



TRIATHLON

AUSTRALIA

Race Competition Rules

JULY 2011

Version July 2011

The original (source) document for these Race Competition Rules is the electronic version, which can be found on Triathlon Australia's website (www.triathlon.org.au). The web based document acts as the official (authorised) reference document and is maintained based on authorised amendments in accordance with recommendations by the Triathlon Australia National Technical Committee, which are accepted by the Triathlon Australia Board.

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INTRODUCTION

Authority

The Triathlon Australia National Technical Committee (NTC), a subcommittee of the Triathlon Australia Board, has the responsibility to ensure that the technical aspects of triathlon, duathlon and aquathlon are of the highest quality, with particular emphasis on the safety of each competitor and the fairness of each event.

Any difficulty in the interpretation or application of these Race Competition Rules (RCR) should be referred through Triathlon Australia (TA) to the Chair of the NTC without delay.

Reference

This document is to be read in conjunction with the TA Policy Document that can be found on the Triathlon Australia website www.triathlon.org.au .

Purpose

The TA RCR are intended to:

- a. Create an atmosphere of sportsmanship, equality and fair play;
- b. Optimise safety and protection;
- c. Emphasise ingenuity and skill without unduly limiting the competitor's freedom of action;
- d. Penalise competitors who seek to gain an unfair advantage; and
- e. Endorse the principle that triathlon is an individual sport and encourage individual performance and initiative.

1. GENERAL CONDUCT

These rules are applicable across the entire course

1.1 Competitors must:

- a. practise good sports conduct at all times;
- b. be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others;
- c. be responsible for understanding and following the TA RCR;
- d. obey instructions from event officials;
- e. obey traffic regulations unless otherwise instructed by an event official;
- f. treat other competitors, officials, volunteers and spectators with respect and courtesy;
- g. avoid the use of abusive language;
- h. be responsible for keeping on the designated course;
- i. not wear, use or carry items deemed to be a hazard to self or others e.g. a hard cast, jewellery, glass/metal containers or electronic and entertainment devices such as, but not limited to, mobile phones, mobile disc players, MP3 players or 2 way communication devices;
- j. not use any equipment which may provide an unfair competitive advantage;
- k. not obstruct or interfere with the forward progress of another competitor, or jeopardise the safety and welfare of another competitor or race official or spectator or member of the public;
- l. not accept assistance from anyone other than an event official;
- m. not discard any equipment on the course, except at the approved dedicated locations;
- n. withdraw immediately from the event if deemed by the event medical personnel that the competitor appears to present a danger to the health or welfare of either the competitor or others; and
- o. not cause offence to others through deliberate acts of nudity, or personal toilet which might be seen in public.

- 1.2 A competitor may wear a speed suit at any time during an event. For the purpose of interpreting this rule, the term is defined as:

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. SWIMMING CONDUCT

- 2.1 A competitor may use any swimming stroke for propulsion through the water. It is permissible to tread water or float.
- 2.1 A competitor may stand on the bottom or rest by holding an object such as a buoy or stationary boat. However, a competitor may not make use of the bottom or an object to make forward progress.
- 2.3 In an emergency, a competitor should raise an arm overhead and call for assistance. Once assistance is rendered beyond the provision of an object on which to rest, the competitor must withdraw from the event.
- 2.4 The temperature limits for the use of wetsuits and maximum time to be in the water for the varying swim distances are as follows:

a. - Elite, Under-23, Open and Junior competitors

Distance	Forbidden Above	Mandatory Below	Maximum Time
Up to 1500m	20° C	14° C	30 minutes
1501m – 3000m	23° C	15° C	1 hour 40 mins
3001m and above	24° C	16° C	2 hours 15 mins

b. – Under-19 and Age Group competitors

Distance	Forbidden Above	Mandatory Below	Maximum Time
Up to 1500m	24° C	14° C	1 hour 10 mins
1501m – 3000m	24° C	15° C	1 hour 40 mins
3001m and above	24° C	16° C	2 hours 15 mins

- 2.5 A competitor must wear the swim cap if provided by the Race Director. For aquathlons or other multi-swim events the wearing of the swim cap if provided is compulsory for the first swim leg and optional in subsequent swim legs.

- 2.6 Competitors must not use:
- Artificial propulsion devices;
 - Flotation devices;
 - Gloves or socks (including but not limited to compression socks);
 - Wetsuits with thickness exceeding 5mm;
 - Wet suit bottoms of any length without a wet suit top;
 - Wetsuits when they are forbidden because of the water temperature;
 - Any clothing containing rubberised material in a non-wetsuit swim.

3. CYCLING CONDUCT

- 3.1 A competitor is not permitted to cycle without appropriate footwear or with a bare torso.
- 3.2 A competitor is not permitted to make any forward progress without the bicycle and all of its component parts.
- 3.3 Bicycle helmets are compulsory and must be approved by a testing authority which is recognised by a national federation that is an affiliate of the International Triathlon Union (ITU).
- 3.4 An alteration or addition to any part of the bicycle helmet including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited.
- 3.5 The bicycle helmet must remain securely fastened on the head of a competitor at all times once the bicycle is removed from the bicycle rack, while on the bicycle course and until the bicycle is replaced on the bicycle rack.
- 3.6 A competitor must clearly display the race identification number(s) at all times on the bicycle course if provided by the Race Director. Those not complying may incur a Stop/Start penalty. However if the Technical Official considers that the identification number has been unintentionally lost, then the competitor will not be penalised.

Rules 3.7 to 3.12 inclusive apply to non-drafting events only

3.7 Illegal Pass

A competitor passing on the inside [left hand side] of another competitor will receive an Illegal Pass penalty.

3.8 Blocking

A competitor who has completed a pass and is not passing another competitor or motorcycle or vehicle and who fails to move safely and immediately to the left of the cycle lane will receive a Blocking penalty. Road conditions will be assessed before issuing this penalty.

3.9 Bicycle or Motorcycle Draft Zone

- a. For all events with a cycling distance up to and including 40 kilometres, the bicycle draft zone is a rectangle 7 metres long and 3 metres wide that surrounds every bicycle competitor and every motorcycle on the bicycle course. The front edge of the front bicycle and motorcycle wheel defines the centre of the leading 3 metres edge of the rectangle (**Diagram 1**). Competitors have 15 seconds to pass through this zone.
- b. For all events with a cycling distance greater than 40 kilometres, the bicycle draft zone is a rectangle 12 metres long and 3 metres wide that surrounds every bicycle competitor and every motorcycle on the bicycle course. The front edge of the front bicycle and motorcycle wheel defines the centre of the leading 3 metres edge of the rectangle (**Diagram 1**). Competitors have 25 seconds to pass through this zone.

3.10 Vehicle Draft Zone

- a. For all events, the vehicle draft zone is a rectangle 35 metres long by 5 metres wide that surrounds every vehicle on the bicycle course (**Diagram 5**). The centre of the front edge of the vehicle defines the centre of the leading 5 metres edge of the rectangle.
- b. The driver of any race participation vehicle is responsible to ensure that this zone is not overlapped by the draft zone of a competitor.

3.11 Drafting

- a. The draft zone of a competitor may not overlap the draft zone of another competitor or motorcycle or vehicle except in the following circumstances:
 - (i) When the competitor is in the process of legally passing another competitor or motorcycle or vehicle;
 - (ii) For safety reasons;
 - (iii) For an aid station;
 - (iv) For entrance to or departure from a transition area; and
 - (v) In making an acute turn

- b. When passing a forward competitor or motorcycle, the rear competitor is allowed a maximum of 15 seconds to pass through the 7m draft zone and 25 seconds to pass through the 12m draft zone. Failure to observe this may result in a drafting penalty.
- c. When passing a forward vehicle, the rear competitor is allowed a maximum of 90 seconds to pass through the draft zone. Failure to observe this may result in a drafting penalty.
- d. At every instant during the overlapping of draft zones, the rear competitor must be seen to be gaining on the forward competitor or motorcycle or vehicle. Failure to observe this may result in a drafting penalty.
- e. Once passed, a competitor must immediately commence to drop back out of the draft zone of the forward competitor before attempting to re-pass. A competitor is deemed to have been passed once the leading edge of the front wheel of the passing bicycle has moved in front of the leading edge of the front wheel of the competitor's bicycle. Failure to observe this may result in a drafting penalty.

Diagram 1 Distance of Drafting Zone for ALL Competitors

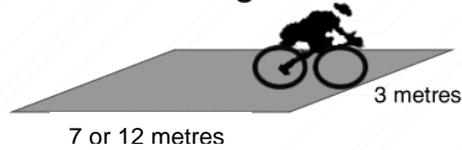
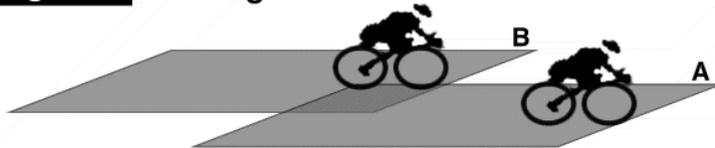
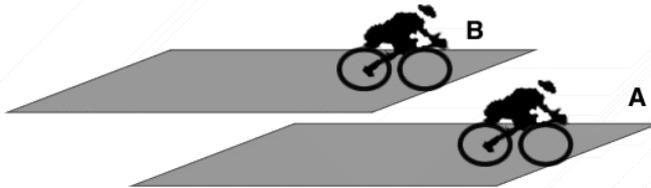


Diagram 2 Drafting



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 3 Blocking



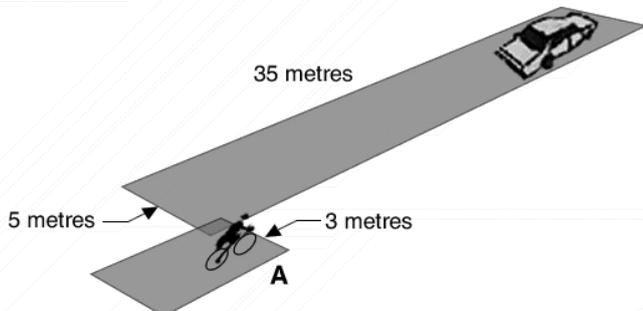
A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

Diagram 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.

3.12 Bicycles must have all of the following characteristics:

- a. No more than 2 metres long and 75 centimetres wide;
- b. Measure at least 24 centimetres from the ground to the chain wheel axle;
- c. A vertical line touching the front most point of the saddle 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 (**Diagram 6**), and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;
- d. Measure 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 (**Diagram 7**). Exceptions may be given only by the Technical Delegate for the bicycles of very tall or very short competitors;

Diagram 6 Saddle Fore-Aft Position

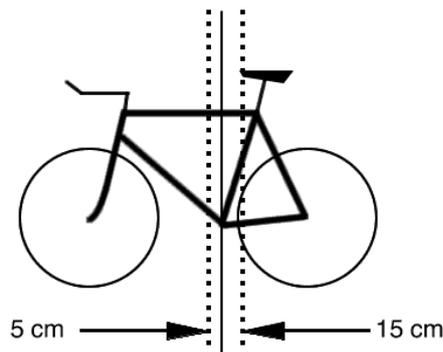
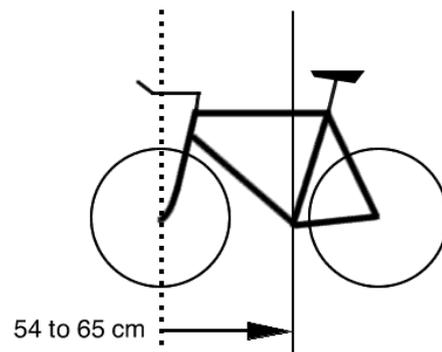


Diagram 7 Front to Centre Distance



- e. Fairings which reduce air resistance are prohibited;
- f. The front wheel may be a different diameter from the rear wheel but must be of spoke construction;
- g. Disk wheels or covers are allowed on the rear wheel only, however this provision may be changed by the Race Referee in the interests of safety (e.g. in the case of the potential for high winds);
- h. No wheel may contain mechanisms which are capable of accelerating it;
- i. Fixed-gear bicycles (or fixed-wheel bicycle, sometimes known as a fixie) are not permitted. This is a bicycle that has no freewheel, meaning it cannot coast — the pedals are always in motion when the bicycle is moving.
- j. Handlebar ends must be plugged, tubular tires securely glued, headset tight and wheels true;

- k. There must be an operational brake on each wheel;
- l. Forward facing brake levers are illegal on all bicycles. This applies to brake levers on standard curved handlebars, cow horn and aero bar mounted brake levers; and
- m. In draft legal events (not Long Distance) for Elite, Under-23 and Junior competitors the following ITU rules will apply:
 - (i) Only traditional drop bars are permitted;
 - (ii) Clip-on bars will be permitted provided they do not extend more than 15 centimetres beyond the front wheel axle and they are no longer than the brake levers foremost line;
 - (iii) Straight forward facing clip-on bars must be bridged and must not carry forward facing brake levers;
 - (iv) No forward facing bar or gear shifters are allowed on the end of the clip-on bars. The only exception will be grip shifters; and
 - (v) Elbow pads are permitted.

4. RUNNING CONDUCT

- 4.1 A competitor may not crawl.
- 4.2 A competitor may not run with a bare torso or without shoes on any part of the run course of an event.
- 4.3 A competitor must clearly display the race identification number on their front at all times on the run course if provided by the Race Director. Those not complying may incur a Stop/Start penalty. However if the Technical Official considers that the identification number has been unintentionally lost, then the competitor will not be penalised.

5. TRANSITION AREA CONDUCT

- 5.1 A competitor may only have a bare torso when moving from the swim exit to their bicycle rack or moving from their bicycle rack to the swim entry, the latter in a multi swim event.
- 5.2 A competitor must mount and dismount the bicycle at the respective designated mounting and dismounting zones.
- 5.3 A competitor must at all times rack his/her own bicycle only at their designated bicycle rack location and leave it in a stable position.
- 5.4 A competitor must at all times place all their equipment at their designated bicycle rack location.
- 5.5 A competitor must not interfere with another competitor's equipment but where accidental interference occurs the offending competitor must replace the equipment to its former position and state.

6. PARATRIATHLON / CROSS TRIATHLON / WINTER TRIATHLON

Rules for these types of competitions can be found in the ITU Competition Rules on the ITU website (www.triathlon.org) .

7. PENALTIES

7.1 Notification of Penalties

A Technical Official should carry out the following actions when issuing a rule violation to a competitor:

- (a) Gain the attention of the competitor;
- (b) Confirm with the competitor their race number;
- (c) Show the competitor a Yellow or Red Card and inform the competitor of the rule infringement; and

- (d) Advise the competitor what action needs to be taken.

If the Technical Official considers that a penalty cannot be issued safely, it is not mandatory for that Technical Official to penalise the competitor in person. In this situation the competitor is not expected to attend the Penalty Box.

A Technical Official must complete an Infringement Report to the Race Referee either if they have issued a red card to a competitor or if they were unable to penalise a competitor (yellow or red card) in person.

Where the Race Referee's ruling on an infringement is to disqualify a competitor, the Race Referee must post the ruling (competitor race number and rule infringed) on the Penalties Notice Board, which is to be displayed in a prominent location that competitors will have access to at the finish e.g. the athlete recovery area. The Race Referee may wish to personally meet with a disqualified competitor to discuss the ruling but this is not a mandatory requirement. Penalties not posted within one hour of the last competitor finishing the event are invalid.

7.2 Competitor Conduct

When shown a Yellow or Red Card by a Technical Official, a competitor must:

- (a) Confirm with the Technical Official their race number; and
- (b) Acknowledge and obey any instruction from the Technical Official

A competitor may complete the event even if shown a Yellow or Red Card by a Technical Official.

7.3 Stop–Start Penalty

This is a penalty for a minor infringement, which is served with a Technical Official either near where the infringement occurred, in a safe location on the course or in the Penalty Box. This penalty requires the display of a Yellow Card by a Technical Official. Appendix B lists examples of stop-start penalty infringements

7.4 Time Penalty

This is a time penalty for an infringement, served with a Technical Official in a Penalty Box. This penalty requires the Technical Official and the competitor to follow the instructions detailed in point 7.1. Appendix B lists examples of time penalty infringements.

7.5 Duration of Time Penalty

The duration of the penalty will vary according to the segment of the race in which the infringement occurs.

Bicycle Distance	Time Penalty for Bicycle Course Infringements
<=40 kilometres	3 minutes
40.1 kms and above	5 minutes

For the Swim and Run segments (and also aquathlons) the Technical Delegate and/or Race Referee should discuss with the Race Director as to whether a time penalty should apply in these segments. If a time penalty is to apply it will be 3 minutes.

7.6 Two or More Yellow Card Penalties

If a competitor receives two or more yellow card penalties the competitor may complete the event, as the Race Referee will rule on the infringement(s) at the conclusion of the event and if ratified, the competitor can expect to be disqualified.

7.7 Red Card Penalty

This is a penalty for a major infringement. After receiving a red card penalty, the competitor may complete the event, as the Race Referee will rule on the infringement(s) at the conclusion of the event and if ratified the competitor can expect to be disqualified. Appendix B lists examples of red card infringements.

7.8 Disqualification

This is a penalty awarded by the Race Referee on personal observation or as a result of a report or reports made by a Technical Official(s) or a finding by the Race Competition Jury. This penalty removes a competitor as a finisher from the results of an event.

8. PROTESTS

If a competitor has a concern regarding a penalty they must contact either the Race Referee or the Technical Delegate. If they wish to lodge a Protest they must do this with the Race Referee within the time limit explained in the following paragraphs.

A competitor may file a protest with the Race Referee provided that the action protested has not previously been reported by a Technical Official and ruled upon by the Race Referee.

8.1 Protest Concerning the Course

A protest that the course does not conform to the requirements of the Sanctioning Authority, or is unsafe, must be made in writing to the Race Referee at least 24 hours before the start of the race.

8.2 Protest Concerning Eligibility

A protest concerning the eligibility of a competitor must be made in writing to the Race Referee. The affected competitor may compete.

8.3 Protest Concerning Equipment

A protest concerning a competitor's equipment being in violation of the conditions set out in these Race Competition Rules must be made in writing to the Race Referee no later than 30 minutes after the protesting competitor's finish time.

8.4 Protest Against Another Competitor or an Official

A protest against the actions of another competitor or official carried out before, during or after the race must be made in writing to the Race Referee within 30-minutes of the protesting competitor's finish time. Such a protest may be submitted only if the protesting competitor claims that the action of the alleged offender was detrimental to the performance of the protester.

8.5 Protest Concerning Timekeeping

A protest concerning an error in timing must be made in writing to the Race Referee within 30 minutes after the posting of the official results. A state or territory association may protest an error in timekeeping in the official results of a national or international championship event within 30 days after the

competition, in writing, to the TA Board through the TA National Technical Committee.

8.6 Consideration of a Protest

A protest will not be considered unless:

- a. The protest is submitted to the Race Referee within the time laid down in the foregoing paragraphs;
- b. The protest is accompanied by an Protest Fee of \$100.00 for all events unless the sanctioning authority imposes a lesser fee, and which will be refunded only if the protest is upheld; and
- c. The protest is submitted in writing, preferably on a TA Race Protest Form which may be obtained from the Race Referee.
- d. A protest cannot be made on a judge's call by a Technical Official.

9. APPEALS

A competitor may file an appeal with the Technical Delegate, or STTA representative if a Technical Delegate was not appointed, against a ruling of the Race Referee provided that the decision appealed against has not previously been the subject of an appeal and ruled upon by the Competition Jury.

9.1 Consideration of an Appeal (to the Race Competition Jury)

An appeal against a decision will not be considered unless:

- a. The appeal is submitted to the Technical Delegate within 30 minutes of the Race Referee's decision being formally advised;
- b. The appeal is accompanied by an Appeal Fee of \$100.00 for all events unless the sanctioning authority imposes a lesser fee, and which will be refunded only if the appeal is upheld; and
- c. The appeal is submitted in writing, preferably on a TA Race Appeal Form which can be obtained from the Technical Delegate.

9.2 Appeal to the TA Board

A competitor whose appeal is dismissed by the Race Competition Jury (RCJ) may appeal to the TA Board.

- (a) The only ground of appeal available to an aggrieved competitor following determination by the RCJ is that the procedure relating to appeals set out in Rule 9.1 of the TA RCR was not properly followed and/or implemented;
- (b) Any appeal under this section must be lodged with the CEO of TA within 48 hours of receipt by the aggrieved competitor of the decision of the RCJ;
- (c) Appeals under this section must be in writing stating precisely the ground of appeal relied upon by the aggrieved competitor;
- (d) The timetable and procedure for any appeal to the TA Board will be set by the President of TA or his/her nominated representative. Such timetable and procedure shall take into consideration the need for expediency and finality in regard to race results in addition to any other matter deemed significant by the President (or nominee) in the circumstances of the appeal;
- (e) When considering whether the ground of appeal has been made out the TA Board will disregard any technical breach of the rules that in their opinion had no bearing on the outcome of the appeal to the RCJ or merits of the competitor's appeal to the RCJ; and
- (f) Any appeal to the TA Board against the decision of the RCJ must include a fee of \$500.00 made payable to Triathlon Australia which is non-refundable should the appeal to the TA Board be dismissed.

10. MODIFICATIONS TO THE RULES

These rules will apply to all events that fall within the jurisdiction of TA. To that end, throughout these RCR, unless otherwise specified, the term 'triathlon' is used in its generic form to imply any of those events.

It is important to know the intent and purpose of a rule so that it may be intelligently applied in a given situation. A competitor must not be permitted an advantage not intended by a rule, nor to place the health or welfare of themselves or others in jeopardy. To implement this philosophy, many of the rules are written in general terms. This practice minimises the necessity for a multiplicity of rules and provides the Technical Officials with ample authority to adapt their application of the rules to fit conditions. Technical Officials must

base their determination on whether an advantage, not intended by the rules, has been gained or health or welfare has been jeopardised.

11. EXCEPTIONS TO THE RULES

These TA RCR will be applicable to all events sanctioned by TA or its' affiliated state/territory associations and are to be implemented by the relevant state or territory body as appropriate. Where the TA RCR conflict with the laws of the jurisdiction in which the event is to be held, those laws will override the TA RCR to the extent of the inconsistency, and competitors must be notified of the implications of these laws as early as possible and not later than prior to the start of the event. Exceptions for special circumstances in a particular event may only be gained from TA with prior approval. A request for an exception to these Rules must be made in writing to the Chair of the NTC through the state or territory association to whom the application has been submitted or is being submitted.

12. SPECIAL RULES

A race Technical Delegate may approve the addition of special rules for a particular race, provided that:

- a. Each additional special rule is made available in written form and is announced to the participants before the event; and
- b. Each additional special rule and the reasons for its inclusion are advised to the Chair of the NTC before the day on which the event is to be conducted. The Chair of the NTC may invalidate the incorporation of an additional special rule only on the authority of the TA Board.

13. UNAUTHORISED EXCEPTIONS OR ADDITIONS

The unauthorised exception to or addition of a race competition rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from state/territory and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

14. RULE CHANGES

These RCR may be changed from time to time by the TA Board in its absolute discretion. Any such rule change shall be advised in writing to the affiliated state/territory associations at least 14 days before it is to take effect.

APPENDIX A: DEFINITIONS

Appellant

A competitor submitting an appeal.

Aquathlon

The term recognised by the ITU, TA and the Australian Sports Commission (ASC) for a sport of individual character and motivation which combines swimming and running skills in continuum. The TA term for a run-swim-run competition.

Assistance

Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor.

Bicycle Course

That part of the race route over which it has been defined in the race brief that the bicycle is to be ridden, walked or carried. The bicycle course commences at the Bicycle Mount Zone and concludes the Bicycle Dismount Zone.

Duathlon

The term recognised by the ITU, TA and the ASC for a sport of individual character and motivation which combines bicycling and running skills in continuum. The TA term for a run-ride-run competition.

Elite

Elite category competitors who hold a professional membership, which in Australia includes Triathlon Australia membership.

Finisher

A competitor who completes the entire race course within the rules and crosses the finish line, with any part of their body.

Interference

A deliberate block, charge or abrupt motion which impedes another competitor.

Judgement Call

Any assessment of events, circumstances or the race environment by a technical official. For the avoidance of any doubt a judgement call is, but is not limited to, a determination that a competitor is guilty of drafting, blocking, or gaining an unfair advantage.

Open

Open category competitors can hold any level of TA membership.

Pass

When one competitor's bicycle draft zone overlaps another competitor's bicycle draft zone, makes continual forward progress through that zone and passes within a maximum period specified in Rule 3.12. A competitor cannot pass another competitor on the left hand side in a non-draft legal event.

Penalty Box

One or more designated areas on the course where competitors may be required to serve a time penalty for a rule violation.

Race Referee

A Technical Official who is responsible to the Race Technical Delegate to hear and make final decisions on all rule infringements reported by Technical Officials and on all protests.

Results

The timed finish positions of all competitors after infringement reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.

Run Course

That part of the race route over which it has been defined in the race brief that the competitor is to run or walk. In triathlons and aquathlons, the run course commences at the exit from the Transition Zone boundary and concludes at the finish line. In Duathlons, the first Run Course commences at the start line and finishes at the entry to the boundary of the Transition Zone; the second Run Course commences at the exit from the Transition Zone boundary and concludes at the finish line.

Sanction

A permit issued by the authority of TA for the conduct of a national championship, or a race of a national race series, or for an international event staged in Australia, and by a state/territory association, through the authority delegated to it by TA, for all other events. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and provide the greatest potential for the conduct of a safe and fair event.

Speed Suit

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.

Sports Conduct

The behaviour of a competitor 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 a competitor which is judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.

Stop-Start Time Penalty

A method of imposing a brief delay on a competitor who is assessed by a race official to have infringed a rule.

Swim Course

That part of the race route over which it has been so defined in the race brief. In triathlons and aquathlons, the swim course commences at the start line and concludes at the entry to the boundary of the Transition Zone.

Technical Delegate

A Technical Official who is qualified by TA as delegated to state/territory associations, who is responsible for ensuring that all aspects of the TA Race Competition Rules and Race Operations Procedures are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the TD is responsible for convening and chairing the Race Competition Jury. The TD will normally be responsible for conducting or overseeing the conduct of race sanctioning. At lower end events where no TD is specifically appointed, the senior official present may also fulfil the role of TD.

Technical Official

Accredited race officials who are qualified by TA as Technical Officials delegated to state/territory associations, and are appointed to be responsible for observing, assessing and reporting on the performance of competitors in a sanctioned event in relation to TA Race Competition Rules (Race Officials), and those who consider and rule on infringement reports and protests (Race Referee) and appeals (Race Competition Jury).

Torso

That section of the body extending from the base of the neck to the base of the sternum.

Transition Zone

A location within a defined boundary which is not a part of the swim course, the bicycle course or the run course and within which each competitor is allocated an area for the storage of individual items of clothing and equipment.

Triathlon

A sport of **individual** character and initiative which offers a combination of swimming, cycling and running skills in continuum.

APPENDIX B: EXAMPLES OF YELLOW AND RED CARD INFRINGEMENTS

Common examples of yellow and red card infringements are listed below. This list is intended as a guide only and is not exclusive. Note that the same infringement may attract different penalties, depending on the competitive environment and the context of the event, and the severity of the offence.

Please note: Two or more yellow cards may result in disqualification. A red card may also result in disqualification.

Conduct	Yellow Card		Red Card
	Stop/Start	Time Penalty	
Bicycle helmet not securely fastened	x		
Discard equipment	x	x	x
Illegal position		x	
Illegal pass		x	
Blocking		x	
Drafting		x	
Deliberately not wearing race numbers provided	x		
Use of gloves or socks in the swim leg			x
Not completing the entire course			x
Using an MP3 player or a mobile phone			x
Failure to obey a Technical Official's instructions			x
Offensive behaviour such as nudity or personal toilet			x
External assistance			x
Abusive language or violent behaviour			x