede the progress of other athletes in the transition area. Interference that prevents another athlete from continuing in the race will result in DSQ. Misplaced equipment can be moved by the athlete affected;
- g) Cycling is not permitted inside the transition area. Mount and dismount lines are part of the transition area;
- h) Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line;
- i) Athletes who cycle out of transition rather than mounting at the mount line will be DSQ;
- j) Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line;
- k) Athletes who make no attempt to dismount at the dismount line causing them to cycle in Transition may be DSQ;
- l) 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;
- m) If during the mount or dismount maneuver, the athlete loses their shoe(s) or other equipment, they will be collected by the Technical Officials and no penalty will be applied;
- n) Nudity or indecent exposure is forbidden;
- o) Athletes cannot stop in the flow zones of the transition area;
- p) Wetsuits can only be fully removed in a designated area or at the transition spot. However, the wetsuit covering the upper part of the body and arms may be undone before arrival at the transition spot;
- q) 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;
- r) All athletes must have their helmet securely fastened and cannot lock or unlock the

locking mechanism of the helmet from the time they remove their bike from the rack before the start of the bike segment until after they have placed their bike on the rack and let go after the finish of the bike segment;

- s) The helmet strap must remain unfastened in the transition area when not being worn.

## **10. EVENTS:**

### **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 (in addition to the swim/air temperature tables in Section 4.3). or any other environmental condition which may create safety concerns;

### **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 Sanctioning Committee. In the middle- and long-distance events, this tolerance is limited to 5%.

### **10.5 Thunderstorm and lightning:**

- a.) Lightning can be an immediate threat to athletes. If lightning strikes are approaching the venue and are within 13.5 km the race should be stopped, the venue should be evacuated and the athletes should be taken to a safe area. Thirty minutes after the last lightning, activities may resume.

### **10.12 Cut-off time:**

- a.) The Technical Delegate /Race Director may determine a cut-off time for the entire competition or any intermediate point;
- b.) If there is a cut-off time, it must be announced on the Event website 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 in accordance with the Triathlon Manitoba AG Competition Rules;
- b.) Technical officials are:
  - (i) Technical Officials;
  - (ii) Chair of the Competition Jury.
- c.) Technical Officials must be at least 18 years old on the 31st of December in the year of

the competition they are working on or be 16 years of age and be working under the mentorship of a Technical Official who meets the above criteria.

- d.) To hold a race under these Competition Rules, it is necessary to have the presence of:
- (i) Technical Delegate or the Sanctioning Committee, and
  - (ii) Head Referee.

#### **11.2 Triathlon Manitoba Technical Officials:**

- a.) The Technical Officials at all Triathlon Manitoba sanctioned events are:
- i. The Triathlon Manitoba Technical Delegate/Head Referee ensures all aspects of the Triathlon Manitoba AG/KOS Competition Rules and the Triathlon Manitoba Sanctioning package are fulfilled. Local Organizing Committees/Race Directors may modify the race conditions, as per the indications of the Head Referee at any time. Athletes will be informed about the modifications;
  - ii. The Head Referee checks the certification of the Technical Officials, makes the results official by signing them and makes final judgments on rule violations;
  - iii. The Head Referee assigns and monitors the work of all Technical Officials;
  - iv. Technical Officials may be assigned to Registration, Start, Finish, Transition Area(s), Swim, Swim exit, Bike, Run, Aid Stations, and Penalty Boxes. An adequate number of Technical Officials will be assigned to each area and will be responsible for the enforcement of Triathlon Manitoba AG/KOS Competition Rules within their assigned jurisdiction. A Technical Official may be assigned in more than one position. Additional positions may be created if necessary.

#### **11.4 Technology Tools:**

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

## **12 PROTESTS:**

### **12.1 General:**

- a.) An Athlete, may request a protest against the conduct of another Athlete (including the equipment they used), a Technical Official, a Coach or any accredited personnel, or protest against decisions made by the Head Referee;
- b.) Protests must be made in accordance with these Competition Rules and are identified as a Level 1 Protest;
- c.) Protests against a disqualification for not serving a time penalty will be determined according to the correctness of the penalty in regard to the violation and not the disqualification itself.

### **12.2 Matters which may be the subject of a protest, including but not limited to:**

- a.) Eligibility of an Athlete;

- b.) Composition of a start list;
- c.) Conditions of a field of play, except:
  - (i) When a competition cannot be held in the original format due to a force majeure event.
- d.) Conduct of an Athlete;
- e.) Equipment used by an Athlete;
- f.) Conduct of a Technical Official;
- g.) Conduct of an accredited Coach or any accredited personnel;
- h.) Decisions taken by the Head Referee or a Technical Official, except:
  - (i) A drafting violation;
  - (ii) A time penalty, which has already been served.
- i.) Error in competition results.

**12.4 Protest initiation and timelines:**

- a.) Protests will not be accepted unless initiated and lodged in accordance with the relevant timeline. The timeline for a protest varies according to the subject matter of the protest, as follows:
  - (i) Eligibility of an athlete:
    - 1. The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative before 8:00pm 20.00 of the competition time zone the day before the competition and within a further fifteen (15) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.
  - (ii) Composition of a start list:
    - 1. See 12. 4. a. (i). 1.
  - (iii) Safety measures or conditions of a field of play:
    - 1. See 12. 4. a. (i). 1.
  - (iv) Conduct of an Athlete: Age-Group competitions: The protest must be announced to the Head Referee by the Athlete within fifteen (15) minutes of the later of:
    - a. The finish time of the protester;
    - b. The finish time of the protest responder; and
    - c. within a further thirty (30) minutes, a protest form in accordance with rule 12.5 must be lodged with the Head Referee.
  - (v) Equipment used by an Athlete: Age-Group competitions: See 12. 4. a. (iv). 2. A
  - (vi) Conduct of a Technical Official: Age-Group competitions: The protest must be announced to the Head Referee by the Athlete within fifteen (15) minutes after the end of the competition, and within a further thirty (30) minutes, a protest form in accordance with rule 12.5 must be lodged with the Head Referee.
  - (viii) Decisions taken by the Head Referee: Age-Group competitions: The protest must be announced to the Head Referee by the Athlete or his/her representative within fifteen (15) minutes of the later of:

- a. The finish time of the protester;
- b. The time of posting the decision of the Head Referee on the board at the post finish area; and
- c. Within a further thirty (30) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee

**12.6 Composition of the Competition Jury:**

- a.) The Technical Delegate will appoint the members of the Competition Jury as follows:
  - ii. For all Triathlon Manitoba sanctioned events, the Competition Jury will consist of three people being selected from:
    - The **Technical Delegate**, or an appointed Technical Official Level 2 or higher, who is not involved in the incident will chair the Competition Jury;
    - Other suitable individuals who are deemed impartial, impassionate and capable of understanding and interpreting these competition rules and who have no real or apparent conflict of interest, for example:
      - A present or former member of the Triathlon Manitoba Board of Directors;
      - Present or former members of a Triathlon Canada National Team
      - On-site medical personnel;
      - Staff of any timing company present;
      - Coaches (whose athletes are not involved in, or who's athletes will not gain advantage by, any decision).
  - iv. The Competition Jury can invite experts to the hearing, whereby they may have a voice but no vote.

**12.7 Competition Jury Duties:**

- a.) The Competition Jury decides on all protests made to it which are in compliance with the relevant protest timeline;
- b.) The Competition Jury may modify the competition results, as a consequence of its decision on the protest. However, the Competition Jury may not remove the time penalty from the final time;
- c.) The Chair of the Competition Jury must file written minutes for all protests within seven days of decisions reached.

**12.8 Competition Jury Integrity:**

- a.) The Competition Jury must observe the following principles:
  - i. It must consider all submissions and expert opinions made to it;
  - ii. Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
  - iii. Have an open-minded approach until all evidence has been submitted;
  - iv. Give equal weight to the evidence and testimony provided by all
  - v. Its decisions to uphold or impose a penalty shall be based upon the standard of a comfortable satisfaction of the majority of Competition Jury members that the alleged violation has occurred.

- b.) Conflict of interest:
- i. The Chair of the Competition Jury decides if any member has a conflict of interest;
  - ii. In the case of conflict of interest or absence of another member, the Chair of the Competition Jury may appoint a replacement of that member;
  - iii. The Competition Jury will remain with the same number of members that it originally had;
  - iv. The Chair of the Competition Jury is deemed not to have a conflict of interest.

#### **12.9 Contents of a Protest:**

- a.) A protest related to 12.2, 12.3, 12.4, and 12.5 must be accompanied by a deposit of \$50CDN 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 Triathlon Manitoba.
- b.) Protest forms may be obtained from the Head Referee. A sample of the protest form is included in Appendix B:
- c.) The protest form must contain, if applicable:
  - o Competition name, location, date;
  - o Protester's name, address, phone, email;
    - The alleged rule violated or decision protested;
    - 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;
    - Rationale/summary of the facts.
- d.) Protests must be lodged with the Head Referee;
- e.) Once a protest is received, the Head Referee will present the case to the Chair of the Competition Jury of the competition

#### **12.10 Protest Procedures:**

- a.) The following procedure will be followed in the event of a protest:
  - i. Protests will be filed with the Head Referee, signed by the protester, within the time limits specified above;
  - ii. The Head Referee will announce on the notice board in the finish area that a protest has been filed;
  - iii. The protester and the accused 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. 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 Triathlon Manitoba.

### **13. APPEALS:**

#### **13.1 Appeal Jurisdiction:**

An appeal is a request for a review of a decision made by the Competition Jury.**13.2 Level 2 Appeal Procedure:**

- a) The following procedure will be followed in the event of a Level 2 Appeal:
  - The decision of the Competition Jury may be appealed to Triathlon Manitoba. Triathlon Manitoba's Executive Director must receive such an appeal within 30 days of the decision of the Competition Jury.
  - A Jury chaired by the Executive Director shall be empaneled to hear the appeal. The jury shall have at least one member of the Triathlon Manitoba Board of Directors and such other suitable individuals, who are members of Triathlon Manitoba, who the Executive Director feels are deemed impartial, impassionate and capable of understanding and interpreting these competition rules and who have no real or apparent conflict of interest.
  - The Jury shall have an odd number of members, not less than three (3).
  - Appeals will be submitted in writing to the Executive Director and will be accompanied by a deposit of \$ 500 CDN. It will only be refunded if the appeal is successful.

## **TRI 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 pavilion, which has a swimming pool, a cycling track and a running track.

#### **14.2. Swimming:**

- a.) Maximum two athletes are allowed per lane of 2.5 meters wide where each athlete must remain on their respective side of the lane all the time. If more than two athletes are sharing a lane, then circle-swimming must be employed.

#### **14.3. Cycling:**

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

#### **14.5 Running:**

- A.) Spike shoes are not allowed.

### **15. MIDDLE- & LONG-DISTANCE EVENTS:**

**15.1 Medical Guidelines:**

- a.) Specific medical guidelines, including "hot weather" guidelines and medical evacuation plans will be developed by the Technical Delegate/Race Director/Medical Coordinator.

**15.2 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 Sanctioning Committee.

**15.3 Penalties:**

- a.) Details about penalties are outlined in section 3.

**15.6 Transition area:**

- a.) In the transition area, Technical Officials or Local Organizing 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 change 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 LOC for this purpose.
- c.) Wetsuits must be removed in the designated area.;
- d.) For the events where bag drop system is in place, all equipment must be deposited inside the proper bag provided by the Local Organizing Committee. The only exception is the bike shoes that may remain attached to the pedals at all times.

**15.7 Outside Assistance:**

- a.) Medical assistance, food and liquid are permitted at aid stations, special needs stations or at coaches' stations;
- b.) Bike catchers may be provided;
- c.) Bike Mechanic support may be provided at the approved locations and by the approved vehicles;
- d.) The Local Organizing Committee may provide helpers to remove wetsuits;
- e.) All other outside assistance is prohibited.

**16. TEAM AND RELAY EVENTS:**

**16.2 Definitions**

- a) **Mixed Relay:** A team is composed of 4 athletes: 2 men, 2 women, who will compete in the following order: woman, man, woman, man. Each of them will cover a complete aquathlon, triathlon, cross triathlon, Duathlon, cross duathlon, or winter triathlon. The total time for the team is from the start of the first team member to the finish of the 4th team member. Time is continuous and the timing does not stop between athletes.
- b) **2 x 2 Mixed Relay:** A team is composed of 2 athletes: one man and one woman who will compete in the following order: woman, man, woman, man. Each of them will cover a complete distance aquathlon, triathlon, cross triathlon, duathlon cross duathlon or winter triathlon. The total time for the team is from the start of the first team member to the finish of the second leg of the 2nd athlete. Time is continuous and the timing does not stop between athletes.
- c) **3x Relay:** A team is normally composed of 3 athletes of the same gender. Each of them will cover a complete distance aquathlon, triathlon, cross triathlon, duathlon cross duathlon or winter triathlon. The total time for the team is from the start of the first team member to the finish of the 3rd athlete. Time is continuous and the timing does not stop between athletes.

- d) **Corporate Relay:** A team is composed of either 2 or 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. An athlete may complete 2 of the three segments. The total time for the team is from the start of the 1st team member to the finish of the last leg of the event. Time is continuous and the timing does not stop between athletes.
- e) **Team Relay:** A team is composed of either 3 or 4 athletes, regardless of gender. The first athlete will cover a complete aquathlon, triathlon, cross triathlon, duathlon cross duathlon or winter triathlon. The total time for the team is from the start of the first team member to the finish of the 4th team member. Time is continuous and the timing does not stop between athletes

#### **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 exchange 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 exchange 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 Penalties**

- a) Time penalties are 10 seconds long.
- b) Starting before the official start signal will be served by the first athlete in transition 1.
- c) All other time penalties are to be served in the penalty box. These penalties can be served by any team member who has not yet completed their portion of the event.
- d) The following should occur in a corporate or open relay team:
  - An area should be provided for relay teams in transition;
  - One timing chip (and the bib number for the final athlete completing the run segment) is provided for the team which will be transferred between athletes completing different segments;
  - Athletes will wait by their transition spot keeping out of the way of other athletes. Once one member of the relay completes their leg of the relay, the continuing athlete will receive the chip and only then put on the helmet for the bike segment;
  - The bike must be racked and helmet removed before the athlete commencing the run segment leaves transition 2.

#### **16.12 Finish**

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

### **17. PARATRIATHLON: For rules covering paratriathlon events, see TRI rules**

### **18. WINTER TRIATHLON:**

#### **18.1 Definition:**

- a) Winter Triathlon and Winter Duathlon may take place in different formats:

- i) Winter Triathlon:
  - 3 segments: Running, mountain biking and cross-country skiing
  - 3 segments: Running, biking and skating
  - 6 segments: Running, skating and cross-country skiing, repeated continuously twice.
    - ii) S<sub>3</sub> Winter Triathlon: running, skating, and cross-country skiing;
    - iii) Winter Duathlon:
      - 2 segments: Running and cross-country skiing
      - 4 segments: Running and cross country skiing repeated continuously one more time.
- 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.

### 18.3 Running:

- a) Any type of shoes including spike shoes are allowed.

### 18.4 Biking:

- a) The minimum tire dimension is 26 inches and maximum is 29 inches. The minimum cross section is 1.25 inches (which means the smallest part of the tire should not be less than 33mm);
- 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 there may be no passing zones on the course. Lapped athletes will not be removed from the competition;
- f) Clip-ons are not allowed.
- g) Traditional road handlebars are forbidden.
- h) Athletes must bring their own tools and parts and must carry out their own repairs;
- i) Spiked tires are allowed provided that the spikes are shorter than 5 mm. measured from the tire surface.
- j) Traditional MTB bar ends are authorized. Ends must be plugged.

### 18.5 Skiing:

- 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 pacemakers on the course, during the race;
- c) Athletes are allowed to change one ski and both poles; athletes can check in as many pair of skis as ski legs the competition has;
- 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 authorized by the Head Referee;
- g) Once a request to pass is made by an athlete, the athlete being passed must move to

the side as soon as possible;

**18.6 Skating:**

- 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 an athlete, the athlete being passed must move to the side as soon as possible;
- d) Athletes will wear helmets, specifically approved for cycling or winter sports.

**18.7 Transition Area:**

- a) Skiing inside the transition area is forbidden;
- b) Athletes must put on and take off their running shoes 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. Special Needs Station:**

- a) Additional stations on the bike and or run may be provided for special needs;
- b) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organizing Committee;
- c) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.
- d) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares, provided they are correctly packed and labelled. The athlete is responsible to carry out their own repairs.

**18.10 Finish Definition:**

- a) Where appropriate, an athlete will be judged as "finished," the moment the tip of the front ski boot or skate 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  $-30^{\circ}\text{C}$  or lower;
- b) When the temperature is between  $-18^{\circ}\text{C}$  and  $-29^{\circ}\text{C}$  (measured with wind chill) race continuance is at the discretion of the Head Referee/Event Director.

**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 Triathlon Manitoba Sanctioning Committee.

**19.4 Mountain Biking:**

- a) The minimum tire diameter is 26 inches and maximum is 29 inches. The minimum cross section is 1.5 inches;
- b) Front and rear wheels may have different diameter;
- c) Studded and/or slick tires are allowed;
- d) Athletes are allowed to push or carry the bike over the course;
- e) Drafting is allowed for same gender and different gender; there may be no passing zones on the course.
- f) Lapped athletes will not be removed from the race;
- g) Clip-ons bars are not allowed;
- h) Traditional road handlebars are forbidden;
- i) Traditional MTB bar ends are authorized. Ends must be plugged.
- j) Athletes must bring their own tools and parts and must carry out their own repairs.

**19.5 Transition Area Conduct:**

- a) See all reference in Competition Rules, section 7;

**19.6 Running Conduct:**

- a) Any type of shoes including spike shoes are allowed.

**19.8 Special needs**

- a) Additional stations on the bike and or run may be provided for special needs;
- b) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organizing Committee;
- c) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.
- d) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The athlete is responsible to carry out their own repairs.

**22. AQUABIKE:**

**22.1 General**

- a) Aquabike consists of swimming, Transition area 1, biking

## **22.2 Distance**

- a) 1500m swim followed by 40km bike, mirroring the distance of the Standard Distance Triathlon events in which the aquabike is included;
- b) 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;
- c) 750m swim followed by a 20km bike, mirroring the distance of the Sprint Distance Triathlon events in which the aquabike is included.

## **22.3 Specific Rules**

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

## **22.4 Finish**

- a) Athletes may finish the competition at the finish line, but the athlete's final time and placing will be recorded at the timing mat entering T2.

## **23. Kids of Steel (KOS)**

The Kids of Steel® program provides opportunities for young people from the ages of 6 up to 15 to participate in a fun, challenging sport that combines swimming, cycling, and running. The Manitoba program embraces the National Kids of Steel® program goals and objectives.

### **23.1 Age Categories**

- a) Athlete age is determined as of December 31st of the current year of competition in accordance with Triathlon Canada guidelines. Athletes can race in shorter divisions or lower age groups with permission of the Race Director but they may NOT race up in age or distance (with the exception of the Wee Ones or Tykes and Trikes where participation for children under the age of two is at the discretion of the parents and Race Director, and children must be accompanied by a parent/guardian throughout the course).

### **Age/Distance Categories**

#### **Tykes and Trikes – Ages 3-5**

Kids in the 3-5 age category must be accompanied by one parent or guardian through the entire race course. Parents or guardians are allowed to switch places when accompanying the child in each segment of the race. For example, one parent/guardian could do the Swim segment with their child while another parent/guardian waits for them in Transition to switch in for the Bike segment, and then the first parent/guardian could switch back to complete the Run segment and cross the finish line with the child.

- Ages 3-5 – ~25m water swim/run, ~50-200m bike/tricycle, ~25-100m run

#### **Kids of Steel – Ages 6-15**

- Ages 6-7 - 50m swim, 1.5k bike, 500m run
- Ages 8-9 - 100m swim, 5k bike, 1k run

- Ages 10-11 - 200m swim, 5k bike, 2k run
- Ages 12-13 - short distance option - 200m swim, 5k bike, 2k run (same as 10 & 11)
- Ages 12-13 - long distance option - 300m swim, 10k bike, 3k run
- Ages 14-15 - short distance option - 300m swim, 10k bike, 3k run
- Ages 14-15- long distance option - 500m swim, 10k bike, 4k run

Ages *as of Dec 31	Swim Distance	Cycle distance	Run Distance
3-5 years	less than 50m	less than 200m	less than 100m
6-7 years	50m	1.5km	500m
8-9 years	100m	5km	1km
10-11 years	200m	5km	2km
12-13 years - short	200m	5km	2km
12-13 years - long	300m	10km	3km
14-15 years - short	300m	10km	3km
14-15 years - long	500m	10 km	4km
16-19 years	750m	20km	5km

## 23.2 Equipment Guidelines

### a. General

- Bikes designed for a child may be used, however, if an adult bike is used in a KOS event, it must comply with the Bike Equipment Rules listed above under section 5.2 of this document
- Athletes may wear any type of clothing in KOS events as long as they cover their chest and stomach on the bike and run.
- Use of wetsuits and certified personal flotation devices in the swim are at the discretion of the race director.

### b. 11 and Under Bike Equipment Rules

- Aero bars are not permitted.
- Flat pedals and mountain bike-style clipless pedal systems (where the shoe sole touches the ground BEFORE the cleat) with single- or double-sided SPD (mountain bike) pedals are permitted.



Photo 1 Example of a shoe where the sole touches the ground before cleat.

Photo 2 Example of a pedal system where the cleat can be clipped into the pedal from either side.

- No other clipless pedal systems are permitted for athletes aged 11 years and younger.

#### **c. 12 and 13 Bike Equipment Rules**

- Aerobars not permitted
- All pedal systems (road and mountain) are allowed starting at the 12-13 age category. It is recommended that athletes entering the sport at any age use mountain bike-style pedal systems as they are much safer for transition and learning how to use clipless pedals.

#### **d. 14 and 15 Bike Equipment Rules**

- (i) Aero bars are permitted.
  - Aero bars must not extend forward of the brake levers.
  - Brake levers and gears MUST be fastened to the handlebars, not aero bars.
- (ii) Flat pedals and ALL clipless pedal systems are permitted.

#### **e. 16 and Over Bike Equipment Rules – Will follow adult bike equipment rules**

- (i) Draft legal (bridged) aerobars are allowed.
  - Triathlon specific or time trial aerobars are NOT permitted in any category, except in draft illegal races for 16 and over.
- (ii) Flat pedals and ALL clipless pedal systems are permitted.

#### **f. Bike Equipment Rules - All Ages**

- Pedal cages, toe straps (old-style “toe clips”), and aero bars that extend past the brake hoods are NOT permitted at any KOS age.
- All bike ‘accessories’ that will create safety concerns; such as mirrors, baskets, bike kick stands and any loose bike parts are not permitted and must be removed.

### **23.3. General and Transition Conduct**

#### **23.3.1 General for KOS races**

- Ages 15 and under to have standard wheels where the rim does not exceed 25mm and have at least 16 spokes (exceptions will be made for younger children based on the discretion of the Head Referee).
- Ages 16-19 are allowed all types of race wheels, with a maximum rim depth of 60mm.
- Ages 12 to 15 are allowed to have any pedal shoe clip-in combination. Under 12 can only have clips that have shoes with recessed clips (SPD-style pedal clip-ins). Ordinary platform pedals are always allowed. (See photo examples above)

- a. Handlebar ends must be plugged, not open.
- b. Bikes are to be racked by the seat where possible.
- c. No riding in transition (walk bike to mount line).
- d. Helmet must be fastened before touching the bike (after swimming).
- e. Helmet must stay done up until after the bike is racked (after cycling).
- f. Only athletes are allowed in the transition area. For KOS races, adult parents and guardians are allowed into transition to help their youth during setup and removal of equipment but are not to enter transition during the race.
- g. Equipment is to be kept to a minimum in transition. Only what is required for the race.
- h. Torsos must be covered on the bike and run course.
- i. Headphones including earbuds are prohibited during the race.

### **23.3.2 Swim Conduct**

- Recommend the use of a swim cap for visibility in the water. If a swim cap is provided by the Race organizers, it must be worn during the swim.
- Forward progress should be by swimming only. Athletes may stand on the bottom but are not allowed to walk on the swim bottom. This rule does not apply to the Wee Ones or Tykes and Trikes age category.

#### **Swim (Pool)**

- The swim start will be in the water;

#### **Swim (Lake)**

- The swim start will be in the water/from shore;
- A final decision on allowing wet suits will be announced one hour before race start based on water and air temperature readings;
- Athletes may hold onto a buoy, a stationary kayak or boat but are not allowed to exit the water or enter the kayak or boat unless they are abandoning the race. Exiting the water or entering a kayak or boat will result in removal from the competition;
- Athletes must swim around all turn buoys and follow the prescribed race course.

### **23.5 Bike Conduct**

- Only approved cycling helmets are to be worn. The chin strap needs to be tightened so only two fingers can be inserted together horizontally.
- Walk or run the bike past the mount line.
- Drafting is not allowed on the bike course. The draft zone is 12 meters.
- Athletes have 25 seconds to pass the lead cyclist once they enter the draft zone.

- If the lead cyclist is overtaken, the overtaken athlete must be seen to be making rearward progress out of the draft zone within the allotted time.
- Athletes must obey the traffic signs and signals.
- Athletes must dismount their bike before the dismount line.
- No riding in transition (walk bike to mount line).

### 23.6 Run Conduct

- No equipment or garbage is to be left on the course.
- Headphones, earbuds or any other distractions are not allowed.

## APPENDICES

### APPENDIX A: RACE DISTANCES AND AGE REQUIREMENTS:

#### Triathlon:

<u>Triathlon</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Minimum age required</u>
Super Sprint Distance	250m – 300m	6.5km – 10km	1.7km-3.0km	12
Team relay	250 to 300 m	5 to 8 km	1.5 to 2 km	12
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:

<u>Duathlon</u>	<u>Run</u>	<u>Bike</u>	<u>Run</u>	<u>Minimum age required</u>
Team Relay	1.5 to 2 km	5 to 8 km	0.75 to 1 km	12
Sprint Distance	5 km	20 km	2.5 km	16

<b>Standard Distance</b>	5 to 10 km	30 to 40 km	5 km	18
<b>Middle Distance</b>	10 to 20 km	60 to 90 km	10 km	18
<b>Long Distance</b>	10 to 20 km	120 to 150 km	20 to 30 km	18

**Aquathlon:**

<b><u>Aquathlon</u></b>	<b><u>Run</u></b>	<b><u>Swim</u></b>	<b><u>Run</u></b>	<b><u>Minimum age required</u></b>
<b>Team Relay</b>	1.25km	300m	1.25km	12
<b>Team Relay (cold waters)</b>		300m	2.5km	12
<b>Standard Distance</b>	2.5 km	1000 m	2.5 km	16
<b>Standard Distance (cold waters)</b>		1000 m	5 km	16
<b>Long Distance</b>	5 km	2000 m	5 km	18
<b>Long Distance (cold waters)</b>		2000 m	10 km	18

**Winter Triathlon:**

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

<b><u>S3 Winter Triathlon</u></b>	<b><u>Running</u></b>	<b><u>Skating</u></b>	<b><u>Cross-Country Ski</u></b>	<b><u>Minimum age required</u></b>
<b>Standard Distance</b>	4 to 6 km	10 to 14 km	7 to 9 km	16

**Cross Triathlon:**

<u>Cross Triathlon</u>	<u>Swim</u>	<u>Mountain Bike</u>	<u>Cross Country Run</u>	<u>Minimum age required</u>
Team Relay	200 to 250 m	4 to 5 km	1.2 to 1.6 km	12
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:**

<u>Cross Duathlon</u>	<u>Cross Country Run</u>	<u>Mountain Bike</u>	<u>Cross Country Run</u>	<u>Minimum age required</u>
Team Relay	1.2 to 1.6 km	4 to 5 km	0.6 to 0.8 km	12
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	3 to 4 km	18

**Aquabike:**

<u>Aquabike</u>	<u>Swim</u>	<u>Bike</u>	<u>Minimum age required</u>
Sprint	750m	20km	16
Standard	1500m	40km	18
Long Distance	1000 to 4000 m	100 to 200 km	18

\*Open Water Swim: aligns with Swim Canada regulations on age limits/distance and registration as a member of Swim Canada.

<u>Open Water Swim</u>	<u>Distance</u>	<u>Minimum age required</u>
	Not more than 1000m	11
	Not more than 2500m	12-13
	Up to 5000m	14 & over

**APPENDIX B: RACE PROTEST FORM**

**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 Triathlon Manitoba AG/KOS Competition Rules and submitted to the Head Referee.

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

A protest is a formal complaint against the conduct of a fellow athlete or official, or against conditions of the competition, or decisions of the Head Referee. 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 CDN or equivalent amount.

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

- Protest concerning conditions of the field of play
- Protest concerning the conduct of an athlete, technical official, or accredited personnel
- Protest Concerning Equipment of another athlete
- Protest concerning decisions taken by the Head Referee
- Protest concerning Eligibility of an athlete

**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**

<b>Protest Fee \$50 CAN attached</b>		Yes <input type="checkbox"/>	No <input type="checkbox"/>
<b>Competition Jury Members (Names)</b>	1.		
	2.		
	3.		
<b>Competition Jury Action:</b>			
<b>Competition Jury Chair's Name</b>			
<b>Signature:</b>			
<b>Time, Date Protest received:</b>			
<b>Time, Date Protest processed:</b>			
<b>Amount of fee withheld/refunded:</b>			

**APPENDIX D: DEFINITIONS:**

<b>Age</b>	The age of the athlete on the 31st of December of the year of the competition.
<b>Aid or Outside Assistance</b>	Any kind of material support or personal assistance received by the athlete. Depending on its nature, it may be allowed or forbidden
<b>Appeal</b>	A request for a review of a decision made by the Competition Jury (Level 2 Appeal),
<b>Aquabike</b>	Multisport which combines swim and cycle in two segments: the first segment is swimming and finishing with cycling.
<b>Aquathlon</b>	Multisport which combines swim and run in three segments: the first segment is run, followed by swimming and finishing with running. If the water temperature is below 22C the event will become a swim, run.
<b>Assistance</b>	Any attempt by an unauthorized or unofficial source to help or to stabilize an athlete.
<b>Athletes</b>	Individuals who register for and compete in events.
<b>Bag Drop System</b>	Conducting transitions by: Taking a pre-prepared bag containing all equipment to be used in the next segment; Changing the equipment in the designated area; Put all the used equipment into the same bag and drop it at the designated spot.
<b>Bicycle</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 pedals and a chain. Bicycles are also referred as bikes.
<b>Bike Catchers</b>	Local Organizing Committee personnel located after the dismount line, who take the bikes from the athletes and deliver them to the location from where the athletes can collect them after the competition.
<b>Blocking</b>	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 (right hand side) of the road.
<b>Blue card</b>	Card, which is used to inform athletes when being penalized for drafting infringement during cycling segment.
<b>Charge</b>	The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.
<b>Clean Start</b>	All the athletes start after the horn. The race continues.

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<b>Competition Jury</b>	The Competition Jury appointed and chaired by the Technical Delegate. It is responsible to determine the eligibility of a protest, to hear and to rule on all protests against decisions handed down through the Head Referee.
<b>Conflict of interest</b>	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.
<b>Course</b>	A forward line of progress from start to finish, which must be clearly marked and measured to defined specifications.
<b>Crawling</b>	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.
<b>Cycling Segment</b>	Part of the race course over which 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.
<b>Dismount Before the Dismount Line</b>	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.
<b>Dismount Line</b>	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.
<b>Disqualification</b>	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.
<b>Draft Zone Bicycle</b>	Zone defined by an athlete during the cycling segment which is extended to the whole width of the road and is 12 meters.
<b>Draft Zone Motorbike</b>	Zone defined by a motorbike during the cycling segment which is extended to the whole width of the road and 15 meters long.
<b>Draft Zone Vehicle</b>	Zone defined by a vehicle during the cycling segment which is extended to the whole width of the road and 35 meters long.
<b>Drafting</b>	To enter into a drafting zone and not complete the overtake in 25 seconds.
<b>Duathlon</b>	Multisport which combines cycle and run in three segments: the first segment is running, followed by cycling and finishing with running.
<b>Early start</b>	When an athlete's foot crossed the vertical plane of the start line, before the start signal.

<b>Elite competitions</b>	Competitions in which elite specific rules are applied. The age limit is determined only by the distance
<b>Exceptional Situation</b>	Unusual, adverse, or extreme circumstances that deviate significantly from the normal expectations of a race. These conditions can affect athlete safety, race logistics, or the fairness of the competition
<b>Field of Play (FOP)</b>	The course on which the competition portions of the event will take place.
<b>Field of Play Decision</b>	The application and interpretation of the Triathlon Manitoba Competition Rules by Technical Officials and/or Competition Jury.
<b>Finisher</b>	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).
<b>Force Majeure</b>	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, significant transportation delay or any other, event which is not reasonably within the control of the party affected.
<b>Head Referee</b>	A Technical Official, who is responsible to hear and make final decisions on all rules violations reported by Technical Officials. Triathlon Manitoba or its designate, appoints the Head Referee.
<b>Incapable Athlete</b>	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.
<b>Indecent Exposure</b>	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.
<b>Inland Water</b>	Lakes, lochs, canals and rivers up to the point the tide affects them in terms of changes to their level.
<b>Interference</b>	A deliberate block, charge or abrupt motion, which impedes another athlete.
<b>Invalid Start</b>	Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.
<b>Kids of Steel (KOS)</b>	The Kids of Steel® program provides opportunities for young people from the ages of 6 up to 15 to participate in a fun, challenging sport that combines swimming, cycling, and running. The Manitoba program embraces the National Kids of Steel® program goals and objectives.
<b>Leg</b>	In the relay a leg is one athlete's triathlon race.
<b>Littering Area</b>	Section of the race where the athletes are allowed to dispose any rubbish or equipment.
<b>Local Organizing</b>	The organizing entity of a Triathlon Manitoba sanctioned event.

<b>Committee (LOC)</b>	
<b>Mount After The Mount Line</b>	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.
<b>Mount Line</b>	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.
<b>National Federation (NF)</b>	National triathlon governing body affiliated with TRI. Triathlon Canada.
<b>Overtake</b>	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.
<b>Pack</b>	Two or more athletes with overlapping draft zones.
<b>Pass</b>	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 25 seconds. An athlete can pass another athlete only on the appropriate side.
<b>Penalty</b>	The consequence on an athlete, who is assessed by a Technical Official to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.
<b>Penalty Box</b>	An area on the bike course or the run course, set aside for the implementation of a time penalty for a rule infringement/violation.
<b>Protest</b>	A formal complaint against the conduct of another athlete, technical official, against the conditions of the competition or the decisions taken by the Head Referee.
<b>Red card</b>	Card, which is used to inform athletes about disqualification.
<b>Registration</b>	Point of control established by the Race Directors where athletes sign in to race.
<b>Results</b>	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.
<b>Run Course</b>	Part of the race course, 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.
<b>Sanction</b>	A permit issued by Triathlon Manitoba for the conduct of an event. The issue of such a permit is a declaration by the Sanctioning Committee that plans for the event have been thoroughly inspected and have been found to

	comply fully with the provincial operating requirements to provide the greatest potential for the conduct of a safe and fair event.
<b>Sanctioning Package</b>	The Triathlon Manitoba sanctioning package is required to be filled in by RD/LOCs to plan and prepare for a safe and fair multisport event. The sanctioning package is due to Triathlon MB a minimum of 45 days prior to the event and is reviewed in detail by the assigned Technical Delegate and Head Referee who provide insights and expertise to assist in the planning and execution of the events. Approval of the Sanctioning package allows Race Directors to utilize Triathlon Manitoba resources, including marketing and promotions, liability insurance, officials and equipment.
<b>Segment</b>	A stage of competition. E.G. a triathlon competition consists of 5 segments; swim, transition 1, bike, transition 2, run.
<b>Sportsmanship</b>	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.
<b>Smart Helmet</b>	Bike helmet with a built-in sound system covering or not covering the ears.
<b>Standard Bridge Piece</b>	A rigid piece, of plastic or metal, which joins both sides of the handlebar clip- on at the ends and is commercially available.
<b>Stop and Go</b>	Penalty consists of stop an athlete, correct the fault and continue the race.
<b>Swim Course</b>	Part of the race course over which 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.
<b>Technical Delegate</b>	A Technical Official, who is assigned by Triathlon Manitoba or Triathlon Canada, and is responsible for ensuring all aspects of the Competition Rules and Sanctioning race document are fulfilled in preparation for, during, and after the event. Where protests are lodged, the Technical Delegate will be the Chair of the Competition Jury. The Technical Delegate will normally be responsible for overseeing the conduct of event sanctioning.
<b>Technical Official</b>	A member of a joint team present to ensure athletes follow the rules of the sport and who are certified by Triathlon Manitoba or Triathlon Canada at a race event.
<b>Time Penalty</b>	Time Penalty requires an athlete to stop for a specified period of time at a specified location.
<b>Torso</b>	The human body excluding the neck, the head and the limbs.
<b>Transition Area</b>	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.
<b>Triathlon</b>	A sport of individual or team character and motivation, which combines swimming, cycling and running skills in continuum.

<b>Valid Start with Early Starters</b>	Start in which a few athletes started before the signal. Early starters will receive a time penalty in Transition 1.
<b>Venue</b>	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 LOC.
<b>Violation</b>	A rule infringement which results in a penalty.
<b>Warning</b>	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 proactive attitude.
<b>Winter Triathlon</b>	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 running followed by skating on ice and finishing with cross country skiing.
<b>Yellow card</b>	Card, which is used to inform athletes about infringements which may result in warning, time penalty or stop and go.

**APPENDIX K: PENALTIES AND VIOLATIONS:** *This list is a list 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, what is written in the main body of the Competition Rules will be applied.*

The procedures and the amount of penalties for all categories and distances are outlined in section 3 of the Competition Rules.

<b>General</b>		
<b>Rules</b>	<b>Penalties</b>	<b>Reference</b>
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 24-hour period;	- DSQ from all the events included in this period	2.5 m.) to 2.5 o)
2. Failing to follow the prescribed course;	- Warning and re-enter the race at the same point exited - If not: DSQ	2.1 (xiii) 4.1 b.) 5.1 d.)
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	5.1 c.)
4. Using abusive language or behaviour toward any event personnel or spectator;	- DSQ and report to the Triathlon Manitoba Board for possible suspension	22.1 a.) (v) 2.1 a.) (vi)
5. For an unusual and violent act of unsportsmanlike behaviour;	- DSQ and report to the Triathlon Manitoba Board for possible suspension	2.1 a.) (i) 3.7 3.8
6. Blocking, charging, obstructing, or interfering with the forward progress of another athlete;	- Unintentionally: warning and amend - Intentionally: DSQ	4.1 e.) 5.1 c.) 6.1 d.) 7.1 f.)
7. 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	2.1 a.) (viii) 2.2
8. Not following the instructions of Technical Officials or race officials;	- DSQ	2.1 (a) (iv)
9. Failure to wear the unaltered race numbers if provided by the LOC, in the proper way as directed by the Head Referee or LOC;	- Warning and amend or - If not corrected: DSQ	2.9 a)
10. Wearing bib number during the swim segment when wetsuits are forbidden;	- Warning and amend or - If not corrected: DSQ	2.9 c.) (i)

11. To dispose of rubbish or equipment around the course outside the clearly identified places, such as aid stations or rubbish disposal points;	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- If not corrected: Time penalty</li> </ul>	2.1 a.) (xi)
12. Using illegal, dangerous or unauthorized equipment to provide an advantage or which will be dangerous to others.	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- If not corrected: DSQ and removed from competition</li> </ul>	2.1 a.) (ii) 4.11 f.) 5.2 6.4
14. Violating race-specific traffic regulations;	<ul style="list-style-type: none"> <li>- Unintentionally: Warning and amend if possible</li> <li>- If not corrected or intentionally: DSQ</li> </ul>	2.1 a.) (iv)
25. Participating when not eligible;	<ul style="list-style-type: none"> <li>- DSQ and inform Triathlon Manitoba Board for further action</li> </ul>	2.5
26. Repeated intentional violations of Rules;	<ul style="list-style-type: none"> <li>- DSQ and inform Triathlon Manitoba Board for a possible suspension</li> </ul>	
27. Compete with a bare torso.	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- If not corrected: DSQ</li> </ul>	2.1 c.) (ii) 6.1 a.) (iv)
28. Indecent exposure or nudity;	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- If not corrected: DSQ</li> </ul>	7.1 n.)
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 competition;	<ul style="list-style-type: none"> <li>- DSQ of both athletes</li> </ul>	2.2 b.)
30. Gain unfair advantage from any vehicle (excluding drafting);	<ul style="list-style-type: none"> <li>- DSQ</li> </ul>	2.1 a.) (xii)
31. Not stopping in the next penalty box being obliged to do so;	<ul style="list-style-type: none"> <li>- DSQ</li> </ul>	3.5 d.) (i)
36. Using any device, which makes the bike not only human powered and resulting in technological fraud;	<ul style="list-style-type: none"> <li>- DSQ and report to Triathlon Manitoba Board for further action</li> </ul>	5.2 b.)
37. Using any device distracting the athlete from paying full attention to their surroundings;	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- If not corrected: DSQ</li> </ul>	2.1 a.) (xiv)

39. An athlete physically assists the forward progress of another athlete;	- Warning and Amend or - DSQ	2.2 c.)
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<b><u>Start</u></b>		
<b>Rules</b>	<b>Penalties</b>	<b>Reference</b>
43. Starting before the starter's signal.	- Time penalty in T1	4.7 f.) 4.8 m.)
44. Starting in a wave earlier than the one the athlete is assigned to;	- DSQ	4.7 h.) 4.8 n.) 4.10 g)
45. Not moving forward before touching the water;	- Time penalty	4.7 d.)
<b><u>Swim</u></b>		
<b>Rules</b>	<b>Penalties</b>	
48. Wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee, in a non-wetsuit swim;	- Warning and amend - If not corrected: DSQ	2.8 c.) (iii) 4.11 b.) (iii)
49. Not wearing the official swim cap if provided from the time of the line-up unless approved by Head Referee;	- Intentionally: Warning and amend - If not corrected: DSQ	4.11 a.) (i)
50. Make contact and continue to impede the progress of the other athlete without making an effort to move apart;	- Time penalty	4.1 e.) (ii)
51. Deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm	- DSQ and may report to Triathlon Manitoba Board for potential suspension or expulsion;	4.1 e.) (iii)
52. Wearing wetsuit not covering the torso, when the wetsuit is mandatory;	- Warning and amend - If not corrected: DSQ and removed from competition	4.11 d.) (iv)
<b><u>Transition</u></b>		
<b>Rules</b>	<b>Penalties</b>	<b>Reference</b>

54. Rack the bike improperly, outside the athletes' own space or blocking the progress of other athletes;	<ul style="list-style-type: none"> <li>- Before the race: Warning and amend</li> <li>- During the race: Warning and amend</li> </ul>	7.1 a.) 7.1 f.)
55. To have the helmet strap fastened in T1 while completing the first segment;	<ul style="list-style-type: none"> <li>- Technical Official will undo the strap.</li> </ul>	7.1 s.)
56. Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike;	<ul style="list-style-type: none"> <li>- Warning and amend</li> </ul>	7.1 r.)
57. Mount the bike before the mount line;	<ul style="list-style-type: none"> <li>- Time Penalty</li> </ul>	7.1 h.)
58. Dismount the bike after the dismount line;	<ul style="list-style-type: none"> <li>- Time penalty</li> </ul>	7.1 j.)
59. Discharge or store the athlete equipment outside the designated area;	<ul style="list-style-type: none"> <li>- Warning and amend</li> </ul>	7.1 b.) 7.1 d.)
60. Marking of position in transition area;	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- If not corrected, marking and objects used for marking purposes will be removed and athlete will not be notified</li> </ul>	7.1 q.)
61. Failing to deposit all equipment in the proper bag area provided by the LOC 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"> <li>- Warning and amend</li> </ul>	15.6 d.)
62. Stopping in the flow zone of the transition area;	<ul style="list-style-type: none"> <li>- Warning and amend if possible,</li> <li>or</li> <li>- DSQ</li> </ul>	7.1 p)
63. Interfering with another athlete's equipment in the Transition Area	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- DSQ in case the fact impedes other athletes to continue in the race</li> </ul>	7.1 f.)
64. Remove trisuit and/or swimskin in a different place than athletes position in TZ or dedicated area;	<ul style="list-style-type: none"> <li>- Warning and amend if possible,</li> <li>or</li> <li>- DSQ</li> </ul>	7.1 p.)

65. Lock or unlock the locking mechanism on the helmet while in possession of the bike in transition;	- Warning and amend	7.1 r.)
66. Intentionally discarding swim cap between the swim exit and transition, observed by a Technical Official;	- Warning and amend	7.1 d.)
67. Cycling out of transition rather than mounting at the mount line;	- DSQ	7.1 i.)
68. Not attempting to dismount at the dismount line and cycling in Transition;	- DSQ	7.1 .k)
<b><u>Bike</u></b>		
<b>Rules</b>	<b>Penalties</b>	<b>Reference</b>
70. Make forward progress without the bike, during the bike segment;	- Warning and amend - If not: DSQ	5.1 b.)
71. Drafting in a draft-illegal competition on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) 5.6 e.)
72. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 25 seconds on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) 5.6 e.)
73. Re-passing by an overtaken athlete prior to dropping out of the draft zone on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) 5.6 e.)
74. Drafting in a draft-illegal competition on middle- or long-distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) 5.6 e.)
75. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 25 seconds on middle- or long-distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) 5.6 e.)

76. Re-passing by an overtaken athlete prior to dropping out of the draft zone on middle- or long-distance events	<ul style="list-style-type: none"> <li>- 1st and 2nd offences: Drafting time penalty</li> <li>- 3rd offence: DSQ</li> </ul>	5.5 c.) 5.6 e.)
77. Drafting off a different gender athlete in draft legal events;	<ul style="list-style-type: none"> <li>- 1st offence: Warning and amend</li> <li>- 2nd offence DSQ</li> </ul>	5.5 b)
78. Drafting off an athlete being in a different lap;	<ul style="list-style-type: none"> <li>- Warning and amend if possible, or</li> <li>- DSQ</li> </ul>	5.5 b)
79. Drafting off a vehicle or motorbike in a draft-illegal event;	<ul style="list-style-type: none"> <li>- Warning and amend if possible, or</li> <li>- Drafting time penalty</li> </ul>	5.5 c.)
80. Drafting off a vehicle or motorbike in a draft-legal competition;	<ul style="list-style-type: none"> <li>- Warning and amend if possible, or</li> <li>- If not corrected: Drafting time penalty</li> </ul>	5.5 b)
81. Blocking in a draft-illegal competition;	<ul style="list-style-type: none"> <li>- Time penalty</li> </ul>	5.7
82. Blocking in a draft-legal Age Group competition	<ul style="list-style-type: none"> <li>- Time penalty</li> </ul>	5.7
83. Passing another athlete in a no passing zone;	<ul style="list-style-type: none"> <li>- Time penalty</li> </ul>	18.4 e.) 19.4 e.)
84. Wearing the helmet unfastened or insecurely fastened, during the bike segment;	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- If not corrected: DSQ and removed from competition</li> </ul>	5.2 g.) (iv)
85. Take off the helmet on the bike course, even if stopped;	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- If not corrected: DSQ</li> </ul>	5.2 g.) (iv)
86. Not wearing a helmet during the bike segment;	<ul style="list-style-type: none"> <li>- DSQ and removed from competition</li> </ul>	5.2 g.) (iv)
87. 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"> <li>- DSQ</li> </ul>	5.1 c.)
88. While in the bike penalty box, athletes consume food and/or water other than what is on the athlete's bike or person	<ul style="list-style-type: none"> <li>- Warning and amend</li> <li>- If not corrected: DSQ</li> </ul>	3.5 d.) (iii)

89. Athletes using the restroom while serving a penalty in the bike penalty box;	- Warning and amend - If not corrected: DSQ	3.5 d.) (iv)
90. Making adjustments to equipment or performing any type of bike maintenance while serving a penalty	- Warning and amend - If not corrected: DSQ	3.5 d.) (iv)
91. Dangerous riding during the bike segment	- Time Penalty - If intentionally repeated, DSQ and removed from competition	
93. Riding in a forbidden position.	- Time Penalty - If intentionally repeated, DSQ and removed from competition	5.8
<b><u>Run and Ski</u></b>		
<b>Rules</b>	<b>Penalties</b>	<b>Reference</b>
94. Crawl during the running segment;	- DSQ and removed from the competition	6.1 a.) (iii) 6.3 a.)
96. Being accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or along the course;	- Warning and amend - If not corrected: DSQ	6.1 a.) (vii) 18.5 b.)
97. Run or ski wearing a helmet;	- Warning and amend or - DSQ - If not corrected: DSQ	6.1 a.) (v) 18.5 f.)
98. To use posts, trees or other fixed elements to assist maneuvering curves;	- Time penalty	6.1 a.) (vi)
99. Being accompanied by any non-competing person in the finish chute.	- DSQ	6.3 b.) 18.5. b.)
<b><u>Team Relay</u></b>		
<b>Rules</b>	<b>Penalties</b>	
106. Team relay exchange completed outside of the exchange zone;	- Time penalty	16.10 c.)

107. Team relay exchange not completed or or intentionally completed outside the changing zone;	- DSQ	16.10 c.) 16.10 d.)
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### **KOS Rules and Penalties**

*In accordance with the spirit of encouragement and education, within Kids of Steel races all violations are to be treated as stop and amend penalties. Athletes should be informed of the violation and taught the correct behavior in a supportive manner in order to increase understanding of the rules of the sport and encourage future participation.*



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