

## 2023 TRIATHLON NSW CLUB CHAMPIONSHIPS RULES AND REGULATIONS

Triathlon NSW is pleased to announce the 2023 Triathlon NSW Club Championships will be held on Saturday 27<sup>th</sup> May 2023 at the stunning location of Forster Main Beach in the Mid North Coast of NSW.

To compete at the Triathlon NSW Club Championships, each participant must be a fully financial Standard or Premium member of Triathlon Australia and a member of a Triathlon NSW Affiliated Club in season 2022/2023.

This rule will be strictly enforced for both the junior and adult event, as this event remains a benefit of membership to Triathlon Australia / NSW.

### CLUB CHAMPIONSHIPS EVENTS OFFERED

#### Junior Club Championships Information

Age Group	Distance (Swim, Bike Run)
7 - 9 years old	100m, 1km, 500m
10– 11 years old	150m, 2km, 1km
12 – 13 years old	250m, 7km, 1.6km
14 - 15 years old	500m, 15km, 4 km (Half Club Distance)

#### Adult Club Championships Information

Age Group	Distance (Swim, Bike Run)
16+	500m, 15km, 4 km (Half Club Distance)
16+	500m, 15km, 4 km (Half Club Distance Fun Wave)
16+ (Teams Division)	500m, 15km, 4 km (Half Club Distance)

16+	1km, 30km, 8 km (Full Club Distance)
16+ (Teams Division)	1km, 30km, 8 km (Full Club Distance)

## CLUB DIVISIONS

The divisions for Club Championships will be decided based on Triathlon Australia membership numbers on 31<sup>st</sup> January 2023. This will include all Standard and Premium Triathlon Australia members in our affiliated clubs, excluding juniors (those aged 15 or under at the 'Cut Off'), Basic Members, Social members, and Trial memberships.

Age determination for all categories is determined by age on December 31st during the season of the triathlon competition.

We recognise that not all Clubs are of equal size so again will award Four (4) Divisional Winners based on the size of the Club based on membership.

## JUNIOR CLUB CHAMPIONSHIP POINTS

Performance points are awarded for each individual age and gender (12 years, 13 years, 14 years and 15 years old) as such:

- 1st place 5 points,
- 2nd place 4 points,
- 3rd place 3 points
- 4th place 2 points.
- 5<sup>th</sup> and beyond 1 point

Only the first competitor from each Club will earn performance points. The 2nd and subsequent athlete from each Club "blocks" the performance points available to other clubs.

All competitors in the 7 – 9 event and 10 – 11 events, who complete the event will earn one (1) participation point for their club. No performance points are awarded for these two events.

There is no cap to the number of participants a club can enter.

## ADULT CLUB CHAMPIONSHIP POINTS (INDIVIDUAL EVENTS)

The points system for Full Club Championships event will be the same as last year.

In each age category performance points will be allocated;

- 1st place 30 points,
- 2nd place 29 points,

- 3rd place 28 points
- down to 30th place 1 point.

Only the first competitor from each Club will earn performance points. The 2nd and subsequent athlete from each Club “blocks” the performance points available to other clubs.

All competitors who complete the full club distance will earn two (2) participation points for their club.

All competitors who complete the half club distance will earn one (1) participation point for their club with no performance points allocated, nor any blocks in place. This includes those participating in the ‘Fun Wave’.

The Winning Clubs will be determined by calculating the sum of all the performance points and participation points scored by members of each club.

### **ADULT CLUB CHAMPIONSHIP POINTS (TEAMS EVENTS)**

All members of a ‘team’ must be Standard members from the same affiliated club.

All teams who complete the Full Club Champs Teams event will earn two (2) points for their club.

All teams who complete the half club distance will earn one (1) point for their club.

There are no Performance Points on offer for any Teams events.

### **VOLUNTEER POINTS**

The success of this wonderful event is dependent on the contribution of dedicated volunteers.

This event requires 100 volunteers across the junior and adult races. All volunteers at the 2023 Club Championships will receive one (1) point for their club, irrespective of their role, except for Technical Officials.

Nominations will be opened online, and roles will be allocated evenly across clubs until all roles are appointed and with minimum volunteer requirements taken into account.

Please understand that registration alone does not guarantee a volunteer role. Priority will be given to ensure clubs have enough to reach their minimum numbers.

Triathlon NSW acknowledges that the event cannot occur without volunteers, so reserves the rights to allow volunteers to do multiple shifts or offer additional points to roles that are short of number if required. Delivering the event safely and with enough volunteers remains the organisations main priority.

Volunteers who assist and earn a point during the junior event, can participate in the adult race. This affords the opportunity to earn a second point and assist with the junior event if there are insufficient numbers.

All volunteers must be at least 12 years of age on 27<sup>st</sup> May 2023 and all points earned from volunteers will go towards the Club Championships' points tally.

All volunteers between the age of 12 and 16 will only be allocated to 'Aid Station' roles and will require an adult to also volunteer, who will supervise the volunteers at a ratio of 5:1. This must be mentioned when registering the juniors and the adults into the system.

### **MINIMUM AND MAXIMUM VOLUNTEERS**

To be eligible to be awarded the overall Club Champion or Divisional Champion a Club must provide a minimum number of Volunteers. A technical official is considered a volunteer.

Clubs are expected to contribute a minimum of 5% of their eligible membership as at the 31<sup>st</sup> January 2023 for volunteers to be eligible for a title. If a club has less than the required volunteers and win their division, they will be reduced into second position.

For example, if your club has 50 members, you are required to contribute at least 2 volunteers ( $0.05 * 50 = 2.5$  volunteers, but for the purpose of Club Championships, clubs are to round down to the nearest whole number.

Clubs under 20 members are not expected to contribute volunteers, although points are available if they do, and we strongly encourage you to contribute and volunteer.

Volunteers are not required to be Triathlon Australia Members, although are encouraged to take out the social membership.

Triathlon NSW has introduced a maximum number of volunteers a club can register to ensure equality of opportunity, noting that Triathlon NSW reserves the right to adjust this number if required for this event to be successfully delivered.

### **Technical Officials at 2023 Club Championships**

All nominations from accredited technical officials will be accepted to attend the 2023 NSW Club Championships. To be eligible to earn Club Championship points for their club an official must have officiated at least three events in the 2022/23 season prior to 27<sup>th</sup> May 2023 from the following list:

- all open sanctioned events in NSW,
- all Billigence pathway events

Attendance at the 2023 Technical Forum shall count as an "event" for this purpose.

Up to three Technical Officials from each club will receive 10 Club Championship points each for officiating at the Club Champs. Each additional Technical Official provided by the club will receive 1 point towards their club's total.

## PARATRIATHLETES

For the first time ever, Triathlon NSW will offer classified athletes with disabilities the opportunity to race, compete and earn points for their club. At this stage, this is pending further discussions around the venue constraints and individual requirements.

For para-athletes not yet classified, please reach out and we will direct you towards the relevant individuals at Triathlon Australia who can assist.

All para-athletes who complete the full club distance will earn two (2) participation points for their club. In each age / division, Para athletes will also earn Performance Points.

In each category performance points will be allocated.

- 1st place 30 points,
- 2nd place 29 points,
- 3rd place 28 points
- down to 30th place 1 point.

All para-athletes (16 +) who complete the half club distance will earn one (1) participation points for their club however no Performance Points will be earned.

Guides who support visually impaired athletes will receive two (2) participation point for their club.

Guides must also be members of a Standard (or Premium) annual member of Triathlon NSW in season 2022/2023, but their club affiliation may be different to the club of the visually impaired athletes which they are 'guiding'.

To further encourage clubs to support para-athletes, Guides will also count as a 'volunteer' towards a clubs minimum volunteer requirements.

Because of physical constraints, the course may not be suitable for those who would compete in a Wheelchair.

Athletes are asked to email Triathlon NSW ([adam.wicks@nsw.triathlon.org.au](mailto:adam.wicks@nsw.triathlon.org.au)), Dave Williams ([technical@nsw.triathlon.org.au](mailto:technical@nsw.triathlon.org.au)) and H Events ([paul@hevents.com.au](mailto:paul@hevents.com.au)) prior to entering, to work through their individual requirements and circumstances.

## Approval

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Adam Wicks (Executive Director – TNSW)  
1<sup>st</sup> February 2023