

2018 ITU Comp. Rules – Linda’s version of “Coles Notes” (complete Rules on TriNB website)

2. Conduct of athletes:

Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the competition. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the competition will result in disqualification

Cameras, phone cameras, and video cameras are prohibited unless permission is given by the ITU or the license holder of the event. If such permission is given, it is the athlete’s responsibility to notify the Head Referee of such permission prior to the start of the competition. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.

2.2. Outside assistance

c.) An athlete cannot physically assist the forward progress of another athlete on any part of the course. This will result in both athletes being disqualified.

2.4. Health

c.) ITU encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport. An annual PPE is mandatory for all athletes competing in Youth, Junior, U23, Elite and Paratriathlon events from January 1st, 2018. In any ITU event as outlined in Appendix J. More information about PPE can be found in Appendix Q.

2.8 Uniform:

(iii) Arms may be covered in middle and long distance events, except during the swim, when wetsuits are forbidden. Arms must not be covered on standard distance and shorter events, except in extreme weather conditions. The decision rests with Technical Delegate in consultation with the Medical Delegate (if applicable) to allow or make mandatory long sleeves.

(viii) A one-piece uniform is preferred. If a two-piece uniform is used, both pieces must overlap and no torso must be visible during the entire competition, except middle and long distance events where the midriff is allowed to be exposed.

4. Swimming:

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) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to ITU Arbitration Tribunal for potential suspension or expulsion.

f.) Rules about water quality are outlined in section 10.

4.10. Equipment:

(iii) 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.

b.) Trisuits:

(i) Athletes must wear the approved trisuit for the non-wetsuit swims. If athletes choose to wear more than one trisuit, both have to comply with the specifications.

(ii) Trisuits 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); Trisuits will not have any neoprene sections; When the use of wetsuits is forbidden, clothing covering any part of the arms and clothing covering any part of the legs below the knees is also forbidden with the exceptions outlined at 2.8.c.(iii);

(iv) Trisuits must comply with the applicable Guidelines Regarding Authorised Identifications.

c.) Swimskins:

(i) Swimskins may be removed after the swim segment, except in the standard distance and shorter events.

(ii) 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);

(iii) Swimskins must comply with the wetsuit section of the applicable Guidelines Regarding Authorised Identifications for middle and long distance events.

e.) Illegal Equipment

• Safety inflatable device (tube) which has been deployed. If deployed the athlete must retire from the race.

5. Cycling:

(iii) Dangerous riding may result in a penalty. This includes but is not limited to passing another athlete on the wrong side.

g.) Helmets:

(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

Disc brakes:

(i) Disc brakes are allowed.

Illegal Equipment:

Illegal equipment includes, but is not limited to:

- Headphone(s), headset(s), 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

6. Running:

(vii) Not be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course.