

Technical Race Briefing for Aquathlons

The job of the Technical Team is to see that the triathlon rules are adhered to so that you have a fair and safe event. The current TA Race Competition Rules can be located at https://www.triathlon.org.au/Technical/Race_Competition_Rules.htm

If you have any concerns regarding the rules please see one of the Technical Officials at your event.

Here are some dot points to ensure that your race is safe and fair for all.

- Make sure you start in the correct wave.
- A wetsuit ruling will be made before the event and confirmed on race morning.
- Be responsible for keeping on the designated course.
- Marking by an athlete of a position in the transition area is forbidden.
- Torsos must be covered on the run leg, and shoes must be worn for the run.
- DO NOT use any equipment that will distract you from paying full attention to your surroundings, such as, communication devices of any type. Refer to General Conduct of the Race Competition Rules for examples.
- No outside assistance may be given at any time during the event. Exceptions and who can provide assistance are listed in the Race Competition Rules.
- NO LITTERING on any part of the course.
- If you are shown a BLUE CARD by a Technical Official then the Official will advise you when and where you are to serve the penalty. The athlete may resume racing only after being instructed to do so by the Technical Official.
- If you are shown a RED CARD by a Technical Official then the Official will advise you that you are not required to serve a time penalty and you may complete the event. At the end of the event the Race Referee will rule on the violation and will talk with you. A red card is issued for a violation, which is a major infringement.
- For all Penalties and Violations, the Officials will record your race number, the colour of the card shown, time and date and then they will give this to the Penalty Box Official. If an athlete receives multiple Blue Card Time Penalties then the athlete must serve all those penalties and may complete the event.
- Acknowledge and obey any instructions from a Technical Official.
- A Penalty Box will be located on the course please check the Course Maps for locations. The Penalty Box Official will ask you the colour of the card shown so do remember it as there are different time penalties for the different coloured cards.
- Appendix B of the Race Competition Rules lists examples of Yellow and Blue card time penalty infringements and Red card violations.
- Please use sportsmanlike behaviour at all times and show courtesy and respect to other athletes, volunteers and officials.

Stay safe, obey the Rules, have fun and good luck!