

Mixed Team Relay Rules

1.1. Definitions:

Mixed relay: A team is composed of 4 athletes: 2 men and 2 women, who will compete in the following order: woman, man, woman, man. Each of them will cover a complete triathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th athlete. Time is continuous and the timing does not stop between athletes.

1.2. Uniform:

The ITU Guidelines Regarding Authorised Identification apply as defined in the 2018/19 Australian Performance Information Booklet.

1.3. Team Relay Briefing:

In case a relay competition is held in conjunction with an individual competition of the same category, both individual and relay information will be included in the same briefing held prior to the first competition. No separate briefing will be held.

1.4. Team Composition:

a.) In case a relay competition is held in conjunction with an individual competition of the same category, the team coach will declare all competing athletes and 1 reserve athlete per gender at a given time the day before the competition. All team compositions will be published after this time

b.) Teams not submitting the declaration form within the specified time may be removed from the start list;

c.) Two hours before the competition start, the coach can communicate to the Head Referee a different team composition and order. These athletes must be listed on the declaration form, otherwise the team composition communicated at the team relay briefing will remain in force.

1.5. Competition Day Check-in:

All the team members must check in together.

Team members can use the same bike.

1.6. Transition Area:

General applicable rules apply. Athletes must place equipment already used in the corresponding numbered individual area provided, exceptions are the bike shoes, which may remain fixed on the pedals.

1.7. Relay Exchange:

The relay exchange from one team member to another will take place inside the exchange zone, which is 15 meters long;

The exchange is completed by the in-coming athlete, using their hand to contact the body of the outgoing athlete within the relay zone;

If the exchange occurs unintentionally outside the exchange zone, the team will receive a penalty of 10 seconds, which must be served in the penalty box. If the relay Exchange was done intentionally outside the relay zone, the team will be disqualified.

If the exchange is not completed, the team will be disqualified;

Prior to the relay exchange, the athletes will wait in a pre-relay exchange area until the Technical Official tells them to enter the exchange zone.

Infringements due to missing the briefing and/or starting before the official start signal will be served by the first athlete in Transition 1;

All other time penalties will be penalised with 10 seconds and are to be served at the penalty box. These penalties can be served by any team member currently competing on the field of play.

16.8. Finish:

Only the last team member is allowed to cross the finish line.