



Triathlon NZ Competition Rules

Effective 4 December 2017

Published by
TRIATHLON NEW ZEALAND INC.
PO Box , Auckland

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1 INTRODUCTION

1.1. Purpose:

- a) Triathlon New Zealand (Tri NZ) is a National Federation (NF) affiliated to the International Triathlon Union (ITU). Tri NZ is the sole governing body, responsible to enact Competition Rules for Triathlon, Duathlon and its related other multisports. The complete list of sports under the jurisdiction of ITU is included as Appendix G.
- b) The Tri NZ Competition Rules are extensively based on the ITU Competition Rules and shall govern Triathlons, Duathlons and other related multisport races which fall under the jurisdiction of Tri NZ. Where an ITU-sanctioned race is held in New Zealand, the ITU Competition Rules shall apply instead of the Tri NZ Competition Rules.
- c) The Tri NZ Technical Advisory Group (TAG) provides advice and guidance to the Tri NZ Management Board in relation to the technical aspects of races conducted under Tri NZ Competition Rules.
- d) The Tri NZ Competition Rules specify the conduct and behavior of athletes during New Zealand competitions. Where the Tri NZ Competition Rules do not specify, the rules of FINA, UCI, FIS and IAAF will apply in their specific segment.
- e) The Tri NZ Technical Officials' (TO) Programme sets the standards for certifying Tri NZ Technical Officials. The Tri NZ TO Programme is aligned with the ITU Programme for the certification of International Technical Officials (ITO's).
- f) When a rule applies only for specific competitions, this will be indicated in the rule.

1.2. Intention:

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

1.3. Modifications

- a) These Tri NZ Competition Rules will be adapted for other modern multisport competitions, which fall within the jurisdiction of ITU. See appendix G for a list of the sports covered by these rules.
- b) An athlete must not be permitted an advantage not intended by a rule, or to conduct him or herself in a dangerous way. To implement this, every infringement related in these Tri NZ Competition Rules has a sanction attached. Officials base their judgment on whether an advantage, not intended by the rules, has been gained.

1.4. Exceptions

Tri NZ Competition Rules will be applicable to all events sanctioned by Tri NZ and are to be implemented by the appointed Tri NZ Technical Officials as appropriate. Exceptions for special circumstances in a particular event may only be gained from Tri NZ with prior written approval. A request for an exception to these Rules must be made in writing to Tri NZ.

1.5. Specific Regulations

- a) Tri NZ may approve the addition of specific regulations for a particular race, provided that:
 - (i) If the specific regulation conflicts with another Tri NZ Competition Rule then athletes must be advised both in writing and at the athletes' briefing which rule is to apply for the race;
 - (ii) Each additional specific regulation is made available in written form and is announced at the athletes' briefing; and
 - (iii) Each additional specific regulation and the reasons for its inclusion are advised to Tri NZ one week before the day on which the event is to be conducted.

1.6. Unauthorised Exceptions or Additions

The unauthorised exception to, or addition of, a Competition Rule may prevent an event from being sanctioned, may invalidate a sanction which has already been granted to an event and may be considered when considering future sanctioning applications.

1.7. Rule Updates

- a) These Tri NZ Competition Rules may be changed from time to time by Tri NZ in its absolute discretion, with the approval of the Tri NZ Management Board. Any such rule change(s) shall be notified on the Tri NZ website (www.triathlon.org.nz) at least 14 days before it is to take effect.
- b) Each revision of the rules shall contain in appendix H a summary of the key rule changes which are included in that revision.

2 CONDUCT OF ATHLETES

2.1. General Conduct:

- a) Triathlon and Tri NZ's other related multisports involve many athletes. Race tactics are part of the interaction between athletes. Athletes will:
 - (i) Practice good sportsmanship at all times (Penalty: Disqualification and possible suspension);
 - (ii) Be responsible for their own safety and the safety of others;
 - (iii) Know, understand and follow the Tri NZ Competition Rules, available from www.triathlon.org.nz;
 - (iv) Obey traffic regulations and instructions from race officials (including both Technical Officials and Race Marshals) (Penalty: Disqualification);
 - (v) Treat other athletes, officials, volunteers, and spectators with respect and courtesy (Penalty: Disqualification and possible Suspension);
 - (vi) Avoid the use of abusive language (Penalty: Disqualification);
 - (vii) Inform a Technical Official after withdrawing from the race;

- (viii) Not deliberately impede or obstruct the progress of another athlete (Penalty: Disqualification);
 - (ix) Having left the race course for any reason during the competition, re-join the competition at the place they originally left the course (Penalty: Stop and Go Time Penalty to correct if possible, otherwise, Disqualification);
 - (x) Wear their unaltered race number in the manner prescribed by the LOC and endorsed by the Technical Delegate. (Penalty: Stop and Go Time Penalty to correct if possible, otherwise Disqualification);
 - (xi) Wear the race timing transponder if such is provided. Timing transponders must be returned at the end of the race. Competitors shall be responsible for the loss of their transponder but may continue in the race if such loss occurs;
 - (xii) Not leave or discard equipment, personal items or litter on the course. Tyres, plastic bottles and other discarded items must be placed safely off the course. Discarding of litter on the course may only occur at an aid station or in areas specifically designated by the Competition Manager. (Penalty: Stop and Go to correct where this can be enforced within a reasonable time after the infringement has occurred. Failure to comply with a Stop and Go penalty issued by a Technical Official will result in disqualification. If it is not possible or practical to safely issue a stop and go penalty within a reasonable time of the infringement occurring then a time penalty of (10 seconds in Sprint distance, 15 seconds in Standard Distance, 1min in Long Distance) will apply., otherwise Disqualification)
 - (xiii) Urinating in public is not allowed, athletes must use toilets on the course (Penalty: Time penalty for 1st offence and DSQ for 2nd offence)
 - (xiv) Not use any device that will distract the athlete from paying full attention to their surroundings. For the avoidance of doubt mobile phones may be carried by an athlete during the race (for example, for the use of tracking apps such as Strava). However during the race the communication functions (voice calls, text messaging, email or any other form of electronic communication or messaging) of these devices may not be used. Nor may any device be used to play music, with or without the use of headphones or headsets.
- b.) Athletes may not compete with a bare torso (see appendix A for definition). If an athlete is competing in a two-piece uniform, there may be a gap between the top and the bottom pieces provided it complies with the requirements of the definition. Male athletes in a non-wetsuit swim, or male athletes who choose not to wear a wetsuit may complete the swim section with a bare torso but must put on a top in T1 so that the torso is covered for the bike and run. (Penalty: Stop and Go Time Penalty to correct, if not corrected – Disqualification);

2.2. Outside Assistance

- a) The assistance provided by event personnel or Technical Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Race Referee. Mechanical assistance is limited to the provision of spare parts (excluding replacement wheels) and tools. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tyres, inner tubes and puncture repair kits. Athletes must undertake any repairs to their equipment themselves without physical assistance from event personnel, other athletes or any other person.

- b) Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue with their own race. This includes but is not restricted to complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.

2.3. Drug Abuse:

- a) Athletes and guides will follow the Tri NZ Anti-Doping Rules; www.drugfreesport.org.nz
www.wada-ama.org
- b) All athletes and guides are responsible for familiarising themselves with the Tri NZ Anti-Doping Rules including medical control tests, testing obligations and procedures, penalties and appeal processes, and forbidden substances.
- c) The Tri NZ Anti-Doping Code shall be the Sports Anti-Doping rules (2009) – effective 1 January 2009, made under the Sports Anti-Doping Act 2006, together with any subsequent amendment to those rules. Note that the Sports Anti-Doping rules will have changes made annually to incorporate new drugs and other required changes.

2.4. Health:

- a) Triathlons and ITU’s other related multisports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By entering in a race, the athlete declares that they are in good health and are in appropriate physical condition to complete the race. This includes being responsible for their choices of equipment, so ,for example, if an athlete choses to run without shoes they do so at their own risk.
- b) While each athlete is responsible for their own health and welfare during the competition, any athlete who appears to Technical Officials or Race Officials to present a danger to themselves or to others may be withdrawn from the competition. If, after medical assessment and/or treatment, the athlete is able to rejoin the competition then rule 2.1 (a) (ix) shall apply and no timing allowances will be made.
- c) Time limits for the swim leg, bike leg and overall finish time will be established for each competition. The standard time limits which shall apply to events in New Zealand are as per the following table but these times may be varied by the Competition Manager in consultation with the Technical Delegate. If the time limits are to differ from the following NZ Standard time limits the amended limits must be published in the pre-event registration material.

Tri NZ Standard Time Limits

| Distance | Swim (exit water) | Cycle (dismount) | Overall |
|--------------------|-------------------|---------------------------------|--------------|
| S750m/B20km/R5km | 30 mins | 1hr 30 mins after race start | 2hrs 15 mins |
| S1500m/B40km/R10km | 1hr 10 mins | 2hrs 30 mins after race start | 3hrs 45 mins |
| S2000m/B90km/R21km | 1hr 40 mins | 5 hours 30mins after race start | 8 hours |
| S4km/B180km/R42km | 2hr 15 mins | 10 hrs 30 mins after race start | 17 hours |

- 3) The Competition Manager, in consultation with the Technical Delegate may withdraw a competitor from the event (including for reasons other than the health of the competitor) if this is needed to maintain the safety of the competitors, officials, spectators or the public or for any other reason.

2.5. Eligibility:

- a) No athletes under suspension by Tri NZ or any other NF affiliated to ITU are allowed to compete in any Tri NZ sanctioned events.
- b) Age limits: athletes must be a minimum age to compete in any Tri NZ Sanctioned Event, as outlined in Appendix B. The age limits will be calculated on 31 December in the year of the competition except for School and College competitions where the student's age on 1 January in the year of competition shall be used
- c) Athletes aged 16 to 19 years old, on 31 December in the year of the competition, are eligible to compete in the Junior category.
- d) Athletes aged 18 to 23 years old, on 31 December in the year of the competition, are eligible to compete in the Elite U23 category (Sprint and Standard Distance only).
- e) The following age group categories can be used (dependent on race distance and minimum ages as per Appendix B):
 - (i) Youth – 11-15 years
 - (ii) Junior – 16 – 19 Years
 - (iii) 18 and 19 years Old (Standard Distance only)
 - (iv) Athletes aged 20 and over will race in 5 year age groups (20 to 24 years, 25 to 29 years and so on)
- f) Tri NZ Championships shall recognise the following age group categories for Team Tag, where each team must have 4 people to be awarded a championship medal:
 - (v) Under 16 – Mixed (2 Men, 2 Women)
 - (vi) Under 20 –Mixed (2 Men, 2 Women)
 - (vii) Open – Mixed (2 Men, 2 Women)
 - (viii) 40 and over –Mixed (2 Men, 2 Women)
 - (ix) Note: in the U16, U20 and Over 40 categories all members must fit into the age category, otherwise the team will be recognized in the open category
- g) Tri NZ Schools Championships shall recognise the following age groups:
 - (i) Under 12 (minimum age 10)
 - (ii) Under 13
 - (iii) Under 14
 - (iv) Under 16
 - (v) Under 19
 - (vi) Teams of 2 (Duathlon) or 2/3 (Triathlon) in all age categories. Note all members must be from the same school, the same gender and in the same age category,
 - (vii) Teams in Schools Team Tag events must have 2 male and 2 female entrants and in the same age category, team members can be from two different schools.

Exceptions to age restrictions in Tri NZ Championship races may be granted by Tri NZ. Applications must be submitted in writing at least one calendar month prior to the competition date and must include written permission by the

competitor's parent(s) or legal guardian and a medical certificate. These applications will be referred to the Technical Advisory Group for consideration.

2.6. Registration and Briefings:

- a) All athletes must pick up their own race packet at the official race registration area during the designated time notified to athletes by the LOC. Athletes who are unable attend at the designated race registration time must contact the LOC and set out why they are unable to attend.
- b) All athletes must attend a pre-race briefing the time and location of which must be notified to athletes on the entry form and/or entry confirmation information. The briefing will cover information which may include (but is not limited to) course information and key health and safety information. If there are any race-specific regulations these must be covered at the briefing (See rule 1.5).
- c) Competitors who do not attend race registration and or race briefing may be removed from the start list and be unable to race.

2.7. Competition Duration

- a) The application of the Tri NZ Competition Rules shall commence from the commencement of pre-race registration or the opening of the transition area (whichever is the earlier) until the completion of prize giving and formalities.
- b) Rule 2.1 (v) shall continue to apply beyond the completion of prize giving in respect of any subsequent dealings with officials, volunteers or other athletes in relation to that race.

3 PENALTIES

3.1. General Rules:

- a) Failure to comply with the Tri NZ Competition Rules may result in an athlete being warned (verbally or given a Stop and Go Time Penalty), Disqualified, Suspended, or Expelled.
- b) The nature of the rule violation will determine the resulting penalty.
- c) A Suspension or an Expulsion should be very rare, but will occur with very serious violations of either the Tri NZ Competition Rules or the Tri NZ Anti-Doping Rules.
- d) Reasons for Penalty: An Athlete may be issued a warning (verbal or a Stop and Go Time Penalty) or Disqualified for failing to abide by the Tri NZ Competition Rules or any approved event-specific regulations. The penalties that will typically apply for infringements are listed against the various rules and summarised in Appendix C, however the provisions of rules 3.1 (e) and 3.1 (f) may result in a different penalty being applied in some situations.
- e) The Technical Officials are allowed to issue penalties, even if the infringement is not listed, if the Technical Official judges that an unfair advantage has been gained, or if a dangerous situation has been created intentionally.

- f) The Technical Delegate and/or Race Referee may take into account the nature of the race in determining the extent to which penalties will be enforced. In races where the emphasis is on participation rather than competition the focus of Technical Officials will typically be on ensuring safety and educating competitors in regard to the rules, but penalties will still be enforced for deliberate or blatant rule violations or unsafe conduct. For the avoidance of doubt, no such discretion may be applied in Tri NZ Championship events at any level.

3.2. Warnings and Time Penalties:

- a) May be either verbal or a Stop and Go Time Penalty.
- b) It is not necessary for a Technical Official to give a warning prior to issuing an additional penalty.
- c) 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 Stop and Go Time Penalty is appropriate for minor infringements.
- d) Stop and Go Time Penalties may be served anywhere on the course under the supervision of a Technical Official or in a designated Penalty Box.
- e) Giving a Warning
 - (i) A warning will be given at the discretion of the Technical Official. If time and conditions permit, a Technical Official will issue a warning by:
 - Sounding a whistle or horn;
 - Showing a yellow card
 - Calling the athlete’s number and saying, “warning”;
 - For safety reasons, a Technical Official may have to delay issuing a warning.
- f) 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;
- g) Giving a Time Penalty
 - (i) A Technical Official will issue a time penalty by:
 - Sounding a whistle or horn
 - Showing a yellow card or, for a drafting penalty, a blue card
 - Calling the athlete’s number and saying “time penalty”
 - For safety reasons, a Technical Official may have to delay issuing a time penalty

3.3 Serving a Penalty

- a) Procedure during serving a Stop and Go Time Penalty on the course:
 - (i) When given a Stop and Go Time Penalty, the Athlete will stop in a safe manner and follow the instructions of the Technical Official.
- b) Stop and Go Time Penalty at the Penalty Box:
 - (i) The Athlete will be told by the Technical Official to enter the next Penalty Box and follow the instructions of the Technical Official;

- (ii) The Technical Official will say “go” after the appropriate time has elapsed, at which time the Athlete will leave the Penalty Box and continue in a safe manner.

3.4 Disqualification:

- a) General:
 - (i) A disqualification is a penalty appropriate for severe and/or repeated rule violations or dangerous or unsportsmanlike conduct. Disqualification may also be issued for failing to serve a time penalty.
- b) Assessment:
 - (i) A Technical Official will issue a Disqualification by:
 - Sounding a whistle or horn;
 - Showing a red card;
 - Calling the athlete’s number and saying “disqualified”;
 - (ii) For safety reasons, a Technical Official may have to delay issuing a disqualification.
- c) Procedure after Disqualification:
 - (i) An disqualified athlete may continue on the course and finish the race
 - (ii) The Penalty Board at the finish line will display the race numbers of disqualified athletes along with the reason for the penalty
 - (iii) A disqualified athlete may protest or appeal the decision in accordance with the provisions of Protest and Appeals Procedures of the Tri NZ Competition Rules.
 - (iv) Disqualified athletes who have finished the race and not protested their disqualification, or whose protests are not upheld will not have a finish time recorded in the results and will be listed as DSQ

3.5 Suspension:

- a) General:
 - (i) Suspension is a penalty appropriate for fraudulent or very severe rule violation, or repeated dangerous or unsportsmanlike conduct;
 - (ii) A suspended athlete will not take part in Tri NZ competitions or competitions sanctioned by other NFs affiliated to ITU during a stated suspension period.
- b) Assessment:
 - (i) The procedure is the same as the disqualification procedure. The athlete will be informed at the end of the race and a report will be sent to the Triathlon New Zealand Board for possible suspension. The Triathlon New Zealand Board shall consider evidence and information from a range of sources including (but not limited to) the Race Officials, Technical Officials and the Athlete(s) concerned before reaching a decision on the suspension.
- c) Reasons for Suspension:
 - (i) A list of infringements, which may result in a suspension, is described in Appendix C;
 - (ii) Suspensions will be issued by the Triathlon New Zealand Board, for a period of three (3) months to two (2) years, depending on the violation.

3.6 Expulsion:

- a) General:
 - (i) Athletes who have been expelled will not take part in Tri NZ competitions or competitions sanctioned by NFs affiliated to ITU for the Athlete's lifetime.
- b) Reasons for Expulsion:
 - (i) An athlete may be expelled for life for repeated rule violation that has suspension as the penalty or for an unusual and violent unsportsmanlike act (in the sole discretion of Tri NZ).
 - (ii) Expulsion due to Drug Abuse: If the suspension or expulsion is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognised by ITU, IOC or General Assembly of International Summer Federations (GAISF) and vice versa.
- c) Assessment:
 - (i) The procedure is the same as the suspension procedure. The athlete will be informed at the end of the race and a report will be sent to the Triathlon New Zealand Board for possible expulsion. The Triathlon New Zealand Board shall consider evidence and information from a range of sources including (but not limited to) the Race Officials, Technical Officials and the Athlete(s) concerned before reaching a decision on the expulsion.

3.7 Disciplinary Notice:

- (a) When an athlete is suspended or expelled, Tri NZ will advise ITU, in writing, within 30 days;

3.8 Right of Appeal:

- a) Athletes charged with a violation have the right to appeal.

3.9 Reinstatement:

- a) After suspension, an athlete must apply to the Tri NZ Board for reinstatement.

4 SWIMMING CONDUCT

4.1. General Rules

- a) Athletes may use any stroke to propel themselves through the water. They may also tread water or float. It is allowed to push off the ground at the beginning and the end of every swim lap.
- b) Athletes must follow the prescribed swim course. (Penalty: Stop and Go Time Penalty in T1 or Disqualification)
- c) Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat. Dolphin diving in shallow water is permitted.
- d) In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is received, the athlete must retire from the competition except as described in rule 4.1 c.

4.2. Wetsuit Use:

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

| Elite, U23 and Junior Athletes | | | |
|---------------------------------------|------------------------|------------------------|------------------------------|
| Swim Length | Forbidden Above | Mandatory Below | Maximum Stay in Water |
| 300m | 20° C | 14° C | 10 min. |
| 750m | 20° C | 14° C | 20 min. |
| 1000m | 20° C | 14° C | 25 min. |
| 1500m | 20° C | 14° C | 30 min. |
| 2000m | 22° C | 16° C | 1 h 15 min. |
| 4000m | 22° C | 16° C | 1 h 45 min. |

Note: For Elite, U23 and Junior Aquathlon events wetsuits are forbidden when the water temperature is above 22°C for all distances

| Age Group Athletes | | | |
|---------------------------|-------------------------|-------------------------|------------------------------|
| Swim Length | Forbidden Above: | Mandatory Below: | Maximum Stay in Water |
| 300m | 22° C | 14° C | 20 min. |
| 750m | 22° C | 14° C | 30 min. |
| 1000m | 22° C | 14° C | 45 min. |
| 1500m | 22° C | 14° C | 1 h 10 min. |
| 2000m | 23° C | 16° C | 1 h 40 min. |
| 4000m | 24° C | 16° C | 2 h 15 min. |

4.3. Modifications:

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

| Original swim distance | Temperature of water | | | | |
|-------------------------------|-----------------------------|------------------------|------------------------|------------------------|---------------------|
| | 30.9°C – 15.0°C | 14.9°C – 14.0°C | 13.9°C – 13.0°C | 12.9°C – 12.0°C | Below 12.0°C |
| 750 m | 750 m | 750 m | 750 m | 750 m | Cancel |
| 1500 m | 1500 m | 1500 m | 1500 m | 750 m | Cancel |
| 2000 m | 2000 m | 2000 m | 1500 m | 750 m | Cancel |
| 4000 m | 4000 m | 3000 m | 1500 m | 750 m | Cancel |

* **Note:** If the water temperature is under 16 degrees and the air temperature is lower than the water temperature then the water temperature will be adjusted downwards by 0.5 degrees for each 1 degree of difference between the water and air temperatures as illustrated in the following table. If the air temperature is expected to change significantly (either up or down) the Technical Delegate should take into account the expected air temperature at the time the athletes will be exiting the water when modifying the water temperature

| (*) | | Air temperature | | | | | | | |
|-------------------|-------|-----------------|---------|---------|---------|---------|---------|---------|---------|
| | | 15 °C | 14 °C | 13 °C | 12 °C | 11 °C | 10 °C | 9 °C | 8 °C |
| Water Temperature | 22 °C | 21.0 °C | 20.5 °C | 20.0 °C | 19.5 °C | 19.0 °C | 18.5 °C | 18.0 °C | 17.5 °C |
| | 21 °C | 20.5 °C | 20.0 °C | 19.5 °C | 19.0 °C | 18.5 °C | 18.0 °C | 17.5 °C | 17.0 °C |
| | 20 °C | 17.5 °C | 17.0 °C | 16.5 °C | 16.0 °C | 15.5 °C | 15.0 °C | 14.5 °C | 14.0 °C |
| | 19 °C | 17.0 °C | 16.5 °C | 16.0 °C | 15.5 °C | 15.0 °C | 14.5 °C | 14.0 °C | 13.5 °C |
| | 18 °C | 16.5 °C | 16.0 °C | 15.5 °C | 15.0 °C | 14.5 °C | 14.0 °C | 13.5 °C | 13.0 °C |
| | 17 °C | 16.0 °C | 15.5 °C | 15.0 °C | 14.5 °C | 14.0 °C | 13.5 °C | 13.0 °C | Cancel |
| | 16 °C | 15.5 °C | 15.0 °C | 14.5 °C | 14.0 °C | 13.5 °C | 13.0 °C | Cancel | Cancel |
| | 15 °C | 15.0 °C | 14.5 °C | 14.0 °C | 13.5 °C | 13.0 °C | Cancel | Cancel | Cancel |
| | 14 °C | 14.0 °C | 14.0 °C | 13.5 °C | 13.0 °C | Cancel | Cancel | Cancel | Cancel |

- b) If other weather conditions dictate, i.e., high winds, heavy rain, etc. the Technical Delegate or Race Referee may adapt limits on the swim length or provisions about the wetsuit use. The final decision will be made one hour before the start, and will be clearly communicated to the athletes by the Technical Delegate or Race Referee.
- c) Water Temperature: Water temperature must be taken one (1) hour prior to the start of the event on race day. It must be taken at the middle of the course and in two other areas on the swim course, at a depth of 60 cm. The lowest measured temperature will be considered as the official water temperature.
- d) Elite, U23 and Junior Athletes must wear their Tri NZ approved uniform for non-wetsuit swims. If athletes choose to wear a second suit, it must be worn underneath the official uniform and cannot be removed during the entire competition.
- e) Male Age Group Athletes in a non-wetsuit swim (or who, when wetsuits are allowed, chose not to wear one) may complete the swim with a bare torso but the torso must be covered before commencing the cycle section.
- f) For Aquathlon events, if the water temperature is below 22°C the event will be modified to a Swim-Run event.

4.4. Starting Position Selection: (Elite, U23 and Junior Athletes):

- a) Prior to the start of the competition athletes are lined up in the order of their start number.
- b) The athletes go directly to their selected position on the start line regardless of whether these positions are numbered or marked. Having selected a position, athletes must stay in that position behind the pre-start line until the start procedure. A selected position cannot be changed by any athlete during the starting position selection process.
- c) Starting position selection ends when every athlete is in a start position.

4.5. Start Procedure: (All Athletes):

- a) Swim starts for age group athletes shall either be a “beach start” (behind a start line on the beach), an “in-water start” (athletes standing behind a line in shallow water) or a “deep water start” (athletes treading water behind the start line in deep water). Swim starts for Elite, U23 and Junior Athletes include all of the above options plus a dive start from a platform or pontoon.
- b) After all athletes are in position behind the start line, the Start Technical Official shall announce “On Your Marks”
- c) Any time after the announcement, the start signal will be given, by blasting a horn. Athletes will move straight ahead towards the first turn buoy until they reach the water (triathlon).
- d) False Start: In case of a false start (several athletes move forward before the start horn) the athletes have to come back to their previously selected position. This will be controlled by the start-line Technical Officials and the start procedure will begin again.
- e) Early Start: In the case of an early start by one or a small number of identifiable athletes, the race can continue, the False Start Technical Officials can decide the start valid. The early starters will receive a 15 seconds Stop and Go Time Penalty in transition 1.
- f) The same procedure will apply for the start of other multisport events, which start with running with adaptations from swim start to run start.

4.6. Equipment:

- a) Legal Equipment:
 - (i) An athlete must wear the swim cap provided by the LOC at all times during the swim. If an athlete chooses to wear additional swim caps, the one provided by the LOC must be the external one.
 - (ii) Goggles and nose clips are allowed.
 - (iii) When wetsuits are allowed as per 4.2, the most external part of the wetsuit will fit to the athletes’ body tightly while they are swimming.
- b) Illegal Equipment:
 - (i) Athletes must not use:
 - Artificial propulsion devices;
 - Flotation devices;
 - Gloves or socks (including but not limited to compression socks);
 - Wetsuits with thickness exceeding 5mm;
 - Wetsuit bottoms only;
 - Wetsuits when they are forbidden because of the water temperature;
 - Clothing covering arms from shoulders to hands and clothing covering legs from knees to toes in a non-wetsuit swim. Except for athletes competing in Long distance or Ultra Distance events and Paratriathletes competing in PT1 class, who are allowed to wear clothing extending from the shoulder to the elbow.

(ii) The penalty for use of illegal equipment is Disqualification.

* **Note:** Athletes planning to race in ITU sanctioned events should note that under ITU rules only ITU certified wetsuits and swimsuits are allowed.

5 CYCLING CONDUCT

5.1. General Rules:

- a) An Athlete is not permitted to:
 - (i) Block other athletes (Penalty: If unintentional – warning, if intentional – Disqualification);
 - (ii) Make forward progress without being in possession of the bike (Penalty: Stop and Go Time Penalty to correct, if not corrected – Disqualification).
- b) Dangerous Behaviour
 - (i) New Zealand road rules must be obeyed at all times except to the extent that these may be superseded by the provisions on a temporary traffic management plan that has been implemented for the race. (Penalty: Disqualification)
 - (ii) Athletes must obey the specific traffic regulations for the event, unless Technical Official advises otherwise (Penalty: Disqualification).
 - (iii) Passing another athlete on their left during the cycle stages of a draft illegal race is considered to be an illegal pass. Penalty: time penalties as per event: Sprint Distance 1minute, Standard distance 2 minutes, Long Distance 3 minutes, Ultra distance 4 minutes.
 - (iv) Unless specifically directed by race officials, traffic management personnel or the police or provided for under an event-specific traffic management plan crossing the centre line of the road is not allowed. This includes situations in which an athlete is being held up by slow traffic (either other cycles or vehicles) and crossing the centre line in order to pass this traffic is not allowed. The athlete must wait until it is safe to pass without crossing the centre line. The only situation in which it is permitted to cross the centre line is while taking evasive action to avoid a collision as a result of a sudden and unexpected move by another cycle or vehicle on the course.
- c) Athletes must comply with race-specific instructions in regard to the wearing of race numbers and attaching of numbers to the bike and/or helmet (Penalty: If unintentional– verbal warning and correct if possible, If intentional – Disqualification).
- d) Athletes must not use illegal equipment as defined below. (Penalty: Warning and correction if possible, otherwise Disqualification).

5.2. Equipment:

- a) Bikes:
 - (i) In general, Union Cycliste Internationale (UCI) rules will apply (found on the UCI website www.uci.ch)
 - 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.
 - For age group draft illegal events only, the Technical Delegate shall have the discretion to allow the use of any bike provided that safety is not compromised and that the bike does not provide the athlete with any unfair advantage. Any discretionary approval will only apply to a single race and shall not create a precedent for

future races. The athlete will be instructed to refer the bike in question to the Tri NZ TAG for a definitive ruling which will remain valid for the season. The Competition Jury will consult with the Tri NZ TAG before ruling on an protests or appeals concerning a unfair advantage resulting from discretionary approval granted by a Technical Delegate under this rule. For the guidance of the Technical Delegate, commercially available “off-the-shelf” bikes will typically be allowed. Athletes should note that ITU rules provide no such discretion at International races.

(ii) Bikes must have the following characteristics:

- For draft legal races, the frame of the bike shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements, which may be round, oval, flattened, teardrop shaped or otherwise in cross-section. Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the downtube/top tube section are considered acceptable.
- The frame will be no more than two (2) metres long, and fifty (50) centimetres wide for draft legal competitions. For all other competitions, two (2) metres long and seventy-five (75) centimetres wide will be permitted.
- The frame will measure at least 24 centimetres from the ground to the centre of the chain wheel axle.
- There will be a vertical line touching the front-most point of the saddle which will be no more than 5 centimetres in front of, and no more than 15 centimetres 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.
- There will be no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle. (Exceptions may be given for the bikes of very tall or very short athletes. This will be determined by the Technical Delegate).
- Windbreaks, other bodywork or other substantial means of reducing wind resistance on bicycles are prohibited.
- add-ons, such as computer or lighting brackets and mounting points, must be positioned so as to prevent injury in the event of a crash or collision with other competitors or spectators.
NB: This also applies to mountain bike handlebar extensions.
- Non-traditional or unusual bikes or equipment shall be illegal unless prior approval has been received from the Technical Delegate, prior to the start of the competition.

Diagram 6 Saddle Fore-Aft Position

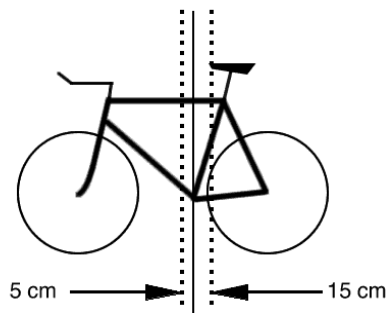
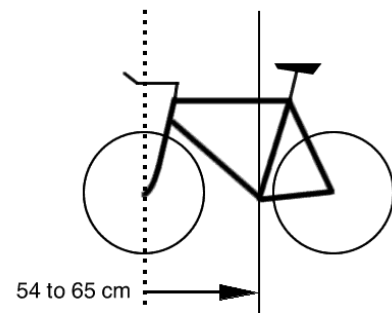


Diagram 7 Front to Centre Distance



b) Wheels:

- (i) No wheel may contain any mechanisms, which are capable of accelerating it.
- (ii) Tyres must be well glued, headsets tight and wheels true.
- (iii) There must be a brake on each wheel.
- (iv) Wheels can be replaced only at official Wheel Stations, where provided.
- (v) Officials at the Wheel Station will give the proper wheel to the athlete. The athlete is responsible for replacing the wheel in the forks. Wheels designated specifically for other athletes or teams cannot be used.
- (vi) For draft-legal competitions, wheels must have the following characteristics:
 - A diameter between 70cm maximum and 55 cm minimum, including the tyre.
 - Both wheels should be of equal dimension.
 - Wheels shall have at least 12 spokes.
 - Spokes can be round, flattened or oval, provided their width does not exceed 10mm.
 - Disc Wheels or wheel covers are not allowed
 - Wheels not complying with the requirements above are allowed to be used if they are included in the UCI approved wheels list.
- (vii) For draft-illegal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Technical Delegate in the interest of safety, i.e. high-winds.
- (viii) In School Championships, all wheels used must have a rim depth of no greater than 45mm and a minimum of 12 spokes. No wheel covers are permitted.
- (ix) For age group draft illegal events only, the Technical Delegate shall have the discretion to allow the use of any wheel provided that safety is not compromised and that the wheel does not provide the athlete with any unfair advantage. Athletes should note that ITU rules provide no such discretion at International races.

c) Handlebars:

(i) For draft legal races the following handlebar rules apply:

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- For Elite, U23 and Junior races, certified clip-on handlebars will be permitted if they are not longer than the foremost line of the brake levers.
- For age group draft legal races, no aero bars or clip-ons are permitted
- No space is permitted between the left and right hand side of the clip-on bar at its forward most point.
- Forward facing clip-ons must have a solid standard factory bridge joining both sides of the clip-on at its forward most point.
- Brake levers must be mounted on the handlebar, not on the clip-on handlebars
- No forward facing gear shifters are allowed on the end of the clip-on handlebars.
- Clip-on handlebars must be mounted parallel to the ground.
- Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.
- Standard mountain bike bar-ends (“bull-horns”) may be allowed (when fitted on a mountain bike). These bar-ends must be plugged. If it is deemed that the bar ends are a danger to the athlete or another competitor rule 5.2a(ii) will apply

(ii) For draft illegal races, the following rules on handlebars apply:

- Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces do not need to be bridged. All tube ends must be plugged.

d) Helmets

(i) UCI rules will apply, as indicated above.

(ii) The following applies during competition and also during familiarisation sessions and official training:

- Helmets must be approved by a recognised testing authority.
- The helmet must fit the athlete properly and the chin strap must be properly adjusted to ensure a secure fit. Hats or caps may be worn under the helmet so long as the helmet still fits correctly. Technical Officials may check helmets upon entry to transition to ensure compliance with this rule;
- An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited;
- The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;

- If an athlete moves the bike off the course through disorientation, or for reasons of safety, or the need to carry out mechanical repairs or to conduct personal toilet the athlete may not unfasten or remove the helmet from the head 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 route or before remounting the bike (whichever is the earlier).
- e) Platform Pedals
 - (i) UCI rules will apply, as indicated above.
 - (ii) Platform pedals are allowed, providing a quick-release mechanism is fitted to ensure the release of the feet in the case of a fall.
- f) Illegal Equipment
 - (i) UCI rules will apply, as indicated above. Illegal equipment includes, but is not limited to:
 - Headphone(s), headset(s) or technical earplug(s);
 - Glass containers;
 - Bike or parts of the bike not complying with these rules.
- g) Any equipment of devices (including but not limited to cameras and video-cameras) carried during the bike segment or added to the bike is subject to approval by the Race Referee before the race. Non-approved devices are forbidden and may result in the disqualification of the athlete

5.3. Bike Check:

- a) A visual bike check may take place upon check-in to the Transition Area before the competition. Technical Officials will check that the bikes comply with the Tri NZ Competition Rules. (Note: Bike checks undertaken by Technical Officials are only to ensure compliance with Tri NZ rules. It is not to be considered as a safety check, although if any safety defects are observed by the TO's the defects be must corrected prior to race start. It is the responsibility of the athlete to ensure that their bike is safe to use.)
- b) Athletes may request approval from the Technical Delegate during the Athletes' Briefing to allow them to make modifications, if necessary, to comply with the rules.

5.4. Overlapping:

- a.) Athletes who have been lapped during the bike segment of the draft legal races, (Elite, U23 and Junior categories) will be withdrawn from the race by the Technical Officials. Technical Officials may anticipate this decision, for safety reasons, if the athlete is no more than 100 meters ahead of the leader and the Technical Official is confident that the overlapping will happen. This provision can be modified by the TD.

5.5. Drafting:

a.) General Guidelines

- (i) There are two kinds of competitions, depending of the allowance of drafting:
- Draft legal races
 - Draft illegal races.
- (ii) The races will be draft legal or draft illegal according to this table:

| | Junior | U23 | Elite | Age-Group | Paratriathlon |
|---|--------|-------|---------|-----------|---------------|
| TRIATHLON | | | | | |
| Team Relay | legal | legal | legal | | |
| Sprint Distance | legal | legal | legal | both | illegal |
| Standard Distance | | legal | legal | illegal | illegal |
| Long & Ultra Distance Triathlon | | | illegal | illegal | illegal |
| DUATHLON | | | | | |
| Team Relay | legal | legal | legal | | |
| Sprint Distance | legal | legal | legal | both | illegal |
| Standard Distance | | Legal | legal | illegal | illegal |
| Long Distance | | | illegal | illegal | illegal |
| AQUATHLON | | | | | |
| WINTER TRIATHLON (all distances) | legal | | | | |
| CROSS TRIATHLON AND DUATHLON (all distances) | legal | | | | |

b.) Draft-Illegal Races:

- (i) Drafting from another athlete or motor vehicle is forbidden. 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:
- Bicycle Draft Zone: the Draft Zone will be a rectangle. The width will always be 3 metres wide. The center of the leading 3-metre edge will be measured from the leading edge of the front wheel. The length of the rectangle will measure 10 metres; for all race distances;
 - An athlete may enter the Draft Zone of another athlete, but must be seen to be progressing through that zone. A maximum time of 20 seconds will be allowed to pass through the zone of another athlete:

- Vehicle Draft Zone will be a rectangle thirty-five (35) metres long by five (5) metres wide, which surrounds every vehicle on the bike segment. The front edge of the vehicle will define the center of the leading 5 metre edge of the rectangle.
- (v) Entry into the bicycle drafting zone: An athlete may enter a bike Draft Zone in the following circumstances:
- If the athlete enters the Draft Zone, and progresses through it within 20 seconds in the overtaking manoeuvre;
 - For safety reasons;
 - 100 metres before and after an aid station or transition area;
 - At an acute turn;
 - If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.
- (vi) Overtaking:
- An athlete is passed when another athlete's front wheel is ahead of theirs;
 - Once overtaken, an athlete must move out of the Draft Zone of the leading athlete within 20 seconds.
 - Athletes must keep to the side of the course and not create a blocking incidence. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course. The penalty for blocking is the same as for drafting, refer to 5.6l
- (vii) For Long Distance and Ultra Distance events the following will also apply:
- Side by side riding is not allowed unless the athlete on the right hand side is in the act of passing another bike or vehicle.
 - An athlete must not repeatedly enter and exit the draft zone of the same athlete in front of them to gain an advantage.
 - If making a pass where more than one athlete is involved the athlete making the pass can only "drop in" between athletes where the distance between those athletes is more than the legal draft zone.
- (viii) See the diagrams below for events where left hand side road rules apply.

Diagram 1 Distance of Drafting Zone for ALL Competitors

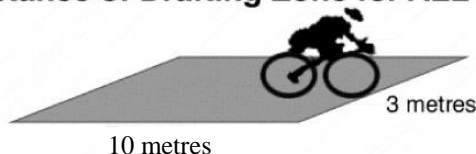
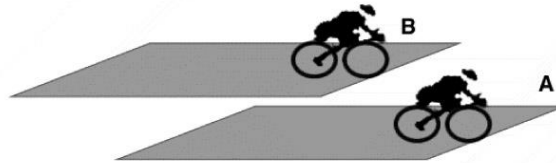
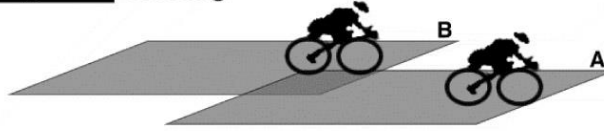


Diagram 3 Blocking



A and **B** are maintaining adequate separation between each other, even though they are abreast to one another. **B** is not drafting **A** in this instance. **A** however, is now in a **BLOCKING** position. If **A** remains out to the Right Hand Side, **A** will receive a blocking penalty.

Diagram 2 Drafting



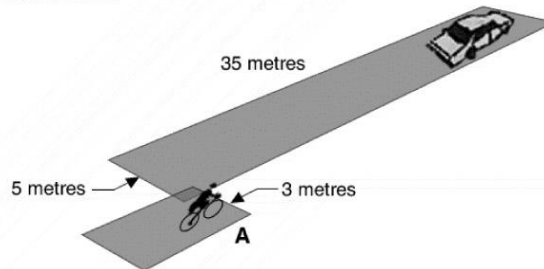
A has overtaken **B** and **B** is now drafting the lead cyclist **A**. **B** must drop out of **A**'s draft zone before attempting to re-pass **A**. **A** must move to the Left Hand Side of the road when safe otherwise **A** can be called for blocking. **B** can only overtake **A** on **A**'s Right Hand Side.

Diagram 4 Drafting and Not Drafting



A and **B** are maintaining adequate separation. **C** is not attempting to pass **B**. **C** is drafting **B**. **A** and **B** are not drafting.

Diagram 5 Vehicle Draft Zone



A is travelling at the same speed as the vehicle. **A** is drafting. **A** must move to the Left Hand Side of the road otherwise **A** can also be called for blocking.

5.6. Penalties for Drafting:

- It is forbidden to draft in a race declared as draft illegal.
- Technical Officials will notify athletes who are drafting that they are subject to a Stop and Go Time Penalty sanction. This notification must be clear and unambiguous and will be undertaken as described in rule 3.2 (g). Note that for safety reasons a Technical Official may have to delay notifying the athlete of the penalty. The penalty may be notified to the athlete at any time after the drafting violation has occurred;
- The Stop and Go Time Penalties for drafting are as follows:

- (i) In a Sprint race (20km cycle or shorter): 1 minute
 - (ii) In a Standard Distance race (40km cycle): 2 minutes
 - (iii) In a Long Distance race (90km cycle): 3 minutes
 - (iv) In an Ultra Distance race (180km cycle); 4 minutes
- c) The Stop and Go Time Penalty may be administered either at the road side or at a Penalty Box. Athletes will be advised which of these two methods will be used at each race.
- (i) For a road side penalty, the athlete must stop on the left-hand side of the road as soon as it is possibly to do so safely
 - (ii) If Penalty Boxes are being used, the athlete must stop at the next penalty box.
 - (iii) The Stop and Go Time Penalty shall commence when the athlete has stopped and dismounted their bike with both feet on the same side of the bike.
 - (iv) Arguing or debating the penalty with the Technical Official may result in the commencement of the Stop and Go Time Penalty being delayed. Abuse of the Technical Official may result in disqualification under rule 2.1.a (v).
- d) If a Penalty Box system is in use it is the athlete's responsibility to stop in the next Penalty Box. Failing to do this will result in 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 Long and Ultra Distance events.

6 RUNNING CONDUCT:

6.1. General Rules:

- a) The athletes will:
 - (i) Run or walk;
 - (ii) Not crawl;
 - (iii) Not run with a bike helmet on;
 - (iv) Not use posts, trees or other fixed elements to assist manoeuvring curves;
 - (v) Not be accompanied by team members, team managers or other pacemakers on the course.

6.2. Finish Definition:

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

6.3. Illegal Equipment:

- a) Headphone(s) and headset(s);
- b) Glass containers;
- c) Running shoes with spiked soles.

7 TRANSITION AREA CONDUCT:

7.1. General Rules:

- a) All athletes must have their helmet securely fastened from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;
- b) Helmet must not be fastened until after it has been placed on the athletes head (i.e. the helmet may not be pre-fastened).
- c) Athletes must use only their designated bike rack and must rack their bike;
- d) Athletes must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or left in the space of another athlete. If a bin is provided all the equipment that is already used should be deposited inside the bin.
All unused equipment must be placed beside the bin, on the ground, but in the athletes' individual space.
- e) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike. Running shoes can be placed in front of/outside the box as close as possible to the bike rack;
- f) Athletes must not impede the progress of other athletes in the Transition Area;
- g) Athletes must not interfere with another athlete's equipment in the Transition Area;
- h) Cycling is not permitted inside the Transition Area: Athletes must mount their bicycles after the mount line and dismount their bicycles before the dismount line;
- i) Nudity or indecent exposure is forbidden;
- j) Only items used during the competition can be placed in the Transition Area during the competition. Technical Officials may at their discretion remove any additional items left in the transition area
- k) Athletes cannot stop in the flow zones of the Transition Area;
- l) Marking position in the Transition Area is not allowed.

7.2. Team Tag Relays:

- a.) Team tag changeovers must be completed in the designated area. At the discretion of the Technical Delegate this will be either at the bike racks or in a dedicated team tag area.
- b.) In races where a single timing transponder is being exchanged between team members as a "batten", if a team has lost their transponder they will receive a 30 second stop and go penalty for each exchange that takes place without the transponder. This will be served in the designated team tag area as described above.

8 COMPETITION CATEGORIES

8.1. National Championship Categories

Triathlon New Zealand may organise National Championships in the following distances and categories as shown in the chart below:

| | Elite | U23 | Junior | Age-Group | Paratriathlon |
|-------------------------|----------------|-----|--------|-----------|----------------------|
| TRIATHLON | | | | | |
| Team Tag | As per 2.5 (f) | | | | |
| Sprint Distance | yes | yes | yes | yes | yes |
| Standard Distance | yes | yes | | yes | |
| Long Distance | yes | | | yes | yes |
| Ultra Distance | yes | | | yes | yes |
| DUATHLON | | | | | |
| Sprint Distance | yes | yes | yes | yes | yes |
| Standard Distance | yes | yes | | yes | yes |
| Long Distance | yes | | | yes | yes |
| AQUATHLON | | | | | |
| Standard Distance | yes | yes | yes | yes | yes |
| AQUABIKE | | | | | |
| Long Distance | no | no | no | yes | yes |
| WINTER TRIATHLON | | | | | |
| Distances to be agreed | yes | yes | yes | yes | yes |
| CROSS TRIATHLON | | | | | |
| Sprint Distance | yes | yes | yes | yes | yes (excluding TRI1) |
| Standard Distance | yes | yes | | yes | |

8.2. Related Multisport Categories

As the sole governing body in New Zealand for Triathlon, Duathlon and the other related multisports which fall under the jurisdiction of ITU, Tri NZ may also organise National Championships in other disciplines including cross triathlon and multisport over distances and in categories to be decided at the time these championship events are sanctioned. Tri NZ may also choose to introduce a team relay category to any of the multisport disciplines it administers.

8.3. School Categories

In addition to the categories shown in the above tables, Tri NZ is also the sanctioning body for National Schools Championships conducted for Triathlon, Duathlon, aquathlon, winter triathlon and any other multisport disciplines administered by ITU. The standard distances for School Events vary dependent on age – for details see appendix B.

9 PRIZES AND AWARDS

9.1. Prize Money

- a) Prize money shall be distributed equally between men and women in amount but may be varied in depth depending upon the number of competitors in each prize category.

9.2. Awards

- a) Athletes who are a NZ Citizen/Permanent Resident and place 1st, 2nd or 3rd at any Tri NZ National Championship event will be awarded an official Tri NZ Medal (gold, silver, bronze).

Where a non-NZ Citizen/Permanent Resident is placed 1st, 2nd or 3rd at any national championship event the medal shall be awarded to the next highest placed NZ Citizen/Permanent Resident.

9.3. Primes

- a) A Prime is an award given to the competitor who is leading at a pre-determined point (or points) of the race. If Primes are to be awarded they will be subject to the following rules;
 - (i) The point or points on the course at which the Primes are to be awarded must be advised to competitors in advance.
 - (ii) The athlete who is leading the race at the prime points shall win the Prime but must carry on to complete the race to be eligible for the award.
 - (iii) If the Prime is not collected by an athlete due to not finishing the event the Prime may be paid to the highest placed athlete at the prime point who carries on to complete the race, or it may not be paid at all. Athletes are to be advised which of these options will apply prior to the race.
 - (iv) Primes will be judged by Technical Officials, ideally supported by photo finish or video equipment. If the Technical Officials are unable to separate a tie the Prime will be split equally among the competitors involved.
 - (v) The amount of the Primes must be announced at the athletes briefing and must be equal for both men and women.

10 TECHNICAL OFFICIALS

10.1. General

- a) The duties of the Technical Officials are to conduct the competition in accordance with the Tri NZ Competition Rules.

10.2. Tri NZ Technical Officials

- a) The technical officials at all races conducted under Tri NZ Competition Rules are:
 - (i) The Tri NZ Technical Delegate (TD) shall lead the team of technical officials and ensure that the event is conducted in accordance with Tri NZ competition rules and standards. For sanctioned and endorsed events the TD shall ensure that the event is delivered in accordance with the undertakings made by the LOC in their sanctioning or endorsement application. In conjunction with the Race Referee, and the Competition Manager, deliberate on all safety and fairness matters relating to the course, the transition, the race organisers equipment and the competitors. In consultation with the Tri NZ Technical Manager and/or TAG the TD shall appoint the Technical Officials assigned to the event to their specific roles. The TD shall also complete the post-race report based on their observations and those of the Technical Officials assigned to the event.
 - (ii) The Race Referee (RR) makes final judgments on rule violations and will hear and rule on any protests which may be lodged. The RR shall also assist the TD and if a TD is not appointed, the RR will lead the technical officials at the event.
 - (iii) The Chief Race Official (CRO) – monitors the work of all Technical Officials. Except in large events this role will not usually be assigned in which case this role will be undertaken by the TD and/or the RR;
 - (iv) Technical Officials are assigned to different sections of the event which may include registration, start, finish, Transition Area(s), swim, bike, run, wheel stations, prime lines, aid stations, technology, Penalty Boxes and vehicle control. An adequate number of Technical Officials will be assigned to each area and will be responsible for the enforcement of Tri NZ Competition Rules within their assigned jurisdiction. Usually, but not always chief officials will be appointed to manage the key sections of the event including swim, bike, run and transition in which case they will coordinate the other TO's assigned to that section under the overall leadership of the TD, RR and, if appointed, the CRO.
 - (v) A breakdown of the duties to be undertaken by Technical Officials prior to, during and after the race is contained in appendix D. Note that the information contained the appendix is for guidance of the Technical Officials only. Depending on the number of officials available and the nature of the event it may neither be possible, nor appropriate, to undertake all of the duties listed. For the avoidance of doubt, the failure of the Technical Officials to undertake all of the roles listed shall not be grounds for a successful protest or appeal unless a clearly demonstrable unfair advantage or disadvantage has resulted.
 - (vi) Race Marshals are appointed by the Competition Manager, to direct traffic flows, rescue endangered competitors and assist in spectator and traffic control. Others are appointed by and answerable to the supervisor of the temporary traffic management plan if such is in place. While competitors must obey the directions of the Race Marshals, these officials do not have any authority to assess Tri NZ rule

violations or issue penalties themselves however they may be called as witnesses in respect of any protests or appeals. Under rule 2.1 (a) (iv) a competitor may be disqualified for disobeying or ignoring the instruction of an official which includes these race marshals;

- (vii) The Competition Jury is appointed by the Technical Delegate.

10.3. Competition Jury

- a) The Tri NZ Technical Delegate will appoint the members of the Competition Jury as follows:
- (i) The Competition Jury shall be a minimum of two and not more than three and the persons appointed must be fully conversant with these competition rules;
 - (ii) The Technical Delegate shall chair the Competition Jury;
 - (iii) The other jury members may include the Competition Manager, a Member of the Tri NZ Technical Advisory Group, a member of the Tri NZ Board or any other person who is conversant with these rules and is free of any conflicts of interest;
 - (iv) A member of the Tri NZ Board must be part of the Competition Jury for National Championship events.
- b) Duties of the Competition Jury:
- (i) The Competition Jury rules on all appeals and all protests;
 - (ii) The Competition Jury may recommend the modification of the competition results as a consequence of their decision on the appeal or protest;
 - (iii) The Competition Jury chair is responsible for filing a written statement on all appeals and decisions reached.
- c) Competition Jury Integrity:
- (i) The Competition Jury observes the following principles:
 - Give equal weight to the evidence and testimony provided by all.
 - Recognise that honest testimony can vary and be in conflict as a result of personal observation or recollection.
 - Keep an open mind until all evidence has been submitted.
 - Recognise that an athlete is innocent until the alleged violation has been established to the complete satisfaction of the Competition Jury.
 - (ii) Conflict of interest:
 - Competition Jury members (including the Jury chair) must declare potential conflicts of interest relating to any appeal which is to be heard.
 - The chair of the Competition Jury shall then decide if the member has a conflict of interest.
 - In case of a conflict of interest, the chair of the Competition Jury may replace the member who has the conflict of interest at his/her discretion.
 - The chair of the Competition Jury must never have a conflict of interest.

10.4. Technology Tools:

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

10.5. Technical Official Appointment and Certification

- a) Tri NZ has the overall responsibility for the appointment of Technical Officials for all Tri NZ sanctioned or endorsed events. In making these appointments guidance is to be provided by the Technical Advisory Group (TAG) especially in respect of the appointment of the official who will lead the Technical Officials at the event. Depending on the event this could be the Technical Delegate (TD) or the Race Referee (RR).
- b) Tri NZ will inform the Technical Delegate or Race Referee of their appointment and provide them with a list of the Technical Officials who are available for the event. The TD, or RR, will then assign the TO's to the various roles that are required. Where necessary mentors may be assigned to assist less experienced officials who are stepping up to a new role. The TAG may also be asked to advise on the assignment of roles to ensure that the TO's appointed are appropriately skilled and experienced to undertake their appointment.
- c) Tri NZ shall provide Technical Official training programmes to ensure that official's are appropriately trained and certified. Tri NZ shall set and publish the criteria under which Technical Officials can advance or maintain their level of certification. This criteria may be varied from time to time but shall be kept in alignment with the ITU Technical Official programme for those officials with ITU certification and to provide a pathway for those officials who aspire to ITU certification.

10.6. Volunteer & Technical Officials Briefing:

- a) All volunteers (Race Marshals) and Technical Officials who are assigned to areas of responsibility on the Field of Play (FOP), must be briefed on their role and responsibility. At a minimum this briefing shall include:
 - An overview of the event including the course and key times.
 - A description of the specific role or duties for each individual
 - Briefing for volunteers / Race Officials on what assistance can be provided to athletes under these rules
 - Key safety information including a briefing on any specific hazards or risks which may be present depending on the role being undertaken
 - Instructions on how to summon medical assistance

11 PROTESTS

11.1. General

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

11.2. Protests Concerning the Course

- a) Protests concerning the safety of the course or its variance to the regulations must be made to the Race Referee no later than one (1) hour before the start of the race.

11.3. Protests Concerning the Race:

- a) An athlete, who protests against another athlete or official, must do so to the Race Referee within thirty (30) minutes of his/her finish time. However, the intention to write a protest has to be announced to the Race Referee within fifteen (15) minutes of his/her finish time.

11.4. Protests Concerning Timing and Results:

- a) Protests concerning an error in timing must be delivered within thirty (30) minutes after the posting of the unofficial results by the Race Referee.

11.5. Protests Concerning Equipment:

- a) Protests concerning an athlete's equipment, which infringes on the conditions set out in the Tri NZ Rules, must be delivered to the Race Referee thirty (30) minutes after his/her finish time. However, the intention to write a protest has to be announced to the Race Referee within fifteen (15) minutes of his/her finish time.

11.6. Contents of a Protest:

- a) A deposit of NZ\$ 50 must accompany the appropriate protest 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 Tri NZ. Protest forms may be obtained from the Race Referee. A sample of the protest form is included in Appendix E.
- b) Information to be included:
 - The alleged rule violated;
 - The location and approximate time of the alleged violation;
 - Persons involved in the alleged violation;
 - A statement, including a diagram of the alleged violation, if possible;
 - The names of witnesses who observed the alleged violation.

11.7. Protest Procedures:

The following procedure will be followed in the event of a protest:

- a) Protests will be filed with the Race Referee, signed by the protester, within the time limits specified above;
- b) The content of the protest shall be made immediately available to the competitors and officials involved, prior to the hearing;
- c) The protester and the protestee must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Race Referee will determine if the absence from the hearing is valid;
- d) Failure of any party to attend the hearing may justify the Race Referee making a decision without them;
- e) A representative for either the protester or the accused may be designated to appear if approved by the Race Referee;
- f) The hearing will not be open to the public;
- g) The Race Referee will read the protest;
- h) The protester and the protestee will be given adequate time to give their account of the incident;
- i) Witnesses (two each) may speak for three (3) minutes each;
- j) The Race Referee will hear the evidence and render a decision;
- k) The decision will be posted immediately, and delivered in writing to the parties upon request.
- l) Protest Time Limit: The time for an athlete to file a protest is not later than 30 minutes after finishing and the time to appeal is no later than 30 minutes after finishing or the posting of the infraction or the outcome of a protest being posted, whichever is later. However the intention to write a protest has to be announced within fifteen (15) minutes after finishing or posting of the infraction.

12 APPEALS:

12.1. Appeal Jurisdiction:

- a) An appeal is a request for a review of a decision made by the Race Referee. This may include an appeal of a decision made prior to the race, during the race or after the race, including a ruling made as an outcome of a protest. A sample of the Appeal Form is available in Appendix E.
- b) Where Tri NZ Competition Rules do not cover the incident, FINA, UCI, FIS and IAAF Rules will apply.

12.2. Levels of Appeal:

- a) Level 1: An athlete may appeal the decision of the Race Referee to the Competition Jury. Each appeal will be accompanied by a fee of NZ\$50 which will be refunded if the appeal is successful. If the appeal is denied, there will be no refund and the money will be retained by Tri NZ (Note: If the appeal is being made subsequent to an unsuccessful protest this fee is in addition to the original protest fee. If the appeal is upheld both the original protest fee and the appeal fee shall be refunded). The time for an athlete to file an appeal is no later than thirty (30) minutes after his or her finishing time or the posting of the infraction, whichever is later. However the intention to write an appeal has to be announced to the Race Referee within fifteen (15) minutes of his/her finishing time or posting of the infraction, or the posting of the outcome of a protest.
- b) Level 2: The decision of the Competition Jury may be appealed in writing to the Triathlon New Zealand Board. Such an appeal must be received by Tri NZ within 14 days of the decision of the Competition Jury. An appeal fee of \$100 shall be paid in conjunction with the appeal but shall be refunded if the appeal is upheld.

12.3. Appeal Contents:

- a) The appropriate appeal form can be obtained from the Race Referee and must be submitted with the appropriate appeal fee of NZ\$ 50 (level 1) or NZ\$100 (level 2).
- b) An appeal will contain:
 - (i) Competition name, location, date;
 - (ii) Appellant's name, address, phone, fax, email;
 - (iii) Witness(s): name;
 - (iv) Decision appealed;
 - (v) Facts of the violation;
 - (vi) Rationale/summary of appeal.

12.4. Level 1 Appeal Procedures:

- a) The following procedure will be followed in the event of an appeal to the Competition Jury:
- b) Appeals will be filed in writing to the Race Referee, signed by the appellant, within the time limits specified above. The Race Referee will pass the appeal form to the Technical Delegate who is responsible for convening the Competition Jury;
- c) The Technical Delegate shall convene the Competition Jury as soon as it is practical to do so. Ideally this will be immediately following the race but if this is not possible for any reason, including the availability of suitably qualified jury members or any other persons who may be required for the hearing it may be postponed for up to 72 hours following the race. (If an appeal is pending at the time of the prize giving, the provisional results shall be used to allow the prize giving to proceed but trophies and/or medals and/or prizes will be withheld until the outcome of the appeal is confirmed).
- d) The appellant and any other athletes or officials involved in the matter being appealed and/or their representative should be present at the Competition Jury hearing. If it is not possible or practical for any of these parties to be present, either in person or as part of an audio conference the Technical Delegate has the discretion to take into consideration written statements. If the appellant does not attend, the appeal hearing may be postponed or cancelled. The Competition Jury will determine if the absence from the hearing is valid;
- e) Failure of any party to attend the hearing may justify the Competition Jury making a decision without them;
- f) A representative for either the person appealing or the accused may be designated to appear if approved by the Chairperson of the Competition Jury;
- g) The hearing will not be open to the public;
- h) The Competition Jury Chairperson will read the appeal;
- i) The appellant and the accused will be given adequate time to give their account of the incident;
- j) Witnesses (two each) may speak for three (3) minutes each;
- k) The Competition Jury will hear the evidence and render a decision, by simple majority;
- l) The decision will be posted immediately, and delivered in writing to the parties upon request.

12.5. Level 2 Appeal Procedures:

- a) The following procedure will be followed in the event of an appeal to the Triathlon New Zealand Board:
- b) Appeals will be filed in writing to Tri NZ, signed by the appellant, within the time limits specified above.

- c) The President of Tri NZ shall convene the Tri NZ Board as soon as it is practical to do so.
- d) The Tri NZ Board shall assemble such information as it deems necessary in order to make a decision on the appeal. As a minimum this shall include the information listed in 12.3.b above, along with the written report from the Competition Jury which heard the Level 1 appeal.
- e) The Tri NZ may chose to hear oral submissions from any parties involved in the appeal or may make a decision based only on the written material.
- f) The hearing will not be open to the public;
- g) The Board Chairperson will read the appeal;
- h) The Board will render a decision, by simple majority;
- i) The decision will be posted immediately, and delivered in writing to the parties upon request.

13 PARATRIATHLON COMPETITION RULES

13.1. General

- a) Rule 17 of the ITU Competition Rules covers the conduct of Paratriathlon events. Subject to the provisions of Rule 13.1 (b) the ITU Paratriathlon Rules have been adopted in entirety by Tri NZ and shall apply to all Paratriathlon events conducted in New Zealand. The ITU Competition rules are available from the ITU website: www.triathlon.org.
- b) Paratriathlon events will typically be conducted in conjunction with open-entry triathlons. Because of the small number of competitors it may not be possible or practical to apply all of the provisions of ITU Rule 17 without some modification. The Competition Manager, in consultation with the Technical Delegate and the Paratriathletes involved may agree to vary these rules provided that no unfair advantage is gained and that safety is not compromised.

14 SPECIFIC COMPETITION RULES FOR ITU RELATED MULTISPORTS

14.1. General

- a) Appendix G lists the various multisport events which are administered by ITU.
- b) The ITU Competition Rules for the following multisport events have been adopted by Tri NZ and shall be applied to any such events conducted in New Zealand.
 - Indoor Triathlon
 - Winter Triathlon
 - Cross Triathlon and Duathlon
- c) To the extent that it may not be possible or practical to apply the ITU rules in their entirety, attention is drawn to rule 1.4 and 1.5 which permit modification to the rules or for specific regulations to be put in place for specific events.

14.2. Multisport Racing

- a) Definition: Multisport Racing involves any combination of disciplines including on and off-road running, road cycling, mountain biking and kayaking.
- b) To the extent that these disciplines are already covered by other competition rules, those rules shall apply as follows:
 - (i) Sections of the event which include road cycling and road running shall be governed by the cycling and running conduct rules in sections five and six respectively
 - (ii) Sections of the event including mountain biking and off-road running shall be governed by the ITU Cross Triathlon and Duathlon rules as described in section 14.1 b.
- c) Kayaking sections of the event shall be governed by the kayaking conduct rules in section 14.3.
- d) All competitors are subject to the general rules of conduct set out in section two of these competition rules.
- e) The nature of multisport racing is such that competitors often require assistance with equipment during transitions. The Competition Manager may set specific regulations in respect of the nature of assistance that may be provided, the number of assistants that are allowed and the areas in which assistance can be provided.
- f) Race bibs and equipment numbers must be worn/affixed as determined by the Competition Manager.
- g) To the extent that it may not be possible or practical to apply the Tri NZ Competition Rules in their entirety, attention is drawn to rule 1.4 and 1.5 which permit modification to the rules or for specific regulations to be put in place for specific events.
- h) Entry Form Detail: Entry Forms must include:
 - (i) The grade of river and/or anticipated water conditions
 - (ii) Minimum kayaking ability grade
 - (iii) Equipment permitted
 - (iv) Safety requirements including compulsory equipment to be carried
 - (v) Transition assistance permitted
 - (vi) Event cut-off times

14.3. Kayaking Conduct

Where the event includes a kayaking section the following rules shall apply:

- a) Kayak Equipment
 - (i) The Competition Manager may limit the types of craft which may be used in the event
 - (ii) Kayaks may be subject to safety scrutineering including requirements for the amount of reserve buoyancy that is required.
 - (iii) A properly fitting, approved hard-shell kayaking helmet must be worn and securely fastened at all times. The requirement for kayaking helmets may be dispensed with by the Race Director depending on the nature of the course (e.g. for sea, lake or flat-water courses).
 - (iv) All competitors must wear an approved buoyancy aid capable of supporting 7kg minimum. The buoyancy aid must remain fastened throughout the kayak section.
 - (v) If required by the Competition Manager, spray skirts must be fitted and remain in place throughout the kayak section
- b) Wash hanging may be either permitted or prohibited. Where it is prohibited, competitors must keep clear of a zone extending 3 metres behind and 2 metres either side of a craft ahead of them unless they are passing the craft in front of them. The penalties for wash hanging will be announced prior to the start of the event and may include a time penalty or disqualification for repeated violations.
- c) All Competitors must be able to affect self-rescue. Where the race is on a river of grade 2 or above, competence certificates may be required before a competitor will be allowed to start.
- d) Rules of the sea apply at all times, whether on sea, lake or river.
- e) Illegal Equipment:
 - (i) Any form of propulsion other than a paddle
 - (ii) Glass containers.

14.4. Aquabike

Where the event consists of Swimming, T1, biking and T2 and a short run to the finish line.

Aquabike is rule by the same rules as the relative distance Triathlon

Athletes will finish the race at the finish line located close to T2 exit. The time registered at this point is the final time.

APPENDIX A: DEFINITIONS

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| Aid | Any food, drink, equipment or relief allowed by the Tri NZ Competition Rules. |
| Appeal | A request to the Competition Jury of an event or the TRI NZ Board for a review of the decision of the Race Referee/Competition Jury. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to the Tri NZ Board independently). |
| Appellant | An athlete submitting an appeal. |
| Aquabike | Multisport which combines swim and cycle in two segments; the first segment is swimming and finishing with cycling. There is generally a short run from the end of the cycle to the finish line, |
| Aquathlon | The term recognised by the Tri NZ for a sport of individual character and motivation that combines swimming and running skills in continuum. |
| Athletes | The competitors who register for and compete in Events. |
| Athletes' Briefing | The meeting for athletes conducted the Competition Manager. This briefing may include material regarding the application of race rules presented by the Technical Delegate or the Race Referee. |
| Bike Course | That part of the race course over which it has been defined in the Athletes' Briefing that 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. |
| Blocking | The deliberate impeding or obstructing of progress of one athlete by another. An athlete on the bike course, who is not keeping to the appropriate side of the road. |
| Charge | The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress. |
| Chief Technical Official | Appointed by the Technical Delegate or the Race Referee and is responsible for the control and co-ordination of the deployment of Technical Officials. |
| Competition Jury | The jury appointed and chaired by the Technical Delegate. It is held responsible to determine, to hear and to rule on all appeals against decisions handed down through the Race Referee, including decisions on protests. |
| Competition Manager | The individual who is appointed by the LOC to manage the operational aspects of a Triathlon or other related multisport race. (Note: In practice, if the LOC is an individual race organiser/promoter this person may also be the Competition Manager, but distinction is drawn between the role of the LOC and that of Competition Manager). |
| Competition Rules | The official Tri NZ Competition Rules, which govern all Triathlon, and other related multisports events in New Zealand, unless that sport is under the jurisdiction of an international governing body recognised by IOC, CISM or Sportaccord. |

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| Course | A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications. |
| Crawling | The action by an athlete of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion. |
| Dismount Line | A designated line at the entrance to 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. Athletes must place at least one foot on the ground prior to crossing the dismount line. |
| Disqualification | A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the race as a whole, and the athlete's results will appear as DSQ. |
| Draft Zone (Bicycle) | The draft zone (bicycle) is a rectangle created by every athlete on the cycle course in which other athletes can enter for a limited period of time and for overtaking purposes. The dimensions of the draft zone are 10 metres x 7 metres as illustrated in rule 5.5 (b) (vii) |
| Draft Zone Vehicle | The draft zone for a motor vehicle is a rectangle 35 metres long and 5 metres wide which surround every vehicle on the bike course. The centre front of the vehicle defines the centre of the leading 5 metre edge of the rectangle. |
| Drafting | Any time the draft zone of an athlete overlaps the draft zone of another athlete, vehicle or motorcycle on the bike course of an event. |
| Duathlon | The term used by the Tri NZ and ITU for a sport of individual character and motivation, which combines cycling and running skills in continuum. |
| Elite | Elite athletes are those competing in elite races. |
| Expulsion | An athlete penalised by expulsion will not be permitted, during his or her lifetime, to take part in any Tri NZ sanctioned event, or any event sanctioned by any other member associations (National Federation) affiliated with the ITU. |
| Field of Play (FOP) | The course on which the competition portions of the event will take place. |
| Finisher | An athlete who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet). |
| Force Majeure | Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, transportation delay or any other act of nature, event which is not reasonably within the control of the party affected. |

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| Incapable Athlete | An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another athlete. |
| Indecent Exposure | The wilful 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 wilful complete uncovering of one or both nipples. |
| Interference | A deliberate block, charge or abrupt motion, which impedes another athlete. |
| International Triathlon Union (ITU) | The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a not-for-profit corporation incorporated under the laws of Canada, domiciled and residing at #221-998 Harbourside Dr., in the city of North Vancouver, Province of British Columbia, Canada. |
| ITU Competition Rules | The document that contains all the rules and regulations that governs fair and safe competitions. |
| Local Organising Committee (LOC) | The Organisation or Individual who is responsible for facilitating/organising and staging a race to be conducted under Tri NZ Competition Rules. |
| Long Distance | Where this term is used in these rules it refers to a Triathlon comprising a 2000 metre swim, 90 kilometre cycle and a 21 kilometre run. |
| Mount Line | A designated line at the exit from the Transition Area onto the bike course or after which athletes are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit of the Transition Area and be identified by flags/line/Technical Official, or combinations thereof. Athletes must place at least one foot on the ground beyond the mount line before mounting their bicycle |
| National Federation (NF) | National triathlon governing body affiliated to ITU. |
| Overtake | On the bike course, when the leading edge of the front wheel of the overtaking bike moves in front of the leading edge of the front wheel of the bike being overtaken. An athlete can pass another athlete only on the appropriate side. |
| Outside Assistance | Any attempt by a third party or an unofficial source to help or to assist an athlete. The provision of spare parts or tools to one athlete by another athlete is not considered to be outside assistance provided that the act of providing the spare parts or tools would not prevent the donor athlete from continuing in the race, regardless of whether the donor athlete is physically able to continue or has made a decision not to continue. This is best explained in the following examples: <ul style="list-style-type: none"> • An athlete may provide another athlete with, for example, a spare tube or the use of tyre levers or a pump as the provision of these items would not prevent the donor athlete from continuing in the race |

- An athlete may not offer another athlete parts of their bicycle (or indeed the entire bicycle) if the absence of that part or parts would prevent the donor from continuing in the race regardless of whether they are physically able to continue or have made a decision to withdraw.
- This means that under no circumstances can an athlete offer another the use of a wheel as the absence of that wheel would prevent the donor from continuing. This applies even if the donor athlete is injured, has withdrawn from the race or has suffered a mechanical breakdown that prevents them from continuing.

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| Pack | Two or more athletes with overlapping draft zones. |
| Pass | When one athlete's bike draft zone overlaps another athlete's bike draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 15 seconds (for standard distance events or shorter events) or 20 seconds (for Long & Ultra distance events). An athlete can pass another athlete only on the appropriate side. |
| Penalty | The consequence on an athlete, who is assessed by a Tri NZ Technical Official to have committed a rule infringement/violation. A penalty may take the form of a Stop and Go Time Penalty, Disqualification, Suspension or Expulsion. |
| Penalty Box | An area on the bike course or the run course, set aside for the implementation of a Stop and Go Time Penalty for a rule infringement/violation. |
| Prime | A prize or award to an athlete who is leading the race at a pre-determined point on the course |
| Protest | A formal complaint against the conduct of another athlete or a race official, or against the conditions of the competition. |
| Protestee | An Athlete or Official the actions of whom are the subject of a protest |
| Protestor | An athlete or official who has lodged (or signalled the intention to lodge) a protest |
| Race Marshal or Race Official | An official appointed by the LOC to undertake roles including (but not limited to) competitor safety, direction of traffic flows, spectator control. Also includes individuals answerable to the supervisor of the Temporary Traffic Management Plan if such is in place and medical event medical personnel. A Race Marshal or Race Official may NOT issue a penalty to an athlete. This definition is included to distinguish Race Marshals from Technical Officials. |
| Race Referee | A Technical Official, who is responsible to the Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials. The Race Referee will also hear and rule on any protests which are lodged. |

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| Results | The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded. |
| Right of Way | When an athlete has established a lead position and pursues a desired course within the limits of these Tri NZ Competition Rules. |
| Run Course | That part of the race course, which has been defined at the Athletes' Briefing where the athlete is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the Transition Area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the Transition Area; the second run course commences at the exit from the Transition Area and concludes at the Finish Line. |
| Sanctioning | A permit issued by the Tri NZ for the conduct of an event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of Tri NZ operating requirements to provide the greatest potential for the conduct of a safe and fair event. |
| Sports Conduct | The behaviour of an athlete during competition. Previously referred to as 'sportsmanship', good sports conduct is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour on the part of an athlete, which is judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules. |
| Sprint Distance | Where this term is used in these rules it refers to a Triathlon comprising a 750 metre swim, 20 kilometre cycle and a 5 kilometre run or a Duathlon comprising a 5 kilometre run, a 20 kilometre cycle and a second run of 2.5 kilometres. |
| Standard Distance | Where this term is used in these rules it refers to a Triathlon comprising a 1500 metre swim, 40 kilometre cycle and a 10 kilometre run or a Duathlon comprising a 10 kilometre run, a 40 kilometre cycle and a second run of 5 kilometres. |
| Stop and Go Time Penalty | A method of imposing a brief delay on an athlete who is assessed by a Technical Official to have unintentionally infringed the rules, for example, drafting on the bike course. A Penalty Box may be used for this penalty. |
| Suspension | An athlete awarded this penalty will not be permitted during the stated suspension period, to take part in any events sanctioned by Tri NZ or other member associations affiliated with the ITU. For any suspension because of a doping violation, the athlete will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by the ITU, the length of the suspension will be determined by the ITU Executive Board. |
| Swim Course | That part of the race course over which it has been defined in the Athletes' Briefing that the athlete is to swim within distinctive lane boundaries. In triathlons and aquathlons, the |

| | |
|--|--|
| | swim course commences at the start line and concludes at the water's edge/exit prior to entry to the Transition Area. |
| Technical Delegate | <p>A Technical Official, who is qualified by Tri NZ, and who is responsible for ensuring that all aspects of the Tri NZ Competition Rules and Event Sanctioning application are fulfilled in preparation for, during, and after the event. Where an appeal is lodged, the Technical Delegate will be the chair of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.</p> <p>*Note that a Technical Delegate will usually only be appointed for major races such as National Championships. At smaller events the role of the Technical Delegate will be undertaken by the Race Race Referee.</p> |
| Technical Advisory Group (TAG) | An advisory group comprising up to five experienced technical officials who are appointed by Tri NZ to provide advice in regard to technical aspects of the sport. |
| Technical Official (TO) | An official who has been formally certified by either Tri NZ or ITU as being qualified to officiate at Triathlon and related multisport events. Only Technical Officials may issue penalties to an athlete. |
| Torso | <p>The human body excluding the neck, the head and the limbs.</p> <p>*For the purposes of rules 5.1 (a) (ii) and 6.1 (a) (iii) which relate to competing in the Bike and Run sections with a Bare Torso, the torso must be covered with a garment which extends to at least 50mm below the nipple line. If a two-piece suit is being worn there may be a gap between the two pieces provided that the upper garment complies with the above requirement. If the garment has a front zip, this may not be opened below the nipple line during any section of the race.</p> |
| Transition Area | A location within a defined boundary, which is not a part of the swim course, the bike course or the run course and within which each athlete is allocated an area for the storage of individual items of clothing and equipment. |
| Triathlon | A sport of individual or team character and motivation, which combines swimming, cycling and running skills in continuum. |
| Triathlon New Zealand Incorporated (Tri NZ) | The governing body for Triathlon and other related multisport competitions in New Zealand. Tri NZ is a National Federation affiliated to the International Triathlon Union. |
| Triathlon New Zealand Board | The group comprising elected and appointed individuals which, under the Tri NZ constitution, are responsible for governance of Tri NZ. With specific relevance to these rules, the Tri NZ board is responsible for ratifying any proposed changes to the competition rules. The Board will also rule on any athlete suspensions or expulsions and will hear level two appeals. |
| Ultra Distance | Where this term is used in these rules it refers to a Triathlon comprising a swim of up to 4000 metre swim, a cycle of up to 180 kilometres cycle and a run of up to 42 kilometres |
| Venue | All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, including without limitation spectators' area, VIP areas, Transition Area, finish area and all other areas under control of LOC. |

Violation

A rule infringement that results in the awarding of a penalty.

Warning

A verbal caution or a Stop and Go Time Penalty issued by a Technical Official to an athlete during the course of a race. The purpose of a verbal warning is to alert the athlete to the potential for a rule violation to occur and to promote a proactive attitude. A Stop and Go Time Penalty is given for minor rule infringements.

APPENDIX B: STANDARD RACE DISTANCES AND AGE RESTRICTIONS**Triathlon:**

| | Swim | Bike | Run | Minimum age required |
|-------------------|-------------|-------------|------------|-----------------------------|
| Team Tag | 200-300 m | 5-8km | 1.5-2.0 km | 11 |
| Short Course | <500 m | <15km | <5 km | 11 |
| Sprint Distance | 750 m | 20 km | 5 km | 16 |
| Standard Distance | 1500 m | 40 km | 10 km | 18 |
| Long Distance | 2000m | 90 km | 21 km | 18 |
| Ultra Distance | 4000 m | 180 km | 42 km | 18 |

Duathlon:

| | Run | Bike | Run | Minimum age required |
|-------------------|------------|-------------|------------|-----------------------------|
| Short Course | <5km | <15km | <2.5km | 11 |
| Sprint Distance | 5 km | 20 km | 2,5 km | 16 |
| Standard Distance | 10 km | 40 km | 5 km | 18 |
| Long Distance | 20 km | 80 km | 10 km | 18 |

Aquabike:

| | Swim | Bike | Run | Minimum age required |
|---------------|-------------|-------------|------------|-----------------------------|
| Long Distance | 1900m + | 80 km + | | 18 |
| | | | | |

Aquathlon:

| | Run | Swim | Run | Minimum age required |
|--------------------------|------------|-------------|------------|-----------------------------|
| Standard Distance | 2.5 km | 1000 m | 2.5 km | 16 |
| Standard Distance (>22 C | | 1000 m | 5 km | 16 |
| Long Distance | 5 km | 2000 m | 5 km | 18 |
| Long Distance | | 2000 m | 10 km | 18 |

Winter Triathlon:

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

NZ School Distances

The following are recommended distances and may be varied slightly to cater for any restrictions associated with different venues:

| Triathlon | Swim (metres) | Cycle (km) | Run (Km) |
|---------------------------|----------------------|-------------------|-------------------|
| Under 12 (minimum age 10) | 200 to 250 | 6 – 8 | 1.5 to 2 |
| Under 13 | 250 | 8 | 1.5 to 2 |
| Under 14 | 350 | 10 to 12 | 2.5 to 3 |
| Under 16 | 500 | 15 | 3.5 to 4 |
| Under 19 | 750 | 20 | 5 |
| | | | |
| Duathlon | Run 1 (km) | Cycle (km) | Run 2 (km) |
| Under 12 (minimum age 10) | 2 | 6 to 8 | 1 |
| Under 13 | 2 | 8 | 2 |
| Under 14 | 2.5 | 10 | 2.5 |
| Under 16 | 3.5 | 15 | 2.5 |
| Under 19 | 5 | 20 | 2.5 |
| | | | |
| Team Tag | Swim (metres) | Cycle (km) | Run (Km) |
| Under 12 (minimum age 10) | 150-200m | 4-6km | 1.0-1.5 |
| Under 13 | 150-200m | 4-6km | 1.0-1.5 |
| Under 14 | 200-250m | 4-6km | 1.0-1.5 |
| Under 16 | 200-300m | 5-8km | 1.5-2.0 |
| Under 19 | 200-300m | 5-8km | 1.5-2.0 |
| | | | |
| Aquathlon | Run 1 (km) | Swim (m) | Run 2 (km) |
| Under 12 (minimum age 10) | 0.5 | 200-250 | 0.5 |
| Under 13 | 1.0 | 200-250 | 1.0 |
| Under 14 | 1.0 – 1.5 | 350 | 1.0 – 1.5 |
| Under 16 | 1.0 – 1.5 | 500 | 1.0 – 1.5 |
| Under 19 | 2.5 | 750 to1000 | 2.5 |
| Water under 22°C | Run 1 (km) | Swim (m) | Run 2 (km) |
| Under 12 (minimum age 10) | N/A | 200 to 250 | 1.0 |
| Under 13 | N/A | 200 - 250 | 2.0 |
| Under 14 | N/A | 350 | 2.0 – 3.0 |
| Under 16 | N/A | 500 | 2.0 – 3.0 |
| Under 19 | N/A | 750 to1000 | 5 |

APPENDIX C: PENALTIES FOR RULE VIOLATIONS

Note: This summary is included in the rules to provide a quick reference point for athletes and officials. If for a particular scenario it is found that the penalty indicated in this appendix conflicts with the penalty which is indicated in the main body of the rules, the penalty listed in the main body of the rules shall prevail.

| Rules | Penalty |
|---|---|
| 1. Starting before the starter's signal; | - Stop and Go (15 seconds in T1) |
| 2. Failing to follow the prescribed course; | - Stop and Go and re-enter the race at the same point. - If the above is not or cannot be complied with, then DSQ - For the guidance of the Race Referee, a time penalty rather than DSQ may be considered if the violation is considered to be not deliberate and the advantage gained is minor |
| 3. Using abusive language or behaviour toward any official; | - DSQ - Possible escalation to Tri NZ Board to consider suspension |
| 4. Using unsportsmanlike behaviour; | - DSQ - Possible escalation to Tri NZ Board to consider suspension or expulsion |
| 5. Blocking, charging, obstructing, or interfering with the forward progress of another athlete; | - If unintentional: Verbal Warning or a Time Penalty (cycle) - If Intentional: Time Penalty (cycle) or DSQ - Blocking on the cycle section of a draft illegal event will be penalized with the same time penalty applied to drafting at that event but DSQ remains an option for serious breaches |
| 6. Unfair contact. (Note: The fact that contact occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favourable positions, is not a violation) | - Unintentionally: verbal warning - Intentionally: DSQ |
| 7. Accepting assistance from anyone other than a Technical Official or Race Official ; | - If it is possible to amend and return to the original situation Stop and Go/Time Penalty - If not possible to return to the original situation, DSQ |
| 8. Refusing to follow the instructions of Technical Officials, Race officials or NZ Police; | - DSQ |

| Rules | Penalty |
|--|--|
| <p>9. Departing the course for reasons of safety, but failing to re-enter at the point of departure;</p> | <ul style="list-style-type: none"> - Unintentionally: verbal warning, and correct if possible - If not corrected, DSQ or a Time Penalty - For the guidance of the Race Referee, if it is found that a competitor has left the course for safety reasons and not correctly rejoined the course, consideration should be given as to whether any unfair advantage has been gained as a result of this breach before deciding on a penalty |
| <p>10. Failure to wear the unaltered race numbers if provided by the Local Organizing Committee, in the proper way ordered by the Technical Delegate and announced on the Athletes' Briefing;</p> | <ul style="list-style-type: none"> - If Unintentional: verbal warning, and correct if possible (e.g. ask the athlete to pull their number to the front on the run) - If not corrected, DSQ |
| <p>11. Leaving equipment or discarding personal articles on the course. Tyres, plastic bottles, and other discarded items must be placed safely off the course and litter may only be discarded at an aid station, in areas specifically designated by the LOC or in rubbish receptacles, which are present on the course.</p> | <ul style="list-style-type: none"> - Stop and Go, and retrieve the discarded item - If it is not possible or practical to safely issue a stop and go penalty within a reasonable time of the infringement occurring, then a time penalty of 10 seconds for sprint distance, 15 seconds for standard distance and 1 minute for long distance will apply. - If not corrected: DSQ |
| <p>12. Wearing items deemed a hazard to self or others;</p> | <ul style="list-style-type: none"> - Stop and Go to remove the offending item - If item cannot be removed (e.g. a hard cast), DSQ |
| <p>13. Using unauthorized equipment to provide an advantage or which will be dangerous to others;</p> | <ul style="list-style-type: none"> - Stop and Go, to correct problem - If not corrected: DSQ |
| <p>14. Violating traffic regulations (e.g. failure to keep left, crossing centre line etc)</p> <p>Note that application of this rule must take into account specific traffic management provisions in place for the event, together with information provided to competitors in regard to these provisions;</p> | <ul style="list-style-type: none"> - Unintentionally: verbal warning, and correct if possible - If taking evasive action to avoid a collision as a result of a sudden or unexpected move by another cyclist or vehicle on the course: No Penalty - Intentionally: DSQ |

| Rules | Penalty |
|---|---|
| 15. Not attending the compulsory athletes race briefing | <ul style="list-style-type: none"> - At races where records of attendance are kept the Technical Director (or Race Referee) will, make a decision on whether the athlete may start the race based on the circumstances of the case (i.e. the athlete's reason for not attending). The competition manager or the event manager may be consulted in reaching this decision. - If the competitor has contacted the Technical Director, Race Referee or LOC in advance with a valid reason that they cannot attend they will be allowed to start. - If there have been no records kept of attendance at the race briefing there is no way of issuing sanctions equitably under this rule. Where individual athletes are identified as not having attended a briefing they will be given a verbal warning. Repeated breaches may result in the athlete not being allowed to start. |
| 16. Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information; | <ul style="list-style-type: none"> - DSQ - Referral to Tri NZ Board for possible suspension |
| 17. Participating when not eligible; | <ul style="list-style-type: none"> - DSQ - Referral to Tri NZ Board for possible suspension |
| 18. Repeated violations of Tri NZ Rules; | <ul style="list-style-type: none"> - DSQ - Referral to Tri NZ Board for possible suspension |
| 19. Drug abuse; | <ul style="list-style-type: none"> - DSQ - Referral to Tri NZ Board for possible suspension - Referral to Tri NZ Board for possible expulsion (for a second offence as outlined in Tri NZ Doping Code) |
| 20. An unusual and violent act of unsportsmanlike behaviour; | <ul style="list-style-type: none"> - DSQ - Referral to Tri NZ Board for possible suspension or expulsion |
| 21. Competing with a bare torso; | <ul style="list-style-type: none"> - Stop and Go and correct if possible - If not corrected, or for a second offence; DSQ |
| 22. During the bike segment, making forward progress without the bike. | <ul style="list-style-type: none"> - Stop and Go and correct if possible - If not corrected; DSQ |
| 23. Nudity or indecent exposure; | <ul style="list-style-type: none"> - DSQ |
| 24. Drafting in a draft illegal Sprint distance event; | <ul style="list-style-type: none"> - 1st offence: 1 minute time penalty either road side or in the next penalty box - 2nd offence: DSQ |
| 25. Drafting in a draft illegal standard distance event; | <ul style="list-style-type: none"> - 1st offence: 2 minute time penalty either road side or in the next penalty box - 2nd offence: DSQ |
| 26. Drafting in a Long distance event; | <ul style="list-style-type: none"> - 1st and 2nd offences: 3 minutes either road side or in the next penalty box - 3rd offence: DSQ |

| Rules | Penalty |
|--|--|
| 27. Drafting in an Ultra distance event; | <ul style="list-style-type: none"> - 1st and 2nd offences: 4 minutes either road side or in the next penalty box - 3rd offence: DSQ |
| 28. Side by Side riding during a Long or Ultra distance | <ul style="list-style-type: none"> - 1st and 2nd offences: 3 minutes (Long) 4 minutes (Ultra) either road side or in the next penalty box - 3rd offence: DSQ |
| 29. Repeated entry and exit of draft zone without completing a pass | <ul style="list-style-type: none"> - 1st and 2nd offences: 3 minutes (Long) 4 minutes (Ultra) either road side or in the next penalty box - 3rd offence: DSQ |
| 30. Dropping in between athletes, during a pass, that are at legal draft distance, during a Long or Ultra Distance event | <ul style="list-style-type: none"> - 1st and 2nd offences: 3 minutes (Long) 4 minutes (Ultra) either road side or in the next penalty box - 3rd offence: DSQ |
| 31. Not stopping in the next penalty box being obliged to do so; | <ul style="list-style-type: none"> - DSQ |
| 32. Wearing the helmet unfastened or insecurely fastened, during the bike segment (from the time that the bike is removed from the rack in T1 until after the bike has been racked again in T2); | <ul style="list-style-type: none"> - Stop and Go to correct - If not corrected, DSQ |
| 33. Removing the helmet on the bike course, even if stopped; | <ul style="list-style-type: none"> - Stop and Go to correct - If not: DSQ |
| 34. Not wearing a helmet during the bike segment; | <ul style="list-style-type: none"> - DSQ |
| 35. Compete with illegal or unauthorized equipment; | <ul style="list-style-type: none"> - Stop and Go to correct - If not corrected: DSQ |
| 36. Crawl during the running segment; | <ul style="list-style-type: none"> - DSQ |
| 37. | <ul style="list-style-type: none"> - |
| 38. Run wearing a helmet; | <ul style="list-style-type: none"> - DSQ |
| 39. Rack the bike outside the athletes' own space; | <ul style="list-style-type: none"> - Before the race warning and correct - During the race: <ul style="list-style-type: none"> - Age-Group: Stop and Go when corrected - Elite: 15 seconds in the first penalty box |
| 40. Mount the bike before the mount line; | <ul style="list-style-type: none"> - 15 seconds in T2 or in the next penalty box |
| 41. Dismount the bike after the dismount line; | <ul style="list-style-type: none"> - 15 seconds in T2 or in the next penalty box |
| 42. Discharge or store the athlete equipment outside the designated area; | <ul style="list-style-type: none"> - Before the race, warning and correct - During the race: Stop and Go to correct (age group) - 15 seconds time penalty (elite) |
| 43. To use posts, trees or other fixed elements to assist manoeuvring curves; | <ul style="list-style-type: none"> - Elite: 15 seconds in the next penalty box |

| Rules | Penalty |
|---|--|
| 44. Team relay exchange completed outside of the relay exchange zone; | <ul style="list-style-type: none"> - Stop and Go to correct - If not corrected, Time Penalty or Team DSQ |
| 45. Team relay where team has lost their timing chip | <ul style="list-style-type: none"> - 30 second penalty per hand over (if being used as a batten) |
| 46. Warming up on the course while another race is in progress; | <ul style="list-style-type: none"> - Warning and amend - If not amended: DSQ |
| 47. Use of illegal equipment on the bike and/or run, including but not limited to headphones, glass containers, mobile phones, uniform not complying Tri NZ rules | <ul style="list-style-type: none"> - Warning and amend - If not amended: DSQ |
| 48. Marking of position in Transition Area; | <ul style="list-style-type: none"> - Warning and amend - If not amended, marking will be removed and athlete will not be notified |
| 49. Illegal pass (passing on left) | <ul style="list-style-type: none"> - Time penalty: - Sprint Distance – 1 minute - Standard Distance – 2 minutes - Long Distance – 3 minutes - Ultra Distance – 4 minutes |
| 50. Failing to use event or public toilet / urinating in public | <ul style="list-style-type: none"> - Time penalty for 1st offence and DSQ for 2nd offence - Sprint Distance – 1 minute - Standard Distance – 2 minutes - Long Distance – 3 minutes - Ultra Distance – 4 minutes |

APPENDIX D: Technical Official Duties and Checklists

Note: In the checklists that follow the officials are asked to undertake tasks such as verifying the course measurement and other tasks which assume that the officials will have arrived at least the day prior to the race. The TD needs to take account of when the rest of the TO team will be arriving in respect of some of these activities. In the case of items such as course measurement, the TD should confirm that the course has been accurately measured and mapped – it can then be left to the TO's to confirm on race day that (for example) the turning points have been set up at the correct places.

It should also be noted that these checklists are guidelines only as to how the tasks required of the technical team will be delegated to the various officials. Who actually undertakes these tasks will be dependent upon the number of available Technical Officials at each event.

Technical Delegate Duties

After being appointed by Tri NZ/ITU:

- Work with Tri NZ and the LOC in regard to the sanctioning or endorsement application and approval process (if required)
- Review and provide feedback on course design and layout (if required)
- Arrange a pre-race meeting with the Competition Manager to resolve any issues relating to the safety and/or fairness of the course or any other matters arising from a review of the sanctioning or endorsement application
- In conjunction with Tri NZ, confirm decisions on any race-specific regulations. Should these race specific regulations be in conflict with Tri NZ rules, confirm which rule shall take precedence (see rule 1.5). Check that these decisions are communicated to athletes in pre-race material and in the athlete briefing and that this is also included in the TO briefing material
- In conjunction with the Race Referee and Tri NZ allocate roles to the Technical Officials who have been assigned to the race (consult with TAG if required). Communicate these appointments to the Technical Officials
- Review and provide feedback on technical aspects of material to be provided to competitors
- Coordinate the preparation of the technical run sheet
- Arrange and prepare for pre-race meeting for technical officials
- Appoint and Chair the Competition Jury

Prior to the competition:

- Inspect the course to ensure that the course setup, race infrastructure, safety provisions, race personnel and volunteer numbers are in accordance with commitments made by the LOC or Race Organiser in the sanctioning or endorsement application. (The TD may be assisted by the appointed Chief Technical Officials in regard to the different sections of the course)
- Discuss and resolve with the LOC, Competition Manager any matters arising from the above inspection
- Convene and conduct a pre-race meeting for all Technical Officials
- Attend the pre-race briefing
- Be present to advise and assist competitors on any technical matters relating to the course, the competition rules or competitors equipment.

During the competition

- Supervise the Technical Team
- In conjunction with the Competition Manager, agree that the Field of Play (FOP) is set up fairly and that it is safe to start the race
- In conjunction with the Competition Manager (or their delegate such as the Site Traffic Management Supervisor) make decisions on points of safety or in situations which may arise which are not directly covered by the competition rules.
- Assist the Race Referee and other Technical Officials as required

After the Competition

- Convene the Competition Jury (if required)
- Convene a post-race meeting with Technical Officials to gather feedback on the course and the conduct of the competition.
- Complete the post race report based on the event Sanctioning or Endorsement application

Note:

A Technical Delegate will usually only be appointed to major events such as National Championships. Where a Technical Delegate has not been appointed the role of the Technical Delegate will be undertaken by the Race Race Referee.

Race Race Referee

Prior to the Competition:

- In conjunction with Tri NZ and the TD, allocate roles to the Technical Officials who have been assigned to the race (consult with TAG if required).
- Assist the TD with the preparation of the run sheet Liaise with the TD and the LOC to assist with preparation of the athlete briefing
- Be present to advise and assist competitors on any technical matters relating to the course, the competition rules or competitors equipment.
- Establish the Official Notice Board at the Finish Line
- If no Technical Delegate is appointed, undertake the duties of the Technical Delegate as required

During the Competition

- Start the Race
- Make final decisions on all rule violations reported by Technical Officials
- Post the details of any penalties issued on the official notice board. Details must include the athlete's race number, the violation and the penalty given.
- Supervise the set up of any Prime Lines
- Manage the protest procedure and adjudicate on any protests which are lodged
- Advise the TD of any appeals that will require the Competition Jury to be convened

After the Competition

- Assist the TD in convening the post race TO meeting and completing the race report

Note: Not all events will have both a Technical Delegate and a Race Race Referee appointed in which case the duties of both these roles will be undertaken by one person

Chief Race Official (CRO)

The CRO is the race day team leader for the Technical Officials. The CRO will supervise the officials during the event which frees up the TD and RR to undertake their roles.

- Communicate role assignments to the TO's
- Distribute and recover Vests, Radios and other equipment
- Assistant Starter for the Race
- Supervise and Support all TO's during the race
- Act as a "trouble-shooter" to provide additional resource or support at different stages of the race (e.g.: in transition during transitions, at the finish line etc)
- Conduct the pre race and post race TO meetings on behalf of the TD if required

Note: In practice in NZ, a CRO is typically only appointed to very large races or in some smaller races where they can be the "2IC" for a combined TD/RR. Where a CRO is not appointed, these duties are typically shared between the TD and the RR

Swim Officials Typically a Chief Swim Official will be appointed who may be assisted by one or more other Technical Officials

- Check the Start Area, including start line, numbering (if any) and hazards
- Organise a rehearsal of the starting procedure with all officials who will be involved. Ensure that all TO's are familiar with false start and early start procedures
- Check the sound system and start mechanism
- Verify the set up of the course and course measurements
- Check for any hazards on the swim course
- Measure the water temperature and declare the official temperature at least one hour prior to start time. In conjunction with the TD, make the official determination on wetsuit usage based on the parameters contained in the competition rules
- Brief all safety personnel and any other on-water support or media vessels
- Administer the Swimming Conduct Rules

Transition Officials

Typically a Chief Transition Official and at least one other TO

- Check Transition to ensure a proper flow
- Supervise equipment checks (in particular check helmets for correct fit, that all bar-ends are plugged and that there are no obvious defects of safety hazards associated with the bike)
- Ensure that the Transition Area is secure (note: It is NOT the job of the TO's to act as security guards but ensure that this function is being performed by the LOC)
- Ensure that only race equipment is placed in the transition area and that no large boxes or bags are left in transition during the race. Remove any such items if necessary.
- Administer the Transition Conduct Rules
- Conduct periodic tidy-ups, especially after the swim transition
- Liaise with the Chief Swim TO and medical/safety personnel to account for any bikes which remain in racks at the end of T1

Cycle Officials

Typically a Chief Cycle Official and one or more other TO's

- Verify the course measurement and course setup including implementation of the TMP
- Check the road conditions and note any hazards
- In conjunction with the TD and RR, plan how the Cycle Course is to be managed in relation to the competition rules (e.g.: depending on the number of TO's, are there any groups of athletes on whom the TO's should focus, are there any "green zones" on the course etc?)
- Assign and manage the TO's assigned to the cycle course
- Administer the Cycling Conduct rules
- Observe and Note any issues related to the setup of the Course and the positioning of marshals which could assist in the delivery of a safer/fairer event in future

Run Officials

Typically a Chief Run Official and up to one other official

- Verify the course measurement and that the course is properly set up
- Ensure that any hazards are appropriately marked and that marshals are in appropriate positions
- Administer the Running Conduct Rules

Finish Line Official

In NZ, typically only one official but the TD and/or Race Referee will usually also be present at the finish line.

- Review the finish line set up with the TD
- Secure the finish line tape
- Supervise the placement of the finish line
- Supervise the flow through the finish area
- Check for availability of photo-finish equipment and/or video
- Ensure that experienced TO's hold the finish tape and are prepared to make first level judgment in the event of a tie
- In the event of a tie, assemble all of the evidence (TO's, video, photo finish)
- Record the race numbers of at least the first 10 male and female competitors and cross check these with the numbers recorded by the timing personnel

Aid Station Official

This role is only required if sealed bottled water is being provided because of drug testing requirements.

- Ensure that all water is delivered by an official
- Supervise the opening of the water and that the breaking of the seals on the water bottles

Lap Auditors

Required only for multi-lap draft-legal events

- Ensure that the Lap Boards and Bell are in position for both the cycle and run
- Keep count of the laps and display the correct number of laps remaining to the athletes as they pass the lap board.
- Announce over the radio to TO's as the leaders complete each lap and, if possible, as the final athlete completes each lap
- Ring the bell at the athletes commence their final lap

APPENDIX E: PROTEST FORM



Triathlon New Zealand

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 Tri NZ Competition Rules and submitted to the Race Referee.

| | | | |
|-----------------------------|-------|---------------------|-------|
| Event Name: | _____ | Event Date: | _____ |
| Event Location: | _____ | | |
| Name of Protester: | _____ | Race Number: | _____ |
| Address of Protester | _____ | Email: | _____ |
| Telephone (home): | _____ | | |
| Name of Protestee: | _____ | Race Number: | _____ |

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

What type of Protest is involved? Tick one box only.

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

Witness Details (2):

Name of Witness 1: _____

Name of Witness 2: _____

Rule(s) Violated: _____

Time of Incident: _____

Where did the violation occur (define location). If required use additional paper and draw a diagram.)

Who was involved in the violation?

How did the violation occur (brief statement explaining alleged violation)?

Signature of Protester: _____

Date: _____

Part 2: To be completed by Race Referee

Time received by Race Referee: _____

Fee attached? Yes No

Protester's version of the incident:

Protestee's version of the incident:

Official's version of the incident:

Decision of Race Referee:

Race Referee's Name: _____

Signature _____

APPENDIX F: APPEAL FORM



Triathlon New Zealand

APPEAL FORM

Part 1: To be completed by the appellant:

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

| | |
|---|---|
| Event Name: _____ | Event Date: _____ |
| Event Location: _____ | Time Appeal Submitted: _____ |
| Name of Appellant: _____ | Race Number: _____ |
| Address of Appellant _____ | Email: _____ |
| Telephone (home): _____ | Telephone (mobile): _____ |
| Type of Penalty Received _____ | Type of Penalty: (DQ, Suspension): _____ |
| Was the Penalty confirmed by the Race Referee? Yes <input type="checkbox"/> No <input type="checkbox"/> | |

Type of Appeal: (Tick one box only.)

- Appeal against the Race Referee’s ruling on a violation report
- Appeal against the Race Referee’s ruling on a protest:

Specific Location on the Course: _____

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

Description of the Incident (Use additional paper if required)

Witness Details (2):

Name of Witness 1: _____

Name of Witness 2: _____

Date:

Signature of Appellant: _____

Part 2 Official use only

| | | |
|---|------------------------------|-----------------------------|
| Appeal Fee \$50/\$100 attached | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Is this Appeal to reverse a Competition Jury decision? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| If 'Yes', attach Competition Jury Decision and action(s) and Race Referee's decision and action(s). | | |
| Competition Jury Members (Names) and tick box to indicate if it was a 2 person jury or 3 persons. <input type="checkbox"/> 2 person jury <input type="checkbox"/> 3 person jury | 1. | |
| | 2. | |
| | 3. | |
| | | |
| Competition Jury Action: | | |
| Competition Jury Chair's Name Signature: | | |
| Time, Date Appeal Received: | | |
| Time, Date Appeal processed: | | |
| Amount of fee withheld/refunded: | | |

APPENDIX G: CATEGORIES OF MULTISPORT EVENTS

- Triathlon
- Aquathlon
- Duathlon
- Winter Triathlon
- Cross Triathlon
- Cross Duathlon
- Indoor Triathlon
- Multisport Racing

APPENDIX H: CHANGES AND REVISIONS TO THESE RULES

| Version | Rule | Details of Change |
|---------|-------------------------|--|
| 2016 | 2.1 (xii) | Added multiple stop and go time penalties for littering on course. Was - 15 seconds for all distance events. Now - 10 seconds in Sprint Distance, 15 seconds in Standard Distance, 1min in Long Distance events |
| 2016 | 5.2 (f) | Removed Mirrors from illegal equipment. ITU now allow mirrors provided they are plastic and not glass and I think we should follow suit on that. |
| 2016 | 5.1 (iii) and 6.1 (iii) | Consolidated bare torso prohibited rule into 2.1 General conduct, (b). Bare torso prohibited rule was in both Cycle general conduct (5.1(iii)) and Run general conduct (6.1(iii)), to decrease multiple references have listed it in general rules section (2.1(b)). |
| 2016 | 5.2 (f) | Removed mobile phones from illegal equipment as per ITU rule updated (ITU Rule 2.1a (xiv)) Removed wording: Mobile phone(s) or any other electronic audio or communication device. Note that this includes the use of a "smart phone" as a bike computer or GPS device. |
| 2016 | 2.1(xiv) | Added (xiv) within 2.1 General Conduct to be in line with ITU 2017 updated wording around allowing mobile devices within events. (ITU Rule 2.1 a (xiv)) New wording: Not use any device that will distract the athlete from paying full attention to their surroundings. For the avoidance of doubt mobile phones may be carried by an athlete during the race (for example, for the use of tracking apps such as Strava). However during the race the communication functions (voice calls, text messaging, email or any other form of electronic communication or messaging) of these devices may not be used. Nor may any device be used to play music, with or without the use of headphones or headsets. |