



Triathlon NZ Competition Rules

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TABLE OF CONTENTS

1. INTRODUCTION	5
1.1. PURPOSE	5
1.2. INTENTION	5
1.3. MODIFICATIONS	5
1.4. EXCEPTIONS	6
1.5. SPECIFIC REGULATIONS	6
1.6. UNAUTHORISED EXCEPTIONS OR ADDITIONS	6
1.7. RULE UPDATES	6
2. CONDUCT OF ATHLETES	7
2.1. GENERAL CONDUCT	7
2.2. OUTSIDE ASSISTANCE	9
2.3. DRUG ABUSE	9
2.4. HEALTH	10
2.5. ELIGIBILITY	10
2.6. REGISTRATION AND BRIEFINGS	12
2.7. COMPETITION DURATIONS	12
3. PENALTIES	13
3.1. GENERAL RULES	13
3.2. WARNINGS	13
3.3. TIME PENALTY	14
3.4. PENALTY NOTIFICATION	15
3.5. SERVING A TIME PENALTY	16
3.6. FAILING TO SERVE A PENALTY	17
3.7. ADJUSTMENT OF FINISHING TIMES RELATING TO PENALTIES	18
3.8. DISQUALIFICATION	18
3.9. SUSPENSION	19
3.10. EXPLUSION	19
3.11. DISCIPLINARY NOTICE	19
3.12. RIGHT OF APPEAL	20
3.13. REINSTATEMENT	20
4. SWIMMING CONDUCT	21
4.1. GENERAL RULES	21
4.2. WETSUIT USE	21
4.3. MODIFICATIONS	22
4.4. STARTING POSITION SELECTION	23
4.5. START PROCEDURE	23
4.6. EQUIPMENT	24
5. CYCLING CONDUCT	25
5.1. GENERAL RULES	25
5.2. EQUIPMENT	26
5.3. BIKE CHECK	29
5.4. OVERLAPPING	30
5.5. DRAFTING	30
5.6. PENALTIES FOR DRAFTING	34
5.7. BLOCKING	34
5.8. RIDING POSITIONS	35

6. RUNNING CONDUCT	36
6.1. GENERAL RULES	36
6.2. FINISH DEFINITION	36
6.3. ILLEGAL EQUIPMENT	36
7. TRANSITION AREA CONDUCT	37
7.1. GENERAL RULES	37
8. COMPETITION CATEGORIES	39
8.1. NATIONAL CHAMPIONSHIP CATEGORIES	39
8.2. RELATED MULTISPORT CATEGORIES	39
8.3. SCHOOLS CATEGORIES	39
9. PRIZES AND AWARDS	40
9.1. PRIZE MONEY	40
9.2. AWARDS	40
10. TECHNICAL OFFICIALS	41
10.1. GENERAL	41
10.2. TRI NZ TECHNICAL OFFICIALS	42
10.3. COMPETITION JURY	43
10.4. TECHNOLOGY TOOLS	43
10.5. TECHNICAL OFFICIAL APPOINTMENT & CERTIFICATION	43
10.6. VOLUNTEER & TECHNICAL OFFICIAL BRIEFING	43
11. PROTESTS	45
11.1. GENERAL	45
11.2. PROTESTS CONCERNING THE COURSE	45
11.3. PROTESTS CONCERNING THE RACE	45
11.4. PROTESTS CONCERNING TIMING AND RESULTS	45
11.5. PROTESTS CONCERNING EQUIPMENT	45
11.6. CONTENTS OF A PROTEST	45
11.7. PROTEST PROCEDURES	46
12. APPEALS	47
12.1. APPEAL JURISDICTION	47
12.2. LEVELS OF APPEAL	47
12.3. APPEAL CONTENTS	47
12.4. LEVEL ONE APPEAL PROCEDURES	48
12.5. LEVEL TWO APPEAL PROCEDURES	48
13. PARATRIATHLON COMPETITION RULES	50
13.1. GENERAL	50
14. SPECIFIC COMPETITION RULES FOR WORLD TRIATHLON-RELATED MULTISPORTS	51
14.1. GENERAL	51
14.2. AQUABIKE	51

15. TEAM COMPETITIONS	52
15.1. TYPES OF EVENTS	52
15.2. COMPOSITION OF TEAMS	52
15.3. APPLICATION OF COMPETITION RULES	52
15.4. TEAM TAGGING AREAS	53
15.5. PENALTIES IN TEAM EVENTS	53
15.6. DRAFTING IN TEAM EVENTS	
APPENDIX A: DEFINITIONS	54
APPENDIX B: STANDARD RACE DISTANCES	62
APPENDIX C: PENALTIES FOR RULE VIOLATIONS	64
APPENDIX D: TECHNICAL OFFICIALS AND CHECKLISTS	52
APPENDIX E: PROTEST FORM	80
APPENDIX F: APPEAL FORM	84
APPENDIX G: CATEGORIES OF MULTISPORT EVENTS	86
APPENDIX H: CHANGES AND REVISIONS	87

1 INTRODUCTION

1.1. Purpose:

- a) Triathlon New Zealand (Tri NZ) is a National Federation (NF) affiliated to the World Triathlon (WT). 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 WT is included as Appendix G.
- b) The Tri NZ Competition Rules are extensively based on the WT Competition Rules and shall govern Triathlons, Duathlons and other related multisport races which fall under the jurisdiction of Tri NZ. Where an WT-sanctioned race is held in New Zealand, the WT 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 behaviour 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 WT 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 WT. 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 at least 28 days prior to the event for which the exception is being sought.

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 28 days 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, coaches, officials, race organisers, 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) Follow the prescribed course. If, having left the race course for any reason during the competition the athlete should re-join the competition at the place they originally left the course. (Penalty: if unintentional and advantage gained is minor, then Time Penalty; otherwise, if deliberate and advantage gained is significant, Disqualification; if advantage is not gained – no penalty)
 - (x) Wear their unaltered race bib number in the manner prescribed by the LOC and endorsed by the Technical Delegate. If bib numbers are required on the bike they must be visible from the back. Bib numbers must be visible from the front during the run. (Penalty: Stop and Go to correct if possible, otherwise Time Penalty);
 - (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 intentionally litter on the course. Tyres, plastic bottles and other discarded items must be placed safely off the course. Intentional 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 if possible, otherwise Time Penalty).
 - (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, headsets or external speakers. Such devices are to be surrendered to Technical Officials upon request. Failure to comply will result in Disqualification.

- (xv) Not wear items or equipment that present a hazard to themselves or others. Examples include but are not limited to hard casts and items of jewellery. Penalty: Warning and Correct if possible, otherwise Disqualification.
- (xvi) Not use unauthorised equipment which may present a danger to themselves or others or which may result in the athlete gaining an unfair advantage. Penalty: Warning and correct if possible, otherwise Disqualification
- (xvii) Not display any kind of demonstration of political, religious or racial propaganda Penalty: Warning and Correct, otherwise Disqualification
- (xviii) 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 the Torso must be covered for the bike and run. (Penalty: Stop and Go to correct, if not corrected – Disqualification). Athletes competing in a suit with a front zipper can undo the zip **to the end point of the breastbone (sternum) but it must remain joined at the bottom** during the competition with the exception of the last 200m of the run when it must be zipped up (Penalty: Stop and Go to correct, if not corrected – Disqualification)
- (xix) Ensure that the equipment to be used in the race complies with the safety standards and is in proper condition.

2.2. Outside Assistance

- a) 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 Head Referee. 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. (Penalty – Stop and Go to revert to original situation. If this is not possible, Disqualification)
- b) In T1 the Head Referee may approve the repair of flat tyres by LOC Bike Mechanics provided this happens before the first athlete arrives in T1.
- c) Where the LOC is providing Mobile Mechanical Assistance on the Bike Course, LOC Mechanics may assist the athlete with repairs and provide tools and spare parts. Where the LOC does not provide Mobile Mechanical Assistance Athletes must undertake any repairs to their equipment themselves without physical assistance from event personnel, other athletes or any other person. (Penalty – Stop and Go to revert to original situation. If this is not possible, Disqualification)
- d) 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. (Penalty – Stop and Go to revert to original situation. If this is not possible, Disqualification)

- e) 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. (Penalty: Disqualification of both athletes.)
- f) Athletes may not be accompanied or Paced by team members, team managers or other pacemakers on any section of the course. This applies regardless of whether the Pacing is on foot, on a bicycle or in a vehicle. Penalty – Warning to require the pacing to cease. If warning is not complied with, or Pacing is observed again, Disqualification.
- g) No athlete shall intentionally cause the forward progress of another athlete on any part of the course. (Penalty: Disqualification for both athletes). Note that the onus is on the athlete being assisted to reject the assistance. They must actively resist the assistance.

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 WT'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 chooses 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 re-join 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. These amended limits may include additional cut-off times at intermediate points during the race such as having to start a lap or any reach any other specified point of the bike or run course by a specified time. Athletes who fail to meet these cut-off times may be

withdrawn from the competition and will appear as a “DNF” (Did not Finish) in the results.

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:

Athletes must be eligible, as described below, to compete over the distances and race categories of the event they have entered. An athlete who is inadvertently entered in the wrong age category may be re-assigned to the correct category provided that no unfair advantage has been gained (for example by starting in the wrong start wave). If an unfair advantage has been gained then the athlete will be disqualified. Deliberately competing in breach of the eligibility rules will result in Disqualification and referral to the Tri NZ Board to consider Suspension or Expulsion.

- a) No athletes under suspension by Tri NZ or any other NF affiliated to WT are allowed to compete in any Tri NZ sanctioned events.
- b) Athletes must not commit fraud by entering under an assumed name or falsifying information in order to enter an event or in a category for which they are not eligible. (Penalty: Disqualification and Referral to Tri NZ Board for possible Suspension)
- c) 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
- d) Athletes aged 16 to 19 years old, on 31 December in the year of the competition, are eligible to compete in the Junior category.
- e) 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).
- f) 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)

- g) Tri NZ Championships shall recognise the following age group categories for Team Relay, 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
- h) In order to be eligible for Age Group medals and/or other awards an athlete must be eligible to compete in that Age Group at the WT World Championships for that specific Multisport category (i.e. Sprint/Standard/Middle/Long etc). For the avoidance of doubt, athletes holding current Professional or Elite status with any WT Member National Triathlon Governing Body, World Triathlon Corporation's (WTC's) Pro Membership Program or having raced as an Elite/Professional in any event during the past 12 months shall not be eligible for Age Group medals/awards subject to the exemptions in a. and b. below.
- a. Athletes whose only Elite/Professional race in the past 12 months was an WT Continental Cup will remain eligible for participation in age group races and will be eligible for medals and awards. Refer to the WT rules regarding eligibility for more details.
 - b. ~~Athletes aged 16-19 will be eligible for the 16-19 age group medals/awards unless they have raced as a Junior Elite at an WT World Championships during the past 12 months. This rule will also apply to athletes moving from 16-19 age group, into the 20-24 age group in the next calendar year.~~
- i) 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) Triathlon and Duathlon 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 Relay events may have team members from two different schools. Each will complete the Swim, Bike and Run before tagging the next team member. A team may also comprise members from different age categories in which case the team shall compete in the age category of the oldest team member.
 - (viii) Athletes racing in Under 12, Under 13, Under 14 and Under 16 categories will complete in draft-illegal races. Athletes racing in the Under 19 category will compete in draft-legal races. This shall apply both to individual and team races.

Exceptions to age restrictions:

In Sanctioned races (excluding National Championships) the Technical Advisory Group may grant approval for athletes who do not meet the age criteria to race. This will be on a case by case basis. 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, if requested, a medical certificate. These applications will be referred to the Technical Advisory Group for consideration. Please note that as the circumstances of each case will vary (factors such as the age and experience of the athlete, distances involved and the nature of the course are all relevant) any approval that is granted by the Technical Advisory Group will not set a precedent that will bind the Technical Advisory Group when considering any subsequent applications.

Note that the age restrictions apply primarily to individual events. Approval will not be unreasonably withheld where approval is being sought for an under-age athlete to complete one section of a Triathlon or Duathlon Team event.

For the avoidance of doubt, no such exemptions to the age restrictions can be considered for National Championship races. The one exception is that if a National Championship race is also a selection race for the WT World Championships in the following year then athletes who will be eligible to race at those World Championships will be considered eligible to enter the National Championship/Selection race.

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) Provided that attendance records have been kept, competitors who do not attend race registration and or race briefing without previously advising that they are unable to attend 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 the race organiser, 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, given a 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 Verbal Warning, issued with a 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), (f) and (g) may result in a different Penalty being applied in some situations, or no penalty being applied.
- 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. **However, before issuing such a penalty the call should be confirmed by the Head Referee.**
- f) Technical Officials are allowed to use their judgement as to whether an advantage has been gained when determining whether to enforce a penalty.
- g) The Technical Delegate and/or Head 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.
- h) If an athlete commits three or more rule violations for which a yellow card has been shown to the athlete the Head Referee may choose to disqualify the athlete, even if disqualification is not listed as a penalty option for individual breaches of the specific rules concerned. Note that for the purposes of this rule drafting violations for which a blue card has been shown to the athlete will not be taken into account. Disqualification for multiple drafting violations is covered under rule 5.6 (d) and (e).

3.2. Warnings

- a) The purpose of a Warning is to alert an athlete about a possible rule violation and to promote a “proactive” attitude on the part of officials. A Technical Official may also issue a Warning rather than a Penalty to correct a minor infringement.
- b) A Warning may be given when:
 - i. An athlete violates a rule unintentionally
 - ii. A Technical Official believes a violation is about to occur
 - iii. No significant advantage has been gained

- c) Giving a Warning: The Technical Official will blow their whistle and the athlete will be asked to modify their behaviour and be allowed to continue in the competition immediately afterwards. The competitor may be stopped if the Technical Official believes this is necessary in order to be able to issue the Warning.
- d) It is not necessary for a Technical Official to give a Warning prior to issuing a more serious Penalty.

3.3. Time Penalty

- a.) A Time Penalty is an appropriate Penalty for infringements that do not warrant a Disqualification.
 - b.) Time Penalties may be served in a designated Penalty Box, in the transition area or on the spot. If Penalty Boxes are in use, their location(s) on the course will be advised in pre-race briefing material.
 - c.) Technical Officials will decide when an athlete needs to be penalised with a Time Penalty.
 - d.) Time Penalties vary depending on:
 - the infringement
 - the length of the race
 - the category of participants (Age Group vs Elite/U23/Junior)
- i. Drafting Violations
 - 1 minute in sprint distance or shorter events (20km or less cycle)
 - 2 minutes in standard distance events (40km cycle)
 - 3 minutes in Mid distance events (90km cycle)
 - 4 minutes in Long distance events (180km cycle)
 - ii. Violations other than Drafting
 - For all races (Age Group and Elite) with the exception of **Team Relays** the Time Penalty for violations where a yellow card is shown to the athlete **is 1 minute** will be as follows:
 - Long Distance = 1 minute
 - Mid Distance = 30 Seconds
 - Standard Distance = 15 Seconds
 - Sprint Distance = 10 seconds
 - Super Sprint (including team relay) = 5 seconds
 - ~~For Elite/U23 and Junior and Schools Championship Draft Legal races and all Team Relay races the Time Penalties are:~~
 - ~~10 seconds in Sprint or shorter distance events (S750m/B20km/R5km or less)~~
 - ~~15 seconds in Standard distance events (S1500m/B40km/R10km)~~
 - iii. Stop and Go Penalties may be applied in races of all distances. A Stop and Go Penalty is of no fixed duration during which time the athlete will be required to correct the infringement that has occurred. Examples include refastening a helmet strap, re-crossing a mount/dismount line or picking up a discarded item. Stop and Go penalties are always served on the spot following which the athlete will be allowed to immediately proceed in the race.

- iv. Stop and Go Penalties will not be used in Elite/U23/Junior and Schools Draft Legal Races, nor in Team Relays unless specifically advised in the pre-race briefing. Time Penalties will apply in these races.

3.4. Penalty Notification

- a.) Having decided to issue a Penalty the Technical Official will notify the athlete as soon as it is safe and possible to do so. In some cases it may not be possible to notify the athlete of a Penalty until after the athlete has completed the section of the race during which the Penalty was incurred. For example – a Penalty incurred in T1 might not be notified until after the athlete has completed the bike section and is in T2.
- i. For Drafting Infringements the following process will be followed by the Technical Official:
 - Sound a Whistle or Horn
 - Show a Blue Card
 - Call the Athlete's number and say "Drafting Penalty"
 - If Penalty Boxes are in use for the race say "Stop at the next Penalty Box"
 - The Technical Official should confirm that the athlete understands they have a penalty and should also note additional details such as the time the infringement was issued, the location on the course, the colour of the athlete's uniform and/or helmet or the make of the athlete's bike.
 - If Penalty Boxes are not in use say "stop as soon as it is safe" following which the Technical Official will time the penalty before instructing the athlete that they may proceed in the race.
 - ii. For other infringements on the Bike Course (e.g. Blocking or Littering) the following process will be followed by the Technical Official:
 - Sound a Whistle or Horn
 - Show a Yellow Card
 - Call the athletes number and say "Time Penalty" and advise what the infringement was (blocking, littering etc)
 - Say "stop at the next Penalty Box"
 - If Penalty Boxes are not in use say "stop as soon as it is safe" following which the Technical Official will time the penalty before instructing the athlete that they may proceed in the race.
 - iii. For infringements where a Stop and Go is being applied the following process will be followed by the Technical Official:
 - Sound a whistle
 - Show a yellow card
 - For a Stop and Go Penalty say "Stop"
 - Ask the athlete to correct the infringement
 - Say "Go"
 - Note that for Mount and Dismount line infringements it is not required to show a yellow card when applying a Stop and Go penalty
 - iv. For non-drafting infringements where a Time Penalty is being applied on the spot the following process will be followed by the Technical Official:
 - Sound a whistle
 - Show a yellow card
 - Say "Stop – Time Penalty" and commence timing the penalty as soon as the athlete stops
 - Advise the athlete what the penalty is for
 - When the Time Penalty has been served say "Go"

- v. If a Run Penalty Box is in use at a race there is no requirement to notify the athlete of the penalty other than to post their race number on the Penalty Board located at the Run Penalty Box. It is the responsibility of the athlete to check the board themselves (see rule 3.5 (d))
 - vi. Penalties for Infringements which occur during swim (for example, an early start) will be served in T1. A Technical Official will be waiting by the athlete's bike rack and will:
 - Sound a Whistle
 - Show a Yellow Card
 - Say "Stop – Time Penalty" following which the penalty will be served
 - If it is not possible to administer a time penalty for the swim in T1 (for example because the Swim TO and the Head Referee have been unable to confirm that a penalty should be issued before the athlete completes T1) then it may be applied in T2.
- b.) If an athlete has committed an infringement during the race but the technical officials have been unable to notify the athlete and administer the penalty prior to the athlete finishing the Head Referee may notify the athlete at the finish line and the Time Penalty will be added to the athlete's finishing time.

3.5. Serving a Time Penalty

- a) Procedure during serving a Stop and Go Penalty or a Time Penalty on the course:
 - (i) Having been given the penalty and instructed to stop, the Athlete will stop in a safe manner and follow the instructions of the Technical Official.
 - (ii) For Stop and Go penalties, as soon as the violation has been corrected the Technical Official will say "Go" and the athlete proceed with the race in a safe manner.
 - (iii) For Time Penalties the Technical Official will commence timing the penalty as soon as the athlete stops. When the penalty time has elapsed the Technical Official will say "Go" and the athlete may proceed with the race and continue in a safe manner
- b) Procedure whilst serving a Time Penalty in the Transition Area.
 - i. Such time penalties will typically be served at the athlete's bike rack
 - ii. The official will notify the athlete of the penalty as described in rule 3.4 (a) above and instruct the athlete to stop.
 - iii. While the penalty is being served the athlete may not touch any of their equipment or proceed with any other activities such as removing their wetsuit
 - iv. When the penalty time has elapsed the Technical Official will say "Go" and the athlete may proceed with the race.
- c) Procedure whilst serving a Time Penalty at a Bike 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) Athlete numbers are NOT posted at Bike Penalty Boxes. It is the responsibility of the athlete to know the location of the Penalty Box and

to stop if they have received a penalty. Athletes are required to serve their penalty at the NEXT penalty box that they pass after receiving the penalty. Athletes who fail to serve their penalty at the next Penalty Box will be disqualified, even if the athlete subsequently stops to serve the penalty at later Penalty Box.

- (iii) The athlete will dismount their bike and advise the technical official which colour card they were shown (blue or yellow). If the athlete is unable to advise the colour of the card they were shown, in the absence of other information the Technical Official will assume the penalty is for drafting and apply the drafting penalty time for the event. If this subsequently proves incorrect there will be no adjustment to compensate for additional penalty time served.
 - (iv) The Technical Official will commence timing the penalty when the athlete has dismounted their bike and has both feet on the same side of the bicycle.
 - (v) 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.
- d) Procedure whilst serving a Time Penalty in the Run Penalty Box
- i. If time penalties are to be served in a Run Penalty Box then athletes who have been issued with penalties will have their number posted on a Penalty Board located at the Run Penalty Box.
 - ii. It is the responsibility of the athlete to read the penalty board to check if they have a penalty. Technical Officials are not required to notify the athlete of the penalty in any way other than posting the number on the Penalty Board.
 - iii. Failure to stop at the Run Penalty Box to serve the penalty will result in Disqualification.
 - iv. Time penalties that are to be served in a Run Penalty Box may be served on any lap of the run
 - v. The Technical Official will commence timing the penalty as soon as the athlete stops
 - vi. When the penalty time is complete the Technical Official will say “Go” and the athlete may re-join the race in a safe manner.
 - vii. Note that Run Penalty Boxes are typically only used in Elite Races draft-legal races but they may also be used in a Team Relay event (see rule 15.5)
- e) Whilst in a Penalty Box, athletes can only consume food and/or fluids that is being carried on the athlete’s bike or person.
- f) If Toilet facilities are available at the Penalty Box, Athletes may not use these while serving a penalty. The time of the penalty will be paused whilst using the restroom. Note also that urinating in public is prohibited (see rule 2.1 a (xiii);
- g) Making adjustments to equipment or performing any kind of bike maintenance whilst serving a penalty is prohibited. The time of the penalty will be paused during any time in which the athlete is making such adjustments.

3.6. Failing to serve a penalty

- a) An athlete who fails to serve a penalty as described in rule 3.5 will be Disqualified.
- b) If an athlete does not believe they should have received a penalty they can elect not to serve the penalty however this will trigger the following process:
 - i. The athlete will be Disqualified for failing to serve a penalty

- ii. The athlete can then appeal the original decision to apply a penalty. If successful, the disqualification will be overturned and their finishing time will stand.
- iii. Athletes should note that drafting and blocking penalties cannot be appealed so failure to serve a penalty for these infringements will always result in disqualification.
- iv. The only grounds for appealing the failure to serve a drafting or blocking penalty is if the athlete believes the Penalty Notification Process described in rule 3.4 was not correctly followed. In such appeals, the athlete must be able to produce evidence to prove their assertion that they were not properly notified. In the absence of such proof, the appeal will not be successful.

3.7. Adjustment of Finishing Times relating to Time Penalties

- a.) If, having served a time penalty, an athlete successfully appeals against the penalty neither the Head Referee nor the Competition Jury are able to reduce the athlete's finishing time to compensate for the time of the penalty that has been served.
- b.) As noted in 3.4 (b) the Head Referee may add a Time Penalty to an athlete's finishing time where it has not been possible to notify the athlete and administer the penalty before the athlete has finished the race.
- c.) If an athlete successfully appeals a disqualification for failing to serve a drafting or blocking penalty on the grounds that they were not properly notified of the penalty, the Competition Jury may elect to add the Time Penalty to the athlete's finishing time.

3.8. 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) Notification:
 - (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

3.9. 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 WT 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 3 months to 2 years depending on the violation

3.10. Expulsion:

- a) General:
 - (i) Athletes who have been expelled will not take part in Tri NZ competitions or competitions sanctioned by NFs affiliated to WT 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 WT, 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.

3.11. Disciplinary Notice:

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

3.12. Right of Appeal:

- a) Athletes issued with a penalty have the right to appeal with the exception of a drafting or blocking penalty

3.13. 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. In the context of this rule, the prescribed course means that the athlete must have rounded all the swim buoys in the correct order and on the correct side. (Penalty: Disqualification)
- c) Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat. Dolphin diving or wading in shallow water is permitted but an athlete is not allowed to deliberately move off a straight line course between swim markers in order to take advantage of wading or dolphin diving in shallow water or running along the beach or on a sand bank (Disqualification or Time Penalty in T1). Note that Disqualification is the “default” penalty for violations of this rule however the Head Referee has the discretion to apply a time penalty.
- 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.
- e) Athletes may sportingly maintain their own space in the water:
 - i. Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred
 - ii. Where athletes make contact in the swim and an athlete continues to impede the progress of another athlete without moving apart this action will result in a time penalty
 - iii. Where an athlete or athletes deliberately target another athlete to impede their progress, gain an unfair advantage for themselves or others and potentially cause harm these athletes will be disqualified and referred to the Tri NZ Board for potential suspension or expulsion.
- f)

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	16° C	10 min.
750m	20° C	16° C	20 min.
1000m	20° C	16° C	25 min.
1500m	20° C	16° 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 – up to 59 years			
Swim Length	Forbidden Above:	Mandatory Below:	Maximum Stay in Water
300m	22° C	16° C	20 min.
750m	22° C	16° C	30 min.
1000m	22° C	16° C	45 min.
1500m	22° C	16° C	1 h 10 min.
2000m	23° C	16° C	1 h 40 min.
4000m	24° C	16° C	2 h 15 min.

Athletes competing in age groups 60 years and over may wear a wetsuit in water temperatures up to 24.6 degrees for any distance of race

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

Water Temperature °C	Air Temperature°C										
	15	14	13	12	11	10	9	8	7	6	5
22	18.5	18	17.5	17	16.5	16	15.5	15	14.5	14	Cancel
21	18	17.5	17	16.5	16	15.5	15	14.5	14	13.5	Cancel
20	17.5	17	16.5	16	15.5	15	14.5	14	13.5	13	Cancel
19	17	16.5	16	15.5	15	14.5	14	13.5	13	12.5	Cancel
18	16.5	16	15.5	15	14.5	14	13.5	13	12.5	12	Cancel
17	16	15.5	15	14.5	14	13.5	13	12.5	12	Cancel	Cancel
16	15.5	15	14.5	14	13.5	13	12.5	12	Cancel	Cancel	Cancel
15	15	14.5	14	13.5	13	12.5	12	Cancel	Cancel	Cancel	Cancel
14	14.5	14	13.5	13	12.5	12	Cancel	Cancel	Cancel	Cancel	Cancel
13	14	13.5	13	12.5	12	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

- b) If other weather conditions dictate, i.e., high winds, heavy rain, etc. The Technical Delegate or Head 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 Head 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 all athletes are in a starting 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** shall give a warning to the athletes that there are approximately 15 seconds to the start
- 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) It is the responsibility of the Head Referee in consultation with other Technical Officials assisting with the race start to decide whether there is a clean start or if there are athletes who have made an early start.
- e) **False Start:** In case of a false start (multiple 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.

- f) Early Start: In the case of an early start by one or a small number of identifiable athletes, the race can continue. The early starters will receive a Time Penalty in transition 1.
- g) The same procedure will apply for the start of other multisport events, which start with running with adaptations from swim start to run start.
- h) An athlete who misses the start of their wave will not be permitted to start until the start of the next wave.

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 Rule 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;
 - 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 Mid distance or Long Distance events and Paratriathletes competing in PT1 class, who are allowed to wear clothing extending from the shoulder to the elbow.
 - (ii) For age group athletes, the Head Referee may grant an exemption to allow the use neoprene socks in the case of athletes suffering from Reynaud's Syndrome or other similar circulatory conditions. The athlete must apply for this exemption in advance and it should be accompanied by a medical certificate.
 - (iii) The penalty for use of illegal equipment is Disqualification.

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

5 CYCLING CONDUCT

5.1 General Rules:

- a) An Athlete is not permitted to:
 - (i) Intentionally interfere with the forward progress of other athletes (Penalty - Disqualification)
 - (ii) Make forward progress without being in possession of the bike (Penalty: Stop and Go 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) Dangerous riding may result in a penalty. Dangerous riding includes, but is not limited to, passing another athlete on their left in a draft illegal event. Penalty: Either a Time penalty or, for repeated or serious violations, Disqualification. Serious violation of this rule includes, but is not limited to, dangerous riding which causes another athlete to crash
- c) Crossing the Centre Line
 - (i) Unless specifically directed by race officials, traffic management personnel or the police or provided for under an event-specific traffic management plan intentionally crossing the centre line of the road is not allowed. The penalty for this is disqualification.
 - (ii) Crossing the centre line in order to pass other athletes is considered to be intentional and therefore is not allowed and punishable by disqualification. An athlete being held up by slow traffic (either other cycles or vehicles) must wait until it is safe to pass without crossing the centre line.
 - (iii) An athlete who takes evasive action to avoid a collision, an object on the road or as a result of a sudden and unexpected move by another cycle or vehicle on the course and in so doing crosses the centre line, will not be considered to have done so intentionally. Note however that an athlete who moves wider on the road in order to pass a slower athlete or in the process of cornering will not be considered to be making a “sudden or unexpected move”. Crossing the centre line in order to pass this athlete will be considered intentional.
 - (iv) An athlete who crosses the centre line as a result of a momentary loss of control, who gains no significant advantage and who does not disadvantage or endanger other athletes will not be penalised. If other athletes are disadvantaged or endangered then a time penalty shall be imposed. Examples of momentary loss of control include but are not limited to while mounting/dismounting the bicycle, getting into or out of bike shoes at the start/end of the bike section, or in picking up drink bottles and/or nutrition at an aid station.
- d) Athletes must comply with race-specific instructions in regard to the attaching of numbers to the bike and/or helmet (Penalty: If unintentional– verbal warning and correct if possible, If intentional – Disqualification).

- e) 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 protests or appeals concerning an 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 WT rules provide no such discretion at International races.
 - For Schools Races only standard Road Racing bikes and Mountain Bikes are permitted. TT Bikes are not allowed.
- (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

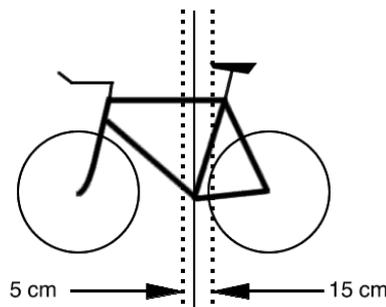
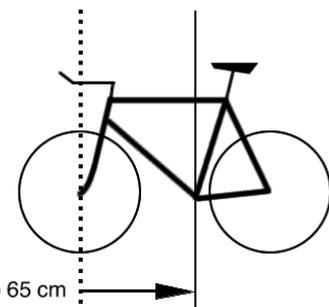


Diagram 7 Front to Centre Distance



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 athletes racing in the Under 12, Under 13, Under 14 and Under 16 categories must use wheels with a rim depth of no-greater than 55mm and a minimum of 12 spokes. No wheel covers are permitted. The 55mm rim depth restriction shall not apply to athletes competing in the Under 19 category.
- (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 WT 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;
 - 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.
- (iii) For Schools Events, no aerobars are allowed for any age group including those who are racing in a draft-illegal race.
- 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 and cannot touch the locking mechanism and cannot lock or unlock the locking mechanism of the helmet while 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, except as described in the bullet point below. (Penalty: Stop and Go to correct). The penalty for cycling without a helmet or with the helmet not fastened is Disqualification.
 - 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). (Penalty: Disqualification)
- 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) Equipment or devices (including but not limited to cameras and video-cameras) may be carried during the bike segment but athletes must seek approval for such from Technical Officials upon arrival at transition. Approval will only be withheld if the mounting is considered to be dangerous in which case the Technical Officials may require the camera to be remounted safely or, if this is not possible, removed.
- Images from cameras must be made available to Technical Officials and or the Race Organiser upon request
 - Images may be used in support or defence of a protest or appeal but only if the device was approved by the Technical Officials prior to the race. The availability of such images has no bearing on drafting or blocking calls made during the race as these calls may not be appealed.
 - Cameras and/or other devices may not be attached to helmets.
 - Athletes should also note that the provisions of rule 2.1 (a) (xiv) are applicable.

h) Fairings

Fairings are prohibited. Fairings are defined as any devices or materials (including duct tape) added, attached, or blended into the structure of the bicycle which have the effect of reducing the resistance to air penetration. Devices or materials (including duct tape) added, attached, or blended into the structure of the bicycle that does not fundamentally alter or enlarge the general shape of the structure, (e.g., to cover valve cut out of the rear disc wheel, to cover bolts access, etc.) are not affected by this rule;

Specifically, the following items are not allowed:

- Bottles/Hydration or any objects (excluding nutrition) attached to or inserted in an athlete's race suit
- Any inserts in an athlete's calf sleeves and arm sleeves.

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.) In an Elite/U23/Junior draft legal race, athletes who have been lapped during the bike segment will be withdrawn from the race by the Technical Officials. Technical Officials may anticipate this decision, for safety reasons, if the athlete is 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 Technical Delegate.
- b.) For Elite/U23/Junior races and Schools Championships Clause (a) may be suspended on application to the Technical Advisory Group so that athletes will not be lapped out of the race. If this occurs, then it is forbidden to draft off an athlete who is on a different lap. If this behaviour is observed the offending athlete will first receive a warning to move out of the draft. If the warning is not complied with the athlete will be disqualified

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

Mid & Long Distance Triathlon			illegal	illegal	illegal
DUATHLON					
Team Relay	legal	legal	legal		
Sprint Distance	legal	legal	legal	both	illegal
Standard Distance		Legal	legal	illegal	illegal
Mid Distance			illegal	illegal	illegal
AQUATHLON					
WINTER TRIATHLON (all distances)	legal				
CROSS TRIATHLON AND DUATHLON (all distances)	legal				

- (iii) In a draft legal race it is forbidden to draft behind an athlete of a different gender. An athlete who is caught by a group of athletes of the opposite gender must immediately remove themselves from that group. If an athlete is observed violating this rule they will be warned to move out of the draft. If this warning is not complied with the athlete will be disqualified.

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 centre 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~~ 12 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~~ 25 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 centre 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 25 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 25 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 5.6I
- (vii) For Mid Distance and Long 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.
 - All of the points under this clause will be treated as drafting offences and the penalties described in rule 5.6 below will apply for both for individual violations and cumulatively
- (viii) See the diagrams below for events where left hand side road rules apply.

Diagram 1 Distance of Drafting Zone for ALL Competitors

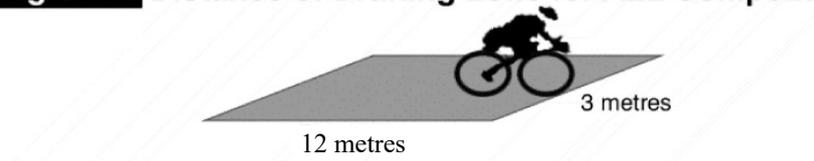
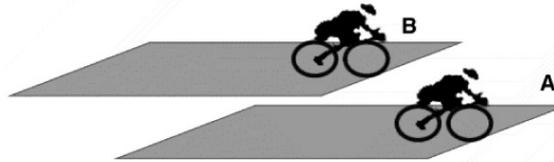
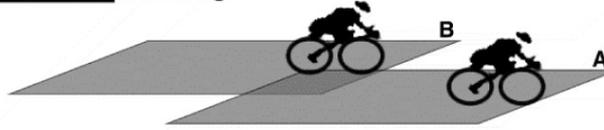


Diagram 3 Blocking



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



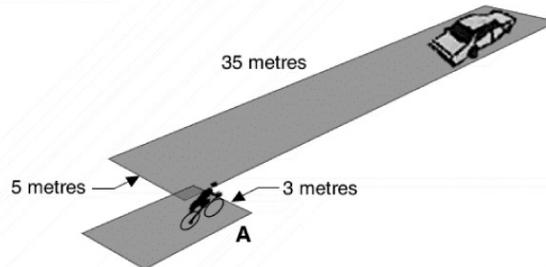
A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

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:

- a) It is forbidden to draft in a race declared as draft illegal.
- b) Technical Officials will notify athletes who are drafting that they are subject to a Time Penalty. This notification must be clear and unambiguous and will be undertaken as described in rule 3.4. 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;
- c) The 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 Mid Distance race (90km cycle): 3 minutes
 - (iv) In an Long Distance race (180km cycle); 4 minutes
- d) A second drafting offence will lead to a Disqualification in standard distance events or shorter.
- e) The third drafting offence will lead to Disqualification for Mid and Long Distance events.
- f) Drafting Penalties cannot be appealed.

5.7 Blocking

- a.) Athletes must keep as far as practicable to the left side of the road and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is attempting to overtake is unable to do so due to the placement of an athlete in front of them. Note that an athlete who is themselves in the act of overtaking an athlete in front of them will not be considered to be blocking provided they immediately move to the left once their overtaking manoeuvre is complete.
- b.) The Time Penalties for Blocking are:
 - 1 minute for all Draft Illegal Events
 - 1 minute in Age Group Draft legal Events
 - For Elite/U23 and Junior Draft Legal, Schools Championship Draft Legal Races and all Team Relay races:
 - 10 Seconds for Cycle Courses of 20km or less
 - 15 Seconds for Cycle Courses of 40km
- c.) If Bike Penalty Boxes are in operation for the race, Time Penalties for blocking are to be served in the next bike penalty box. If there are no bike penalty boxes in operation the Technical Official giving the penalty will administer the penalty on the spot. Athletes stopping at a penalty box for a blocking penalty should inform the officials that they have a blocking penalty to ensure they are not held at the penalty box for the longer penalty time that applies to drafting.
- d.) For races where a Run Penalty Box is in operation, Blocking Penalties will be served in the Run Penalty Box.
- e.) If a Technical Official believes that an athlete is intentionally blocking in order to prevent other athletes from passing they will be disqualified (See rule 5.1 (a) (i))
- f.) Blocking Penalties cannot be appealed.

5.8 Riding Positions

The following images depict riding positions which are allowed and disallowed. Failure to comply with the allowable riding positions will be considered dangerous behaviour as described in rule 5.1 (b) iii and will be penalised by a time penalty in the first instance and disqualification should the behaviour be repeated.

Image 1 Allowed positions in all races:



Image 2: Allowed position only in draft illegal races:



Image 3: Forbidden positions in all races:



6 RUNNING CONDUCT:

6.1. General Rules:

- a) The athletes will:
 - (i) Run or walk;
 - (ii) Not crawl; (Penalty: Stop and Go to Correct, Otherwise Disqualification)
 - (iii) Not run with a bike helmet on; (Penalty: Stop and Go to Correct, Otherwise Disqualification)
 - (iv) Not use posts, trees or other fixed elements to assist manoeuvring curves; (Penalty: Time Penalty)

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); (Penalty: Stop and Go to surrender the equipment to a Technical Official; If not surrendered on request Disqualification)
- b) Glass containers; (Penalty: Stop and Go to Correct)
- c) Running shoes with spiked soles (except in Cross Triathlon). Penalty: Disqualification

7 TRANSITION AREA CONDUCT:

7.1. General Rules:

- a) All athletes must have their helmet securely fastened and not touch the locking mechanism of the helmet 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; (Penalty – Age Group: Stop and Go to correct, Elite/U23/Junior: Time Penalty)
- 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). (Penalty – Time Penalty)
- c) Athletes must use only their designated bike rack and must rack their bike; (Penalty – Stop and Go to Correct, or Time Penalty)
- 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. (Penalty – Age Group: Stop and Go to Correct or Time Penalty, Elite/U23/Junior: Time Penalty)
- e) If a bin is provided all the equipment that has already used by the athlete during the race should be deposited inside the bin. All unused equipment must be placed beside the bin, on the ground, but in the athletes' individual space. (Penalty – Age Group: Stop and Go to Correct or Time Penalty, Elite/U23/Junior: Time Penalty)
- f) 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;
- g) Athletes must not impede the progress of other athletes in the Transition Area; (Penalty – Unintentionally: Time Penalty, Intentionally: Disqualification)
- h) Athletes must not interfere with another athlete's equipment in the Transition Area. Note that bumping or moving another athlete's equipment is not considered to be "interference unless it is done intentionally; (Penalty – Time Penalty or Disqualification). Note Disqualification under this rule is reserved for serious violations - for example taking another athletes' running shoes.
- i) 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. Athletes must place one foot on the ground beyond the mount line before mounting their bicycle and must place one foot on the ground before the dismount line when dismounting. It is also forbidden to "scoot" the bike in the transition area; (Penalty: Stop and Go to Correct or Time Penalty)
- j) Nudity or indecent exposure is forbidden; (Penalty – Time Penalty or Disqualification)
- k) 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
- l) Athletes cannot stop in the flow zones of the Transition Area; (Penalty – Time Penalty if other athletes are impeded)

- m) Marking position in the Transition Area is not allowed. Technical Officials will require that the marking is removed, or will remove the marking themselves if it is found after the athlete has left the transition area.

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	
Mid Distance	yes			yes	yes
Long Distance	yes			yes	yes
DUATHLON					
Sprint Distance	yes	yes	yes	yes	yes
Standard Distance	yes	yes		yes	yes
Mid Distance	yes			yes	yes
AQUATHLON					
Standard Distance	yes	yes	yes	yes	yes
AQUABIKE					
All Distances	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 TRI ₁)
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 WT, 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 WT. 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. Prize money shall be payable based upon finishing position across the line, regardless of whether the athlete is eligible for a medal as covered in rule 9.2.

9.2. Awards

- a) Athletes who are Triathlon New Zealand members, are a NZ Citizen/Permanent Resident and place first, second or third 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 first, second or third, at any national championship event the medal shall be awarded to the next highest placed NZ Citizen/Permanent Resident.

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 Head 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 Head Referee (HR) makes final judgments on rule violations. The HR shall also assist the TD and if a TD is not appointed, the HR will lead the technical officials at the event.
 - (iii) The Chief Race Official (CRO) – monitors the work of all Technical Officials and is responsible for ensuring that Officials have all of the equipment they require to undertake their roles. 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, 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 manage 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 competitors 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 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 Technical Advisory Group may serve on the jury provided they have not officiated at the event.
- (v) A member of the Tri NZ Board should be part of the Competition Jury for National Championship events. Should a Board Member be unavailable then a member of the Tri NZ senior leadership team (i.e. the Chief Executive and his direct reports) may be substituted.
- (vi) For domestic races at least two of the Jury members must be present in person. The third member of the Jury can be present virtually. For international races all three jury members must be present in person.
- (vii) To be eligible to serve on a competition jury Board Members/Senior Tri NZ Staff members must have completed the World triathlon Course on Competition Jury membership
<https://education.triathlon.org/mod/page/view.php?id=6604>

- b) Duties of the Competition Jury:

- (i) The Competition Jury rules on all Protests and on Level one Appeals
- (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 Protests and Appeals and decisions reached.

- c) Competition Jury Integrity:

- (i) The Competition Jury observes the following principles:
 - All parties to any Jury hearing will be treated with respect
 - 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 Technical Delegate and the Head Referee for each event.
- b) Tri NZ will inform the Technical Delegate or Head 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 officials 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 WT Technical Official programme for those officials with WT certification and to provide a pathway for those officials who aspire to WT 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 Head Referee provided that the subject of the protest has not been previously observed by the Technical Officials and ruled upon by the Head 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 Head Referee no later than twenty four (24) hours before the start of the race. Note that this time limitation is not intended to prevent Athletes from alerting Officials to concerns they have regarding the safety of certain aspects of the course and when so alerted Officials should take appropriate action to investigate and mitigate any hazards identified.

11.3. Protests Concerning the Race:

- a) An athlete, who protests against another athlete or official, must do so to the Head Referee within thirty (30) minutes of his/her finish time. However, the intention to write a protest has to be announced to the Head 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 seven (7) days after the competition.
- b) The Head Referee will conduct an initial review of any evidence provided and consult with other Technical Officials, athletes and with the Timing officials as they deem necessary to be able to render a decision.
- c) If the protestor is not satisfied with the outcome of this review they may then proceed with an Appeal as outlined in rule 12 below. They shall have 24 hours following the notification of the Head Referee's decision to advise that they wish to appeal and a further 24 hours in which to submit the appeal paperwork.
- d) No protest fee will apply to protests concerning Timing and Results but if an appeal is subsequently lodged then the usual fee shall apply to that appeal.

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 Head Referee thirty (30) minutes after his/her finish time. However, the intention to write a protest has to be announced to the Head 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 Head 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 Head Referee, signed by the protester, within the time limits specified above;
- b) The Head Referee will announce on the notice board in the finish area that a protest has been filed
- c) The content of the protest shall be made immediately available to the competitors and officials involved, prior to the hearing;
- d) The protester and the protestee must be present. If the protest is against another athlete, then that athlete and/or their nominated representative must be present. If the protest concerns the actions of a Technical Official then that Official must be present. If the protester does not attend, the protest 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 protester or the accused may be designated to appear if approved by the Competition Jury;
- g) The hearing will not be open to the public;
- h) The Competition Jury chair will read the protest;
- i) The protester and the protestee 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.
- m) The Competition Jury will produce minutes of the meeting, including the Competition Jury's decision which must be approved by all members of the Competition Jury. The minutes will be submitted to Triathlon New Zealand

12 APPEALS:

12.1. Appeal Jurisdiction:

- a) An appeal is a request for a review of a decision made by the Head Referee (level 1) or by the Competition Jury (level 2). This may include the appeal of a decision made prior to the race, during the race or after the race. 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 Head 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.
- b) The time for an athlete to file an appeal is no later than thirty (30) minutes after his/her finishing time or within thirty (30) minutes of being made aware of the decision by the Head Referee, whichever is later. However the intention to write an appeal has to be announced to the Head Referee within fifteen (15) minutes of his/her finishing time or the notification of the Head Referee's decision. Provided that reasonable efforts have been made to contact an athlete to advise them of a decision made by the Head Referee concerning them, the time to lodge a Level 1 appeal will expire sixty (60) minutes after their finishing time.
- c) If the Appeal concerns Timing and Results then the Appellant shall have 24 hours to lodge an appeal commencing from the time they are notified of the Head Referee's decision pursuant to a protest under rule 11.4
- d) 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 Head 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:

The following procedure will be followed in the event of a Level One Appeal to the Competition Jury. (Note that the process is the same as that for hearing a Protest):

- a) The Appeal will be filed with the Head Referee, signed by the Appellant, within the time limits specified above;
- b) The Head Referee will announce on the notice board in the finish area that an Appeal has been filed
- c) The content of the Appeal shall be made immediately available to the competitors and officials involved, prior to the hearing;
- d) The Appellant must be present. If the Appeal is against another athlete, then that athlete and/or their nominated representative must be present. If the Appeal concerns the actions of a Technical Official then that Official must be present. 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 Appellant or the party being appealed against may be designated to appear if approved by the Competition Jury;
- g) The hearing will not be open to the public;
- h) The Competition Jury Chair will explain the process and everyone's rights
- i) The Competition Jury Chair will read the Appeal;
- j) The Appellant and the party being appealed against will be given adequate time to give their account of the incident;
- k) Witnesses (two each) may speak for three (3) minutes each;
- l) The Competition Jury will hear the evidence and render a decision by simple majority;
- m) The decision will be posted immediately, and delivered in writing to the parties upon request.
- n) The Competition Jury will produce minutes of the meeting, including the Competition Jury's decision which must be approved by all members of the Competition Jury. The minutes will be submitted to Triathlon New Zealand

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 choose 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 World Triathlon Competition Rules covers the conduct of Paratriathlon events. Subject to the provisions of Rule 13.1 (b) the World Triathlon Paratriathlon Rules have been adopted in entirety by Tri NZ and shall apply to all Paratriathlon events conducted in New Zealand. The World Triathlon Competition rules are available from the World Triathlon 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 World Triathlon 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 RELATED MULTISPORTS

14.1. General

- a) Appendix G lists the various multisport events which are administered by World Triathlon.
- b) The World Triathlon 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 World Triathlon 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. Aquabike

Where the event consists of Swimming, T1, and Cycling.

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

Athletes will finish when they cross the Dismount Line at the end of the Cycling section. At the discretion of the LOC athletes may be able to proceed through T2 and complete a short run to finish under the finish gantry being used for the triathlon but the time taken to do this will not be included in the athlete's finishing time and finishing positions will be taken as at the Dismount line.

15 Team Competitions

15.1. Types of Events

The following types of team competitions are covered by these rules:

- a) A "Triathlon Team" comprises a team of two or three people who each complete either one or two of the disciplines that make up a normal triathlon event. Allowable combinations are:
 - Athlete 1 completes the swim, Athlete 2 completes the bike and Athlete 3 completes the run
 - Athlete 1 completes the swim and Athlete 2 completes the bike and the run
 - Athlete 1 completes the swim, Athlete 2 completes the bike, Athlete 1 completes the run
- b) A "Duathlon Team" comprises a team of two people who between them complete a Duathlon event. Allowable combinations are:
 - Athlete 1 completes both runs, Athlete 2 completes the bike
 - Athlete 1 completes one of the runs and the bike, Athlete 2 completes the other run. Which run each of the athletes completes is up to the athletes to decide
- c) A "Team Relay" team will comprise four athletes who each complete a full Swim/Bike/Run triathlon or a Run/Bike/Run Duathlon before tagging the next member of their team who will complete the same course with the final team member crossing the finish line to record the total time for the team.

15.2. Composition of Teams

- a) Triathlon and Duathlon Teams

The allowable competition categories in these competitions shall be:

 - Male
 - Female
 - Mixed
 - Open
 - (i) The categories that are offered at any given event is at the discretion of the event organiser. For example, the event organiser may choose to offer only a single team category (open) which may comprise any combination of genders (all male, all female or a combination of both).
- b) Team Relay Teams
 - (i) Team Relay Teams may comprise the following combinations of athletes:
 - Mixed – comprising two male and two female athletes
 - Male – comprising four male athletes
 - Female – comprising four female athletes
 - Open – comprising any combination of genders
 - (ii) For Mixed Relay Teams the order in which the team members compete will always be ~~Male/Female/Male/Female~~ Female/Male/Female/Male.
 - (iii) Team Relay Teams comprised of only three members with one athlete who competes the course twice shall be allowed but these teams will not be eligible for medals/awards. The athlete who competes the course twice shall not complete consecutive laps.

- (iv) An athlete may compete twice for two different teams however only the first team that the athlete competes for will be eligible for medals/awards.
- (v) It is allowable for an athlete to compete for two teams simultaneously by completing the first leg carrying the timing chip for both teams however in this case only one of the teams will be eligible for medals/awards. The athletes concerned must nominate in advance which team they wish to be eligible.

15.3. Application of Competition Rules

- a) The Triathlon New Zealand Competition Rules apply to Team Competitions with the only exceptions being any specific provisions in this section of the rules.

15.4. Team Tagging Areas

- a) Regardless of the type of team competition, the handover between team members will take place within a designated Team Tagging Area. At the discretion of the event organiser this may be in a pre-determined area or it may be at the team's spot at the bike racks. The precise details of the team tagging area will be advised in the pre-race information and/or in the race briefing. Failing to complete the tag within the designated tagging area will result in a Time Penalty
- b) Athletes waiting to tag their team member must keep the team tagging area clear until their team member is approaching and must take care not to interfere with other athletes during handovers. Athletes deemed to be deliberately impeding or obstructing the progress of other athletes may be subject to a penalty under rule 2.1(a) viii
- c) In most cases the handover between team members will involve the passing of the team's timing chip to the next athlete. Where this is the case:
 - (i) Only the two athletes involved in the handover may participate in the exchange of the timing chip (Penalty – Time Penalty)
 - (ii) In the event that the timing chip has been lost the team will serve a 10 second time penalty (to be served on the spot) at each exchange during which the timing chip is missing.
 - (iii) If all athletes have their own timing chips, or timing chips are not being used then the athlete completing their lap will tag (i.e. make physical contact with) their next team member within the designated tagging areas

15.5. Penalties in Team Events

- a) For Triathlon and Duathlon Teams, the penalties that are applicable and the process for serving these penalties will be the same as those set out in the Competition Rules and that apply to individual athletes competing at that event. If Bike Penalty boxes are in use, then bike penalties are to be served at those penalty boxes. The duration of time penalties are dependent on the length of the event as set out in the competition rules.
- b) For Team Relay events, rule violations that would result in a “Stop and Go” penalty being issued in an individual race will instead result in a 10 second time penalty. Depending on the circumstances at each event the location at which the penalty is served will be one of the following:
 - (i) In a run penalty box
 - (ii) At the team handover area
 - (iii) In the transition area at the team’s bike rack
 - (iv) On the spot

The option that will be applied will be advised in the pre-race information and/or in the Race Briefing.

- c) If a team incurs a time penalty it may be served on any lap of the race. For example, if the penalty is incurred by the athlete completing lap one, it may be served by that athlete, or by the athletes completing any of the subsequent legs. If the penalty has not been served before the team finishes the race the penalty is disqualification.
- d) If a run penalty box is in use for the event there will be a penalty board displaying the number of any teams who have a penalty to serve. The number(s) will be removed once the penalty is served. Technical Officials will do their best to advise teams that they have a penalty but it is the responsibility of athletes to look at the board and to stop to serve the penalty if required.
- e) If penalties are being served in the Team Handover area or in the Transition area there will not be a penalty board and the Technical Officials will advise the teams concerned that they have a penalty.
- f) If a violation has occurred late in the race such that the Technical Officials have not been able to administer the penalty in any of locations listed in (b) above then the Head Referee may approve the adding of the 10 second penalty to the team’s finishing time. Note that adding the penalty to the finishing time of a team who was properly notified that they had received a penalty but then failed to serve it is not an option available to the Head Referee. The penalty in this case is disqualification.

15.6. Drafting in Team Relay Events

Team relay events will always be Draft-Legal with the exception of NZ Schools Under 12, Under 13, Under 14 and Under 16 events which shall be Draft-Illegal.

APPENDIX A: DEFINITIONS

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 Head 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 Head 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	During the swim and the run, the deliberate impeding or obstructing of progress of one athlete by another. On the bike course, an athlete who fails to keep to the appropriate side of the road (usually the left) and in so doing impedes the progress of other athletes, whether intentional or not.
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 Head 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 protests and appeals against decisions handed down through the Head Referee.
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 Multisport events in New Zealand,

unless that sport is under the jurisdiction of an international governing body recognised by IOC, CISM or Sportaccord.

Course	A forward line of progress from start to finish, which must be clearly marked and measured to prescribe 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) unless specified otherwise for the specific event
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 WT for a sport of individual character and motivation, which combines cycling and running skills in continuum.
Duathlon Team	A team comprising two or three athletes who will each complete one or more disciplines in a Duathlon
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 WT.
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.
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.
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 Swim that is longer than 2km and up to 4km, a Cycle that is longer than 90km and up to 180km and a Run that is longer than 21km and up to 42km
Mid 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 WT.
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.

Outside assistance also refers to pacing an athlete by a supporter, coach or team member

Pacing	The accompanying of athletes on any part of the course by supporters, coaches or team members is referred to as "Pacing". For the avoidance of doubt, supporters may "leap-frog" their athlete in order to see them on multiple occasions but must not keep constant pace alongside or in close proximity. If warned by officials that a supporter is staying too close to their athlete or stopping too frequently they must desist or the athlete risks disqualification.
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 Mid & Long 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 serving of a Time Penalty for a rule violation.
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	<p>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.</p> <p>This definition is included to distinguish Race Marshals from Technical Officials.</p>
Head 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 Head Referee will also hear and rule on any protests which are lodged.
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.
Specific Regulation	A rule which does not appear in the Tri NZ Competition Rules or a variation to the Tri NZ Competition rules which is to be applied for a specific event. Specific Regulations must be approved by Tri NZ and advised to athletes as described in rule 1.5.
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 Penalty	A method of imposing a brief delay on an athlete who is assessed by a Technical Official to have infringed the rules. This penalty will be applied for minor violations and the athlete will typically be required to correct the violation before proceeding in the race.
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 WT. 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 WT, the length of the suspension will be determined by the WT 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.
Team Relay	A team event usually involving four members per team in which each team member will complete all disciplines of a short distance triathlon or duathlon before handing over to their next team member.
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 Head 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 WT as being qualified to officiate at Triathlon and related multisport events. Only Technical Officials may issue penalties to an athlete.
Time Penalty	A Time Penalty will be imposed to an athlete who has, in the opinion of a Technical Official, committed a violation of the Competition Rules for which a Time Penalty is specified. The duration of the Time Penalty will vary depending on the specific violation and the nature of the race.
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.
Triathlon Team	A team comprising two or three members who will each complete one or more disciplines of a triathlon
Unfair Advantage	Where an athlete gains an advantage by using any item of equipment or by employing tactics or techniques not intended under the rules and/or which are outside the spirit of the rules the Technical Officials need to consider whether this advantage is fair or unfair. If the advantage is deemed to be unfair then Penalties may apply.
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 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 pro-active attitude.
World Triathlon (WT)	The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport.
WT Competition Rules	The document published from time to time by World Triathlon that contains all the rules and regulations that governs fair and safe competitions that applies to competitions sanctioned by World Triathlon.

APPENDIX B: STANDARD RACE DISTANCES AND AGE RESTRICTIONS

Triathlon:

	Swim	Bike	Run	Minimum age required
Team Relay	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
Mid Distance	2000m	90 km	21 km	18
Long Distance	2000 - 4000 m	120km-180 km	30km-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
Mid Distance	20 km	80 km	10 km	18

Aquabike:

	Swim	Bike	Run	Minimum age required
All Distances	1500m +	40 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
Mid Distance	5 km	2000 m	5 km	18
Mid 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
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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			
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			
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			
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			
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.

Athletes and Officials should also note that under the provisions of rules 1.3 (b) 3.1 (a), 3.1 (e) and 3.1 (f) in some circumstances the penalty which is applied may vary from what is prescribed in the body of the rules and/or in this appendix, or the officials may decide not to apply a penalty in some instances. An athlete who feels they have been unfairly disadvantaged has the option to appeal such decisions.

General Conduct of Athletes			
#	Rule	Violation	Penalty
1	2.1(a)(i)	Unsportsmanlike Behaviour	<ul style="list-style-type: none"> Disqualification Possible Escalation to Tri NZ Board to consider suspension
2	2.1 (a) (iv)	Disobeying traffic regulations and instructions from officials	<ul style="list-style-type: none"> Disqualification
3	2.1 (a) (v)	Showing disrespect towards other athletes, officials, volunteers or spectators	<ul style="list-style-type: none"> Disqualification Possible Escalation to Tri NZ Board to consider suspension
4	2.1 (a) (vi)	Using abusive language	<ul style="list-style-type: none"> Disqualification
5	2.1 (a) (viii)	Deliberately impeding or obstructing another athlete	<ul style="list-style-type: none"> Disqualification
6	2.1 (a) (ix)	Failing to follow the prescribed course	<ul style="list-style-type: none"> If unintentional AND advantage gained is minor – Time Penalty Otherwise – Disqualification
7	2.1 (a) (x)	Failing to wear race bib number as prescribed for the race	<p>Draft Illegal and Age Group Draft Legal</p> <ul style="list-style-type: none"> Stop and Go to correct if possible Otherwise – Time Penalty of 1 minute <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> Time Penalty 10 secs in Sprint or Shorter Distance Race Time Penalty 15 secs in Standard Distance race

8	2.1 (a) (xii)	Discarding equipment or litter outside of aid stations or designated littering zones	<p>Draft Illegal and Age Group Draft Legal</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race
9	2.1 (a) (xiii)	Urinating in public	<ul style="list-style-type: none"> • 1st offence – Time Penalty dependant on Race Distance • 2nd offence – Disqualification
10	2.1 (a) (xiv)	Failure to surrender an electronic device to an official upon request	<ul style="list-style-type: none"> • Disqualification
11	2.1 (a) (xv)	Wearing items that present a hazard	<ul style="list-style-type: none"> • Warning and Correct • If not corrected - Disqualification
12	2.1 (a) (xvi)	Using unauthorised equipment which presents a hazard or which results in unfair advantage	<ul style="list-style-type: none"> • Warning and Correct • If not corrected - Disqualification
13	2.1 (a) (xvii)	Displaying political, religious or racial propaganda	<ul style="list-style-type: none"> • Warning and Correct • If not corrected - Disqualification
14	2.1 (a) (xviii)	Compete with bare torso or front zip suit undone too far	<ul style="list-style-type: none"> • Stop and Go to Correct • If not corrected – Disqualification
15	2.2 (a)	Accepting outside assistance	<ul style="list-style-type: none"> • Stop and Go to revert to original situation • If not possible – Disqualification
16	2.2 (b)	Accepting items of equipment from another athlete that will prevent the donor athlete from continuing in the race	<ul style="list-style-type: none"> • Disqualification of both the donor and the recipient
17	2.2 (c)	Being accompanied or paced during the race	<ul style="list-style-type: none"> • Warning • If Warning is not complied with, or pacing is observed again later in the race – Disqualification
18	2.2 (d)	Intentionally causing the forward progress of another athlete	<ul style="list-style-type: none"> • Disqualification of both athletes
19	2.3	Drug Abuse	<ul style="list-style-type: none"> • Disqualification • 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	2.4	Failing to meet race cut-off times	<ul style="list-style-type: none"> • Withdrawal from the competition and recording of “DNF” in the results
21	2.5	Competing in the incorrect age category	<ul style="list-style-type: none"> • If unintentional and no unfair advantage gained – re-assignment to correct age category • If unintentional and unfair advantage gained – Disqualification • If intentional – Disqualification and referral to Tri NZ Board for possible suspension
22	2.5 (b)	Committing Fraud by entering under an assumed name or providing false information	<ul style="list-style-type: none"> • Disqualification and Referral to Tri NZ Board for possible Suspension
23	2.6	Failure to attend race briefing	<ul style="list-style-type: none"> • If the briefing is compulsory and attendance records are kept, athletes may be removed from the start list. • Otherwise – warning
	3.1 (g)	Committing Multiple “yellow card” rule violations (three or more)	<ul style="list-style-type: none"> • At the discretion of the Head Referee, Disqualification
24	3.6	Failing to Serve a Penalty	<ul style="list-style-type: none"> • Disqualification

Swimming Conduct

#	Rule	Violation	Penalty
24	4.1 (b)	Failing to follow the prescribed Swim Course	<ul style="list-style-type: none"> • Disqualification
25	4.1 (c)	Deliberately moving off a straight-line course between swim buoys in order to take advantage of wading or dolphin diving in shallow water	<ul style="list-style-type: none"> • Disqualification • Time Penalty in T1
26	4.1 (e) (ii)	Causing repeated contact during the swim which impedes the progress of another athlete	<p>Draft Illegal and Age Group Draft Legal</p> <ul style="list-style-type: none"> • Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race
27	4.1 (e) (iii)	Deliberate targeting of an athlete during the swim to impede their progress and gain an unfair advantage	<ul style="list-style-type: none"> • Disqualification • Referral to Tri NZ Board for possible suspension or expulsion
28	4.5 (f)	Early Start	<ul style="list-style-type: none"> • Time Penalty in T1

29	4.6 (b)	Use of Illegal Equipment during the swim	<ul style="list-style-type: none"> • Disqualification
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Cycling Conduct			
#	Rule	Violation	Penalty
30	5.1 (a) (i)	Intentionally interfere with the forward progress of other athletes	<ul style="list-style-type: none"> • Disqualification
31	5.1 (a)b(ii)	Make forward progress without the bike	<ul style="list-style-type: none"> • Stop and Go Penalty to correct • If not corrected - Disqualification
32	5.1 (b) (i) & (ii)	Failure to obey Road Rules and/or event-specific traffic regulations	<ul style="list-style-type: none"> • Disqualification
33	5.1 (b) (iii)	Dangerous Riding (includes but not limited to passing another athlete on their left in a draft illegal race)	<p>Draft Illegal and Age Group Draft Legal</p> <ul style="list-style-type: none"> • Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race <p>All Races – Disqualification for repeated or serious violations</p>
34	5.1 (c) (i)	Intentionally crossing the centre line unless specifically allowed in event-specific traffic management plan	<ul style="list-style-type: none"> • Disqualification
35	5.1 (c) (iv)	Crossing the centre line due to momentary loss of control	<ul style="list-style-type: none"> • No penalty unless other athletes disadvantaged or endangered in which case, Time Penalty
36	5.1 (d)	Failure to comply with instructions for numbering of bike and/or helmet	<ul style="list-style-type: none"> • Unintentional – Warning and Correct if possible • Intentional – Disqualification
37	5.1 (e)	Use of Illegal Equipment	<ul style="list-style-type: none"> • Warning and Correct if possible • Otherwise, Disqualification
38	5.2 (d) (ii)	Cycling without a helmet or with helmet not fastened	<ul style="list-style-type: none"> • Disqualification
39	5.2 (d) (ii)	If leaving the bike course temporarily, removal of or failure to re-fasten helmet as described in rule 5.2 (d) (ii)	<ul style="list-style-type: none"> • Disqualification
40	5.4 (c)	In a draft legal Elite/Junior race, drafting behind an athlete who is on a different lap (if the overlapping rule has been suspended)	<ul style="list-style-type: none"> • Warning and Amend • If warning not complied with, Disqualification

41	5.5 (a) (iii)	In a Draft Legal race, drafting behind an athlete of a different gender	<ul style="list-style-type: none"> • Warning and Amend • If warning not complied with, Disqualification
42	5.6 (c)	Drafting in Draft Illegal Sprint Race (or shorter)	<ul style="list-style-type: none"> • 1st Offence Time Penalty – 1 minute • 2nd Offence - Disqualification
43	5.6 (c)	Drafting in Draft Illegal Standard Distance Race	<ul style="list-style-type: none"> • Time Penalty – 2 minutes • 2nd Offence - Disqualification
44	5.6 (c)	Drafting in Mid Distance Race	<ul style="list-style-type: none"> • 1st and 2nd Offences -Time Penalty – 3 minutes • 3rd Offence – Disqualification
45	5.6 (c)	Drafting in Long Distance Race	<ul style="list-style-type: none"> • 1st and 2nd Offences -Time Penalty – 4 minutes • 3rd Offence – Disqualification • Time Penalty – 4 minutes
46		Side by Side riding during a Mid Distance race	<ul style="list-style-type: none"> • 1st and 2nd Offences -Time Penalty – 3 minutes • 3rd Offence – Disqualification
47		Side by Side riding during a Long Distance race	<ul style="list-style-type: none"> • 1st and 2nd Offences -Time Penalty – 4 minutes • 3rd Offence – Disqualification
48		Repeated entry and exit of draft zone without completing a pass in a Mid Distance race	<ul style="list-style-type: none"> • 1st and 2nd Offences -Time Penalty – 3 minutes • 3rd Offence – Disqualification
49		Repeated entry and exit of draft zone without completing a pass in a Long Distance race	<ul style="list-style-type: none"> • 1st and 2nd Offences -Time Penalty – 4 minutes • 3rd Offence – Disqualification
50		Dropping in between athletes, during a pass, that are at legal draft distance in a Mid Distance race	<ul style="list-style-type: none"> • 1st and 2nd Offences -Time Penalty – 3 minutes • 3rd Offence – Disqualification
51		Dropping in between athletes, during a pass, that are at legal draft distance in a Long Distance race	<ul style="list-style-type: none"> • 1st and 2nd Offences -Time Penalty – 4 minutes • 3rd Offence – Disqualification
52	5.7 (b)	Blocking	<p>Draft Illegal and Age Group Draft Legal</p> <ul style="list-style-type: none"> • Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race

53	5.8	Adopting an illegal riding position	First infringement – Time Penalty Second Infringement - Disqualification
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Running Conduct			
#	Rule	Violation	Penalty
54	6.1 (a) (ii)	Crawling during the run	<ul style="list-style-type: none"> • Stop and Go to Correct • Disqualification
55	6.1 (a) (iii)	Running with the bike helmet	<ul style="list-style-type: none"> • Stop and Go Penalty to correct • If not corrected - Disqualification
56	6.1 (a) (iv)	Using posts, trees or fixed elements to assist when manoeuvring curves	<ul style="list-style-type: none"> • Time Penalty
57	6.3 (a)	Use of Headphones or Headsets	<ul style="list-style-type: none"> • Stop and Go to surrender the equipment • If not surrendered, Disqualification
58	6.3 (b)	Using glass containers	<ul style="list-style-type: none"> • Stop and Go to Correct
59	6.3 (c)	Running in spiked shoes	<ul style="list-style-type: none"> • Disqualification

Transition Area Conduct			
#	Rule	Violation	Penalty
50	7.1 (a)	Having the helmet unfastened or touching the locking mechanism of the helmet after removing the bike from the rack and prior to returning the bike to the rack	<ul style="list-style-type: none"> • Stop and Go to Correct
61	7.1 (b)	Pre-fastening the helmet	<ul style="list-style-type: none"> • Time Penalty
62	7.1 (c)	Failure to use designated bike rack	<p>Age Group and all Draft Illegal</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race

63	7.1 (c)	Failure to rack the bike correctly	<p>Age Group and all Draft Illegal</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race
64	7.1(d)	Placement or discarding of equipment outside of the athlete's own bike rack space	<p>Age Group and all Draft Illegal</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race
65	7.1 (e)	If bins are provided, failure to place all used equipment in the bin	<ul style="list-style-type: none"> • Stop and Go to Correct or Time Penalty
66	7.1 (g)	Impeding the progress of another athlete in the Transition Area	<p>If Unintentional – Time Penalty</p> <p>Age Group and all Draft Illegal</p> <ul style="list-style-type: none"> • Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race <p>If Intentional – Disqualification</p>
67	7.1 (h)	Interfering with another athlete's equipment in the transition area	<ul style="list-style-type: none"> • If minor – Time Penalty • If major – Disqualification
68	7.1 (i)	Cycling in the transition area. Mount the bike before the mount line or dismount after the dismount line	<p>Age Group and all Draft Illegal</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race

69		Mount the bike before the mount line or dismount after the dismount line	<p>Age Group and all Draft Illegal</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race
70	7.1 (j)	Nudity or indecent exposure	<p>Age Group and all Draft Illegal</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race <p>Athlete may also be disqualified if blatant</p>
71	7.1(l)	Stopping in the flow zone of transition area	<p>Only if other athletes are impeded</p> <p>Age Group and all Draft Illegal</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Elite/U23/Junior Draft Legal and Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs in Sprint or Shorter Distance Race • Time Penalty 15 secs in Standard Distance race

Team Competitions			
#	Rule	Violation	Penalty
72	15.4 (a)	Tagging outside of the designated tagging zone	<p>Triathlon or Duathlon Team</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs

73	15.4 (b)	Impeding another team during the handover	<p>Triathlon or Duathlon Team</p> <ul style="list-style-type: none"> • Stop and Go to correct if possible • Otherwise – Time Penalty dependant on Race Distance <p>Team Relay</p> <ul style="list-style-type: none"> • Time Penalty 10 secs
74	15.4 (c)	Where timing chips are passed from one athlete to the next, handing over to an athlete having lost the timing chip	<ul style="list-style-type: none"> • Time Penalty of 10 seconds served in the tagging zone (applies for each handover after the chip has been lost)
75	15.5 (f)	Failing to serve a penalty having been properly notified of it	<ul style="list-style-type: none"> • Disqualification

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

Pre Event

- Contact the LOC and arrange meetings
- Take minutes of meetings and distribute
- All necessary documentation received and reviewed
- Follow up with LOC in regard to any missing documentation
- Review the course and ensure that it is safe and fair
- Athlete guides received and reviewed
- Confirm that there are no rule changes that require confirmation from TAG
- If there are rule changes ensure that the athletes are being informed
- Confirm number of Radios Required
- Agree number of Motor Bikes and arrange meeting time
- Confirm with Tri NZ your requirements for equipment and ensure that it will be available

- Initial contact with TO's to confirm their availability
- Follow up with TO Team to confirm availability
- Confirm with LOC the number of Technical Officials attending
- Assign Roles to the TO Team
- Prepare Run Sheet
- Communicate with TO Team to provide event information and set up pre-event Zoom Call
- Have calls with Chief Officials to brief them on their roles
- Conduct Pre-event Call with TO team and send follow up email
 - Include a Health and Safety Briefing
 - Include Tri NZ Member Protection Policy
- Confirm Competition Jury Members
- Prepare for any on-site briefings

On Site / Race Day

- Check availability of equipment and distribute
- Complete briefings with Team and Chiefs
- Meet with LOC and resolve issues
- Check in with Chiefs prior to race start to confirm they are ready to start the race
- Advise Head Referee that he/she can start the race
- Check in with Chiefs during the race
- Ensure that TO's are taking breaks
- Check in with the Tri NZ Staff member at the race
- Check in with Head Referee. Stay abreast of any disqualifications
- Convene the Competition Jury

After the Race

- Ensure that all equipment is returned
- Check the contents of the TO Box and complete the order form if items need replenishment

- Conduct a debrief with the Technical Team (this can be via email if not convenient on Race Day)
- Complete the Post Race Report
- Complete the Technical Delegate's Post Event Summary
- If there was a Competition Jury prepare minutes of the hearing (attach to Post Event Summary)
- Conduct a Zoom session to provide feedback to the TO Team

Head Referee

Appointed by the Technical Delegate of the Event and is responsible for making the final decision on all rules violations reported by Technical Officials

- In conjunction with Tri NZ and the TD, allocate roles to the Technical Officials who have been assigned to the race
- Coordinate preparation of run-sheets with TD
- Prepare appeal and protest forms. Ensure they are available at the Finish Line
- Prepare official notice board at the finish line
- Be present to advise and assist competitors on any technical matters relating to the course, the competition rules or competitors equipment
- Rule of any items of non-standard equipment to confirm it is allowed
- Start the race
- Be available to the Technical Team during the race to rule on any violations and to give advice
- Post the details of any penalties issued on the official notice board at the finish line. Details must include the athlete's race number, the violation and the penalty given.
- Make best efforts to meet with any athletes who have been disqualified to ensure that they are aware of the disqualification and to advise them of their options (including protesting).
- Be available to athletes at the finish who may wish to discuss penalties or other aspects of the race
- Advise the TD of any appeals that will require the Competition Jury to be convened
- Collect and process all protests and appeals
- Confirm final finishing order by any means necessary
- Sign off on official results immediately after the race
- Assist the TD in convening the post race TO debrief and assist with completing the post race report

Chief Race Official

Appointed by the Technical Delegate and Race Referee of the Event and is the team leader for the Technical Officials. The CRO monitors and supports the work of all Technical Officials. Except in large events this role will be a joint role carried out by the TD, RR or another chief official

- If asked, assist TD to communicate assignments to all Technical Officials
- Distribute and recover Technical Vests, Radios and other equipment.
- Assistant Starter when required
- Supervise and support all Technical Officials during the event.
- Prepare Start Lists and other documents for Technical Officials
- 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)
- Ensure all Technical Officials have a break and are fed during the event day

Chief Swim Official + Assistant Swim Officials

Depending on size of event may be assisted by one or more other assistant swim officials.

- Conduct a briefing with Assistant Swim Officials. Agree the division of duties.
- Check the Start Area, including start line, numbering (if any) and hazards
- Ensure that all TO’s are familiar with the start process including false starts 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
- Report when lead athletes are exiting the water
- Report when all athletes are out of the water

Chief Transition Official + Assistant Transition Officials

- Check Transition including rack numbering, entry and exits and flows of athletes to ensure it is fair. (Note that this should have been checked by the TD in advance. Do not make any changes without checking with the TD.)
- Organise a briefing with Assistant Transition Officials to ensure everyone knows their role.
- Confirm bike rack numbering and spacing
- 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). Note that bike checks are visual only.
- 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.
- Check that athletes have not marked their positions and remove any such marking
- Administer the Transition Conduct Rules

- Inform TO Team of Lead Athletes in and out of transition
- Be prepared to administer swim penalties
- Supervise mount/dismount areas
- 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
- Ensure that athlete bib numbers are being correctly worn

Chief Bike Official + Assistant Cycle Officials

- 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?)
- Confirm times for road closures/road opening
- Obtain all Bike Course paperwork – in particular penalty vouchers – and distribute to bike team
- Conduct a briefing with all Assistant Cycle Officials and assign them in accordance with decisions from above meeting
- Ensure that all cycle TO's have the necessary safety equipment and are dressed appropriately
- Verify the course measurement and course setup including implementation of the TMP
- Check the road conditions and note any hazards that might need to be marked, covered or coned
- Ensure corners are swept
- Brief with all motorbikes on the course including media
- Assign and manage the TO's assigned to the cycle course
- Manage the dispatch of Motorcycles onto the course
- Administer the Cycling Conduct rules
- Inform Head Referee of athletes who retire and obtain their timing chips
- Advise TO Team when lead athletes are approaching transition
- Advise TO Team when the last cyclist is off the course
- Report when all athletes are off the cycle course
- 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
- When Penalty boxes are in play ensure officials are briefed on the procedures (liaise with Chief Penalty Box on this)
- Return any timing chips collected

Chief Cycle Penalty Box Official + Assistant Penalty Box Officials

Each Penalty Box should be staffed with 1 Official and at least 2 volunteers per penalty box

- Meet with Assistant Penalty Box Officials and Head Referee to agree the process for reconciling the penalties
- Obtain stop watches and the necessary documentation
- Ensure penalty boxes are located as per the athletes briefing
- Ensure that there is a table and chairs and it is a clearly defined area for athletes to enter
- Check the penalty box signs (including “penalty box ahead” sign) have been placed correctly
- Ensure enough penalty forms are at each box including:
 - Penalty box Athlete form
 - Penalty base stand down record sheet
- When athletes stop for a penalty and have dismounted their bikes commence timing their penalty. Take account of competition rules in regard to what the athletes are allowed to do and what they may not do:
 - Time is paused if the athlete wants to use the toilet
 - Time is paused if the athlete wants to maintain their bike
- Complete the penalty base stand down record sheet and cross check with the blue drafting forms as delivered by the motorbike officials.
- Complete a reconciliation. Ensure that Head Referee is informed promptly of people who have not stopped to serve their penalty.
- Return stop watches to the TO Box

Chief Run Official

Depending on size of event may be assisted by one other officials.

- Verify the course measurement and that the course is set up as per plans
- Ensure that any hazards are appropriately marked and that marshals are in appropriate positions
- Administer the Running Conduct Rules. In particular monitor for:
 - Pacing by people not in the race
 - Outside assistance
 - Athletes cutting the course or not running to the side of the road
 - Athletes are wearing their bib numbers
- Advise Head Referee of any athletes who retire from the race. Get their timing chip.
- Advise when the lead athletes are approaching the finish (200-400m)
- Report when the last athlete is off the run course

Chief 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 and is supervised at all times when on the course
- Ensure that all boxes and bottles are sealed – discard any that are not sealed
- Supervise and brief the volunteers on opening the water and how to hold the bottles for the athletes. Caps are to be removed completely from the bottles
- Ensure that aid stations are well stocked during the event
- Organise to return any unused bottles to event headquarters

Chief Lap Auditor + Assistant Lap Auditor

(Only required for multi-lap races)

- 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
- Keep a note of some of the numbers in the lead group and tail group to ensure laps are correct.
- Ring the bell as the athletes commence their final lap
- In an age group multi-lap event where lapped athletes are not withdrawn from the event the lap number shown is for the lead athlete, you do not need to change for each athlete.

Chief Penalty Box Official (Run)

Assisted by one other official.

- Obtain Stopwatches and Penalty Box paperwork
- Ensure penalty board and numbers are in place
- Ensure that the board is clearly visible to the athletes
- Check the penalty box signs (including “penalty box ahead” sign) have been placed correctly
- Be in contact with the Head Referee for receiving and confirming the athletes violations.
- In an Elite Race, do not post any penalties without the approval of the Head Referee.
- Note the time at which the penalty was posted and take a photo of the penalty board showing the numbers.
- When a penalty is served, remove the number from the board and take a photo
- If required ensure that there is an area for the coaches near the penalty box so they can view the numbers
- Advise the Head Referee if an athlete with a penalty passes you and goes to the finish without serving their penalty

Chief Finish Line Official + Assistant Finish Line Officials

This role is generally carried out by one official assisted by the TD and/or Race Referee.

- 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

APPENDIX E: PROTEST and LEVEL ONE APPEAL FORM



Triathlon New Zealand

PROTEST AND LEVEL ONE APPEAL FORM

Part 1: To be completed by the Protester/Appellant.

Protest/Appeal must be filed and signed by the protester/appellant under the conditions outlined in the Tri NZ Competition Rules and submitted to the Head Referee.

Event Name:	_____	Event Date:	_____
Event Location:	_____		
Name of Protester/Appellant:	_____	Race Number:	_____
Address of Protester/Appellant	_____	Email:	_____
Telephone:	_____		
Name of Protestee/Respondent:	_____	Race Number:	_____

A Protest is a formal complaint against the conduct of a fellow Athlete or Race Official, or against conditions of the competition. An Appeal is a request for a review of a decision made by the Head Referee. You must have substantial evidence, including witnesses, and you must be willing to take part in a Protest or Appeal hearing. All Protests / Appeals must be accompanied with the fee of 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
- Appeal against Decision of Head Referee

Head Referee to complete

Time at which Athlete advised their intention to protest: _____

Time at which completed Protest form and fee received: _____

Description of the Alleged Violation or Incident

(Protestor / Appellant to complete)

The Protestor / Appellant is to describe what occurred, who was involved and why they believe this is in violation of the rules. The Potestor / Appellant should also explain how they believe they have been unfairly disadvantaged or alternatively the unfair advantage that another athlete has gained and the redress they are seeking as an outcome of the Protest / Appeal.

Rule(s) Violated: _____

Time of Incident: _____

Where and when did the alleged violation or incident occur (define the location). If required use additional paper and draw a diagram	_____ _____ _____ _____ _____
Who was involved in the alleged violation or incident?	_____ _____ _____ _____
Describe what happened and how or why you believe the rules have been violated?	_____ _____ _____ _____ _____ _____ _____ _____
Explain how you believe you have been unfairly disadvantaged or the unfair advantage that you believe another athlete has gained?	_____ _____ _____ _____ _____
What redress are you seeking?	_____ _____ _____

Signature of Protestor / Appellant: _____ **Date:** _____

Competition Jury Chairperson to Complete

Parties to the Protest/Appeal

Competition Jury Members	
Protestor / Appellant	
Protestor/Appellant's Witnesses (up to 2)	
Protestee / Respondent	
Protestee / Respondent's Witnesses (up to 2)	
Head Referee	
Technical Official(s)	

Time Competition Jury Hearing Convened: _____

Protestee / Respondent / Head Referee / Technical Official's Version of Alleged Violation or Incident

Summary of Evidence from Protestor / Appellant's Witnesses

Summary of Evidence from Protestee / Respondent's Witnesses

Decision of Competition Jury

Is the Protest / Appeal Upheld or Dismissed? _____

Brief Explanation of Decision (Relevant Rule(s) and Key Findings)

What are the Implications of this Decision? (e.g. Athlete's disqualified or reinstated)

Time that Parties were informed of Decision: _____

Did any of the Parties request a written copy of the decision?

Signature of Competition Jury Chairperson: _____

Date: _____

APPENDIX F: LEVEL TWO APPEAL FORM



Triathlon New Zealand

LEVEL TWO 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. A Level Two appeal is a request for a review of a decision made by the Competition Jury. All Level Two appeals must be accompanied with payment of NZD100.

Event Name: _____	Event Date: _____
Event Location: _____	Time Appeal Submitted: _____
Name of Appellant: _____	Race Number: _____
Address of Appellant _____	Email: _____
Telephone _____	
Type of Penalty Received _____	Type of Penalty: : _____

On what basis are you appealing the decision of the Competition Jury? You may use additional paper if necessary

Witness Details (2):

Name of Witness 1: _____

Name of Witness 2: _____

Signature of Appellant: _____

Date: _____

Part 2 Official use only

Appeal Fee \$100 attached	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Competition Jury Decision attached		
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
2023	2.1 (xviii)	<i>Rule relating to tri Suits with Front Zippers clarified to require that the suit be zipped up for the last 200m of the run</i>
	5.2 b (viii)	<i>Wheel rim depth for U12/U13/U14 and U16 schools races changed to allow rims of up to 55mm. No restriction on rim depth for U19 schools races</i>
	7.1 a	<i>Athletes must not touch the locking mechanism of their helmet from the time their bike is removed from the rack until it is returned to the rack</i>
2024	4.2 a	<i>Wetsuit use allowed for age group athletes in 60+ age categories up to 24.6 degrees for any distance of race</i>
	5.2 (a)	<i>Only Road Bikes and Mountain Bikes allowed for Schools Races</i>
	5.2 (c)	<i>Aerobars not allowed for any schools race</i>
	10.3 (a)	<i>Composition of Competition Jury changed</i>
	15.4 (c) ii	<i>Penalty for tagging without a timing chip changed to 10 seconds</i>
2025	2.1 a (ix)	<i>Penalties for not following the proper course clarified. No penalty if no advantage gained, time penalty if minor advantage is gained, disqualification if significant advantage gained.</i>
	2.1 a (xiii)	<i>Clarification that littering must be intentional</i>
	2.1 a (xviii)	<i>Front Zippers may be unzipped but must remain joined at the bottom. Must be zipped up for last 200m</i>
	2.2 g	<i>Athlete must actively reject outside assistance</i>
	2.5 h	<i>Eligibility of Junior athletes to receive age group medals amended</i>
	3.1 e	<i>Head Referee to be consulted before issuing penalty that is not listed in the rules</i>
	3.3 d (ii)	<i>Penalties for Yellow Card offences amended to align with World Triathlon rules</i>
	4.5 b	<i>Command "on your marks" removed from starting procedure</i>
	4.5 h	<i>Athletes missing the start of their wave must wait and start with the next wave</i>
	5.2 d (ii)	<i>Athletes may not lock or unlock their helmet strap while in possession of the bike.</i>
	5.2 h	<i>World Triathlon wording on Fairings added</i>
	5.5 b (iv)	<i>Draft zone increased to 12 meters with 25 seconds to pass</i>
	15.2 b (ii)	<i>Mixed Relay team order changed to Female/Male/Female/Male</i>