

Summary of the Major Amendments to the Race Competition Rules

The purpose of the Triathlon Australia Race Competition Rules is to provide an atmosphere of fair competition and a safe environment in which to participate. Triathlon Australia (TA) is a member federation of the International Triathlon Union (ITU) and these rules are based on the ITU Competition Rules.

The TA Board has endorsed a number of amendments, which are effective from 1 July, 2011. The information below is a summary of the major amendments. All stakeholders are strongly urged to review the new Race Competition Rules in their entirety to ensure a complete knowledge of all of the changes.

1) [Speed Suits \(Rule 1.2\)](#)

A competitor **may wear a speed suit at any time during an event**. Please note the Triathlon Australia definition of a speed suit, detailed here:

A speedsuit must be comprised of 100% textile material such as nylon or lycra and must not include rubberised material such as polyurethane or neoprene. The speedsuit may contain a zipper.

2) [Footwear for the cycle \(Rule 3.1\)](#)

Competitors must cycle with appropriate footwear. This was not detailed in previous versions.

3) [Bicycle Course Time Penalty and Draft Zone Changes \(Rules 3.9 and 7.5\)](#)

For all events with a nominal bicycle distance up to and including 40 km, the yellow card time penalty is now **3 minutes, with a draft zone of 7 meters x 3m**. Overtaking competitors have **15 seconds** to pass through this zone.

For all events with a nominal bicycle distance greater than 40 km, the yellow card time penalty is now **5 minutes, with a draft zone of 12 meters x 3m**. Overtaking competitors have **25 seconds** to pass through this zone.

4) [Competitor Behaviour after Being Passed on the Bicycle Course \(Rule 3.11e\)](#)

Once passed, a competitor must **immediately commence to drop back out of the draft zone** of the forward competitor before attempting to re-pass.

5) [Race Numbers \(Rules 3.6 and 4.3\)](#)

Competitors are required to **clearly display their race numbers** whilst on the bicycle course and run course. Note that the event's context and environment will be taken into account by the Technical Official when considering whether to issue a stop/start penalty.

6) [Infringements Table \(Appendix B\)](#)

To assist competitors with understanding the ramifications of breaking the rules a table has been included detailing examples of red and yellow card infringements.

If you have any questions please contact the TA Office on 02 9972 7999 or email us on technical@triathlon.org.au