

# AusTriathlon Race Competition Rules

August 2025

## Version 1.3 August 2025

The original (source) document for these rules is the electronic version, which can be found on AusTriathlon's website ([www.triathlon.org.au](http://www.triathlon.org.au)).

# Contact

## AusTriathlon

E: [info@triathlon.org.au](mailto:info@triathlon.org.au)

P: 61 2 8488 6200

Sports House Milton  
150 Caxton Street Milton, QLD 4064

## Technical Enquiries:

[technical@triathlon.org.au](mailto:technical@triathlon.org.au)

For information about AusTriathlon visit [triathlon.org.au](https://triathlon.org.au)

# Table of Contents

<b>AusTriathlon Race Competition Rules.....</b>	<b>1</b>
August 2025 .....	1
<b>Contact .....</b>	<b>2</b>
<b>Table of Contents.....</b>	<b>3</b>
<b>Introduction .....</b>	<b>5</b>
Authority .....	5
Reference .....	5
Purpose .....	5
<b>1 General conduct.....</b>	<b>6</b>
<b>2 Swimming conduct.....</b>	<b>8</b>
<b>3 Cycling conduct.....</b>	<b>11</b>
<b>4 Running conduct .....</b>	<b>16</b>
<b>5 Transition area conduct .....</b>	<b>16</b>
<b>6 Team and relay events .....</b>	<b>17</b>
<b>7 Paratriathlon .....</b>	<b>18</b>
<b>8 Cross triathlon/cross duathlon.....</b>	<b>18</b>
<b>9 Winter triathlon/winter duathlon.....</b>	<b>18</b>
<b>10 Aquabike .....</b>	<b>19</b>
<b>11 Penalties .....</b>	<b>19</b>
<b>12 Protests .....</b>	<b>23</b>
<b>13 Appeals .....</b>	<b>23</b>
<b>14 Modifications to the rules.....</b>	<b>24</b>
<b>15 Exceptions to the rules.....</b>	<b>24</b>

<b>16 Special rules.....</b>	<b>24</b>
<b>17 Unauthorised exceptions or additions.....</b>	<b>25</b>
<b>18 Rule changes.....</b>	<b>25</b>
<b>APPENDIX A - DEFINITIONS .....</b>	<b>26</b>
<b>APPENDIX B - EXAMPLES OF YELLOW, BLUE AND RED CARD INFRINGEMENTS .....</b>	<b>30</b>
<b>APPENDIX C – AGE DETERMINATION .....</b>	<b>31</b>
<b>APPENDIX D – COMPETITION CATEGORIES.....</b>	<b>32</b>
<b>APPENDIX E – MAXIMUM ALLOWABLE RACE DISTANCES .....</b>	<b>33</b>
TABLE 1: - UNDER 19 TRIATHLON – MAXIMUM ALLOWABLE RACE DISTANCES ...	33
TABLE 2: - UNDER 19 DUATHLON – MAXIMUM ALLOWABLE RACE DISTANCES....	34
TABLE 3 - UNDER 19 AQUATHLON – MAXIMUM ALLOWABLE RACE DISTANCES ..	35
TABLE 4 - UNDER 19 AQUABIKE – MAXIMUM ALLOWABLE RACE DISTANCES .....	36
TABLE 5 - UNDER 19 SWIM ONLY – RECOMMENDED MAXIMUM RACE DISTANCES	37
TABLE 6 - UNDER 19 RUN ONLY – RECOMMENDED MAXIMUM RACE DISTANCES	38
<b>APPENDIX F – NOT USED .....</b>	<b>39</b>
<b>APPENDIX G – PROTEST PROCEDURES.....</b>	<b>40</b>
Protest and Appeal Flow Chart.....	47
<b>APPENDIX H – NOT USED.....</b>	<b>47</b>
<b>APPENDIX I – INFRINGEMENTS FLOW CHART .....</b>	<b>49</b>
<b>APPENDIX J – TIMING AND RESULTS.....</b>	<b>50</b>
<b>Recent Amendments .....</b>	<b>51</b>

# Introduction

## Authority

AusTriathlon (AT) has the responsibility to ensure that the technical aspects of triathlon, cross-triathlon, duathlon, aquabike, aquathlon and related multisport events are of the highest quality, with 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 to the AT Head of Events & Technical.

The rules outlined in this document are underpinned by the World Triathlon (WT) Competition Rules. Any incidence not specifically covered in this document is, for rule interpretation, to be referenced by the current [World Triathlon Competition Rules](#).

These rules apply to all events sanctioned by AT.

## Reference

This document is to be read in conjunction with the AT Event Operations Manual and all applicable AT policies. All participants in sanctioned events are subject to the AT [Member Protection Policy](#). All documents are available online at [Home – AusTriathlon](#).

## Purpose

These rules are intended to:

- a. create an atmosphere of good sports conduct, 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. ensure that their race equipment complies with all relevant safety standards and is fit for purpose;
- d. be responsible for understanding and following the RCR, and any special rules and conditions applicable to the event;
- e. obey instructions from event officials;
- f. obey traffic regulations unless otherwise instructed by an event official;
- g. treat other competitors, officials, volunteers and spectators with respect and courtesy;
- h. avoid the use of abusive language or violent behaviour;
- i. follow the prescribed course; exceptions will be applied:
  - (i) When it happens because of safety reasons if advantage is not gained
  - (ii) When it happens following the instructions of an Event Official
  - (iii) When it happens accidentally if advantage is not gained
- j. 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 mirrors (reference to mirrors does not apply for competitors with a disability using a hand-cycle). Competitors may be instructed to remove any such items;
- k. not use any equipment in a distracting manner that may impede their safety or the safety of others;
- l. not obstruct or interfere with the forward progress of another competitor, or jeopardise the safety and welfare of another competitor, race official, spectator, or member of the public. Such obstruction or interference can be rectified by the affected competitor;
- m. not intentionally discard any item on the course, except at the approved dedicated locations;
- n. not cause offence to others through deliberate acts of nudity, or personal toilet which might be seen in public;
- o. wear a suit which complies with the definition of a race suit in Appendix A;
- p. wear shoes which comply with the World Athletics Shoe Regulations as listed in Appendix A

## 1.2 Anti-Doping

AT is bound by Sport Integrity Australia's Australian National Anti-Doping Policy

Competitors and support personnel should familiarise themselves with their responsibilities under the policy, which include knowing what the anti-doping rules are. Ignorance is no excuse.

## 1.3 Health

Triathlons and other multisport events are strenuous activities, and the health and welfare of competitors is of paramount importance.

- a. Competitors must withdraw immediately from an event if deemed and informed by the event medical personnel that the competitor appears to present a danger to the health or welfare of the competitor and/or others.
- b. Time limits for the swim leg, bike leg and overall finish time may be established for an event to ensure safe competition.

## 1.4 Outside Assistance

- a. Assistance provided by event officials, including volunteers, is permitted but such assistance is limited to the authorised provision of drinks, nutrition and medical needs.
- b. Assistance provided by other competitors is permitted, but is limited to the provision of, drinks, nutrition, pumps, tyres, inner tubes, puncture repair kits and the repair of equipment for safety. Competitors may provide to other competitors in the same competition items of equipment, provided that the donor is able to continue with their own competition.
- c. Any other assistance from anyone else is deemed to be outside assistance. This includes:
  - provision of any items from another competition, which will render the donor competitor incapable of completing the race, which may result in both competitors being subject to disqualification; and
  - all mechanical repairs except where an event official, or event official mechanic instructs or guides a competitor to repair or adjust equipment to ensure the competitor can continue in a safe manner
- d. Provision of a replacement wheel or wheels once the event has started is deemed to be outside assistance.
- e. A competitor cannot physically assist the forward progress of another competitor on any part of the course. This may result in both competitors being disqualified.

## 1.5 Eligibility

Eligibility of competitors to the male or female races are subject to the criteria determined in the WT Competition Rules.

## 2 Swimming conduct

- 2.1 When wetsuits are allowed, all components of the wetsuit must fit to the competitor's body tightly. When mandatory, the wetsuit must cover at least the torso.
- 2.2 A competitor may use any swimming stroke for propulsion through the water. It is permissible to tread water or float.
- 2.3 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.
- 2.4 In an emergency, a competitor should raise an arm overhead and call for assistance. If further assistance is given to the competitor, beyond the use of an object on which to rest, the competitor must withdraw from the event.
- 2.5 The temperature parameters for the use of wetsuits for the varying swim distances, age categories and race types are as follows:

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

Swim Distance	Forbidden	Mandatory
Up to 1500m	20.0 °C and above	15.9 °C and below
1501m and longer	22.0 °C and above	15.9 °C and below

b. Age Group from the youngest to 55-59 category – World Qualifying races only

Swim Distance	Forbidden	Mandatory
Up to 1500m	22.0 °C and above	15.9 °C and below
1501m and longer	24.6° C and above	15.9 °C and below

c. Age Group from 60-64 category to the oldest – World Qualifying races only

Swim Distance	Forbidden	Mandatory
All distances	24.6 °C and above	15.9 °C and below

d. Age Group Competition – all other races, all age categories

Swim Distance	Forbidden	Mandatory
All distances	24.6 °C and above	15.9 °C and below

An interim water temperature reading should be taken 24 hours before race start, and a final water temperature reading should be taken 1 hour before race start. A wetsuit ruling will then be advised. If the variation in water temperature is known to be negligible, and



the measured temperature is not on the cusp of the wetsuit determination temperatures, then it is acceptable to carry out only one water temperature reading.

## 2.6 Modifications

The Technical Delegate, following consultation with the Event Medical Director or Event Organiser, may amend the wetsuit determination temperatures for competitor safety reasons.

The swim distance can be shortened or even cancelled using the following table as a guide:

Original swim distance (m)	Adjusted Water Temperature (°C)						
	Above 32.0	31.9 to 31.0	30.9 to 16.0	15.9 to 15.0	14.9 to 14.0	13.9 to 13.0	Below 13.0
<b>750</b>	Cancel	750m	750m	750m	750m	750m	Cancel
<b>1500</b>	Cancel	750m	1500m	1500m	1500m	750m	Cancel
<b>3000</b>	Cancel	750m	3000m	3000m	1500m	750m	Cancel
<b>4000</b>	Cancel	750m	4000m	3000m	1500m	750m	Cancel

Note that the temperatures above are not always the water temperature used in the final decision.

If the water temperature is lower than 22°C and the air temperature is lower than 15°C, then the adjusted value is to decrease the measured water temperature according to the next chart:

		Air Temperature (°C)										
		15	14	13	12	11	10	9	8	7	6	5
Measured Water Temperature (°C)	22	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	Cancel
	19	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	Cancel
	18	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel
	17	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel
	16	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel
	15	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel
	14	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel
	13	13.0	13.0	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

- 2.7 A competitor must wear the swim cap, if provided by the Race Director, on the outside of all other swim caps. 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.
- 2.8 Competitors must not use:
- artificial propulsion devices;
  - flotation devices;
  - swimwear that covers the hands or feet, except that socks may be used when wetsuits are mandatory;
  - wetsuits with thickness exceeding 5mm;
  - wetsuits, or any part of the wetsuit, including wetsuit (neoprene) shorts/bottoms (aka buoyancy shorts), 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 WT.
- 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 All competitors must have their helmet securely fastened and cannot lock or unlock the locking mechanism of the helmet from the time they remove their bike from the rack before the start of the bike segment until after they have placed their bike on the rack and let go after the finish of the bike segment
- 3.6 A competitor must clearly display their race identification number at all times on the cycle course. Those not complying may incur a yellow card 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 3.13 inclusive apply to non-drafting events only***

#### 3.7 Illegal Pass

A competitor passing on the inside (left hand side) of another competitor may receive a blue card time penalty for an illegal pass.

#### 3.8 Blocking

A competitor who impedes the forward progress of another competitor may receive a yellow card stop-start penalty for blocking. A blocking penalty can be avoided by safely moving to the left of the cycle lane at every opportunity. Course conditions and the proximity of other competitors will be considered in deciding whether to issue a blocking penalty.

#### 3.9 Bicycle Draft Distance

- a. For all events the bicycle or motorcycle draft zone is a distance of 12 metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 25 seconds to pass through this zone.

#### 3.10 Vehicle Draft Zone

- a. For all events, the vehicle draft zone is 35 metres. The front edge of the vehicle defines the start of the draft zone.

- b. The driver of any race participation vehicle is deemed responsible to ensure that this zone is not overlapped by the draft zone of a competitor.

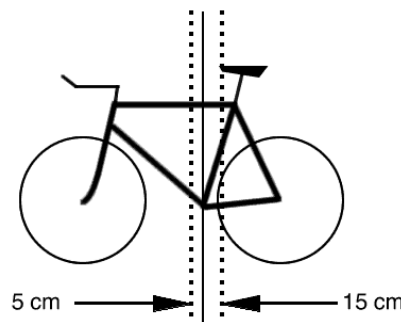
### 3.11 Drafting

- a. The draft zone of a competitor may not overlap the draft zone of another competitor, motorcycle, or vehicle except in the following circumstances:
  - (i) when the competitor is in the process of legally passing another competitor, 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 25 seconds to pass through the 12 metre draft zone. Failure to observe this may result in a blue card time penalty for drafting. Also, see Clause 3.11(g) below.
- 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 blue card time penalty for drafting.
- d. At every instance during the overlapping of draft zones, the rear competitor must be seen to be gaining on the forward competitor, motorcycle or vehicle. Failure to observe this may result in a blue card time penalty for drafting.
- 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 passed competitor's bicycle. Failure to observe this may result in a blue card time penalty for drafting.
- f. Professional Competitors – Prior to entering the draft zone of another competitor, professional competitors must safely move to the side of the competitor being passed and remain there during the passing action (ie. no slipstreaming). Failure to do so may result in a blue card time penalty for drafting. Course conditions and the proximity of other competitors will be considered in deciding whether to issue a drafting penalty.
- g. If the Technical Delegate considers that the design of the cycle course, combined with large competitor numbers, cannot safely accommodate a 12-metre draft zone, then the Technical Delegate can approve a special rule, allowing a reduced distance draft zone-and an appropriate time to pass through the draft zone. If enacted, the special rule must be communicated to all competitors prior to the race.

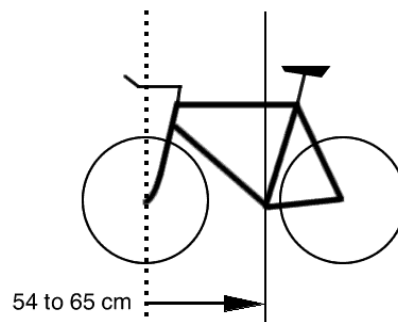
3.12 Bicycles must have all of the following characteristics:

- a. no more than 1.85 metres long;
- 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. Additional equipment that reduces wind resistance is prohibited. This includes, any item (other than personal nutrition) which is attached to or inserted into the front of a competitor's race suit or calf sleeves. Protective screens, fuselages, fairings or any other devices or materials (including duct tape) added or blended into the structure which reduces wind resistance are prohibited. Aerodynamic assemblies and protrusions on the head tube or elsewhere are prohibited. Adhesive tape, if it does not fundamentally alter the general shape of the structure, may be affixed to the bike (e.g. to cover valve cutout of the rear disc wheel, to cover bolt access, etc.);
- f. the front wheel may be a different diameter from the rear wheel but must be of spoke construction;
- g. disc wheels or covers are allowed on the rear wheel only, however this provision may be changed by the Event Organiser and / or the Technical Delegate 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 bicycles, 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 tyres securely glued, headsets tight and wheels true;

k. there must be an operational brake on each wheel.

l. Hydration Volume Limitation: Hydration volume (e.g. bottles or hydration systems) mounted to components that rotate around the steering axis (e.g. cockpit extensions, base bar) must have a combined maximum capacity of 2 litres.

Rear mounted hydration systems, excluding those mounted to the inside the frame triangle bike are limited in size, capacity, dimension and location as set forth below:

(i) cannot contain more than two water bottles;

(ii) must not exceed 1L capacity per bottle.

3.13 The following equipment restrictions apply for all junior competitors aged up to and including 13 years who are competing in age group categories:

a. The bicycle may be on-road, off-road or youth style. No “time trial” style bikes are allowed. No recumbent style bicycles are allowed.

b. Only standard drop, straight, or curved handlebars are allowed. No clip-on or time trial bars may be attached to the bike or used during competition.

c. For all events wheels must have at least 16 spokes and the construction of the rim shall exclude the use of composite fibres.

d. No disc wheels or wheel covers are allowed.

e. Only detachable tyres and tubes shall be used - commonly referred to as “clincher” tyres. A detachable tube means that the tube is detachable from the tyre casing. Tyres where the tube is not detachable from the tyre – commonly known as “singles” – shall not be allowed.

f. Time trial style helmets are not permitted.

3.14 Draft legal events for Elite, U23, Junior, Youth, and AT Approved Teams

a. The [World Triathlon Competition Rules](#) apply including, but not limited to:

- Only traditional drop handlebars are permitted. The handlebars must be plugged.
- Clip-on bars are not allowed.
- Disc wheels are not permitted

b. Only wheels that are included in the [Union Cycliste Internationale \(UCI\) non-standard wheels lists, UCI and WT Wheel List Overview](#), OR traditional wheels are allowed to be used. Traditional wheels have the following characteristics:

- A diameter between 70cm and maximum and 55cm minimum, including the tyre;
- Both wheels must be of equal diameter;
- Wheels shall have at least 20 metal spokes;

- The maximum rim dimensions will be 25mm on each side;
- The rim must be alloy; and
- All components must be identifiable and commercially available

### 3.15 Draft legal events for Age Group competitors

- The [World Triathlon Competition Rules](#) apply including, but not limited to:
  - Wheels must have at least 12 spokes;
  - Disc wheels are not permitted in draft legal events;
  - Only traditional drop handlebars are permitted;
  - The handlebars must be plugged; and
  - Clip-on bars are not permitted
- A competitor passing on the inside (left hand side) of another competitor may receive a blue card time penalty for an illegal pass.

### 3.16 Riding Positions



Allowed in all races



Forbidden in all races

## 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. Where it is possible, the uniform must be worn over both shoulders throughout the whole run course.
- 4.3 A competitor must clearly display the race identification number on their front at all times on the run course. Those not complying may incur a yellow card stop-start penalty, however if the technical official considers that the identification number has been unintentionally lost, then the competitor will not be penalised.
- 4.4 A competitor cannot be accompanied by any non-competitors, team members, team managers or other pacemakers on the course or alongside the course. A competitor cannot be accompanied by any non-competing person in the finish chute, unless an exception has been issued by the use of a special rule approved by the sanctioning officer or Technical Delegate.
- 4.5 A competitor may not use:
  - a. Glass containers;
  - b. Crutches, canes, poles or any device to help the progress by pushing or pulling with the arms. The specific regulation for paratriathletes is included in [World Triathlon Competition Rules](#) .

## 5 Transition area conduct

- 5.1 A competitor may only have a bare torso when moving from the swim exit to their designated transition area or moving from their designated transition area 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. Competitors must mount their bicycles after the mount line by having one complete foot in contact with the ground after the mount line and must dismount their bicycles before the dismount line by having one complete foot in contact with the ground before the dismount mount line.
- 5.3 A competitor must at all times rack their own bicycle only at their designated bicycle rack location and leave it in a stable position. It must be racked by either the seat or both brake hoods.
- 5.4 A competitor must at all times place all their equipment at their 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 before proceeding.



- 5.6 Marking by a competitor of a position in the transition area is forbidden. Marks and objects used for marking purposes will be removed and the competitors will not be notified.
- 5.7 Only equipment to be used in the competition can be left in transition. All other belongings and equipment are to be removed before competition starts.

## 6 Team and relay events

### Types of Events:

**Mixed relay:** A team is composed of 4 competitors: 2x males and 2x females, who will compete in the following order: woman, man, woman, man. Each of them will cover a complete aquathlon, triathlon, cross triathlon or duathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th competitor. Time is continuous and the timing does not stop between competitors.

**2x2 Mixed Relay:** A team is composed of 2 competitors: 1x male and 1x female, who will compete in the following order: male, female, male, female. Each of them will cover a complete twice an aquathlon, triathlon, cross triathlon or duathlon. The total time for the team is from the start of the 1st team member to the finish of the second leg of the 2nd competitor. Time is continuous and the timing does not stop between competitors.

**3x Relay:** A team is composed of 3 competitors of the same gender. Each of them will cover a complete aquathlon, triathlon, cross triathlon or duathlon. The total time for the team is from the start of the 1st team member to the finish of the 3rd competitor. Time is continuous and the timing does not stop between competitors.

**Team Relay:** A team is composed of 3 competitors regardless of gender. The first competitor will cover the swim segment, the second one the bike segment and the third one the run segment. The total time for the team is from the start of the 1st team member to the finish of the 3rd competitor. Time is continuous and the timing does not stop between competitors.

**Eligibility:** The general eligibility rules based on competitor age apply in regard to race distances. Categories for Age Group specific races will be as the following: 15-19 years, 20-29 years, 30-39 years 40-49 years 50-59 years, 60-69 years, 70 and above years. All competitors in the team need to be within the range of the age category of the team.

**Competition Day Check-in:** All the team members must check in together. Team members can use the same bike.

**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 competitor, using their hand to contact the body of the out-going competitor within the relay zone; If the exchange occurs unintentionally outside the exchange zone, the team will receive a stop/go penalty. 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 competitors will wait in a pre-relay exchange area until the technical official tells them to enter the exchange zone.

**Infringements:** Infringements due to starting before the official start signal will be served by the first competitor in Transition 1; All other time penalties will be penalised with a yellow card stop/go penalty.

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

## 7 Paratriathlon

Rules for conduct of paratriathlon events can be found in the [World Triathlon Competition Rules](#).

## 8 Cross triathlon/cross duathlon

### 8.1 General

- a. Cross Triathlon consists of swimming, mountain biking (MTB) and cross-country running;
- b. Cross Duathlon consists of cross-country running, MTB and cross-country running

- 8.2 Traditional road handlebars are forbidden unless specifically allowed by the Technical Delegate. This will only occur if the Technical Delegate considers that the MTB segment will safely allow traditional road handlebars to be used.

## 9 Winter triathlon/winter duathlon

### 9.1 General:

- a. Winter Triathlon consists of any combination of running, mountain biking (MTB) and cross-country skiing;
- b. Winter Duathlon consists of any combination of running and cross-country skiing

- 9.2 Traditional road handlebars are forbidden unless specifically allowed by the Technical Delegate. This will only occur if the Technical Delegate considers that the MTB segment will safely allow traditional road handlebars to be used.

## 10 Aquabike

### 10.1 General

- a. Aquabike consists of swimming, transition Area 1 and cycling.
- b. Rules applicable to triathlon are applicable to Aquabike in case of stand-alone events.

### 10.2 Finish

Competitors will finish the competition at the finish line located at the end of the cycle course. The time registered as the front wheel tyre crosses the finish line is the competitor's finish time.

## 11 Penalties

### 11.1 General Rules

Failure to comply with the RCR may result in a competitor being penalised, disqualified, suspended, or expelled.

The nature of the rule violation will determine the subsequent penalty. Technical officials are allowed to assess penalties even if the infringement is not listed in the RCR:

- if the technical official deems that an unfair advantage has been gained, or
- if an unsafe situation has been created.

An infringements flow chart is included in *Appendix I – Infringements Flow Chart*.

### 11.2 Issuing of a Warning

The purpose of a warning is to alert a competitor about a possible rule violation and to promote a "proactive" attitude. A technical official can administer a warning to a competitor to correct a minor infringement provided:

- the official believes a violation is about to occur, or
- the competitor violates a rule unintentionally, or
- no advantage has been gained.

The official will attract the attention of the competitor (no card will be shown), the competitor will be stopped if necessary, asked to modify their behaviour, and be allowed to continue the race immediately afterwards. Failure to modify or rectify the behaviour may result in issuing a yellow, blue or red card penalty.

### 11.3 Issuing of Yellow, Blue and Red Cards

A technical official shall carry out the following actions when issuing a yellow, blue or red card to a competitor:

- gain the attention of the competitor, **and**
- confirm with the competitor their race number, **and**
- show the competitor a yellow, blue or red card and inform the competitor of the rule infringement, **and**
- advise the competitor what action needs to be taken.

If the technical official considers that a red card penalty cannot be issued safely, it is not mandatory for that technical official to penalise the competitor in person. Despite this, the competitor may still be subject to disqualification by the Head Referee.

### 11.4 Competitor Conduct

When shown a yellow, blue or red card by a technical official, a competitor must:

- confirm with the technical official their race number; **and**
- acknowledge and obey any instruction from the technical official.

A competitor may complete the event even if shown a yellow, blue or red card by a technical official.

### 11.5 Yellow Card Stop–Start Penalty

This is a stop-start penalty for a minor infringement, which is served with a technical official anywhere on the course. This penalty involves the display of a yellow card by a technical official and advice on when and where the competitor is to serve the penalty. The competitor may resume racing only after being instructed to do so by a technical official.

If the competitor is instructed to proceed to a bike course penalty box to serve a yellow card stop-start penalty, then the competitor is required to attend the next penalty box. Failure to do so may result in disqualification. The competitor may resume racing only after being instructed to do so by the penalty box technical official. Appendix B lists some examples of yellow card stop-start penalty infringements.

### 11.6 Blue Card Time Penalty

This is a time penalty for an infringement, which is served by a technical official anywhere on the course. This penalty involves the display of a blue card by a technical official and advice on when and where the competitor is to serve the penalty. The competitor may resume racing only after being instructed to do so by the technical official.

If the competitor is instructed to proceed to a bike course penalty box to serve a blue card time penalty, then the competitor is required to attend the next penalty box. Failure to do so may result in disqualification.

While in the bike penalty box, competitors may consume only the food and/or water that is on the competitor's bike or person;

Competitors while in the penalty box are prohibited from:

- using the restroom while serving a penalty. If the matter is of an urgent nature the official has the discretion to pause the time of the penalty while the competitor uses the restroom; and
- making adjustments to equipment or performing any type of bike maintenance.

The competitor may resume racing only after being instructed to do so by the penalty box technical official .

Appendix B lists some examples of blue card time penalty infringements. The duration of the time penalty is determined in Section 11.7.

#### 11.7 Duration of Blue Card Time Penalty

The duration of the time penalty will vary according to the length of the bicycle course segment

Type of event	Duration of Time Penalty
Bike Course $\leq$ 90 km	2 minutes
Bike Course $>$ 90 km	3 minutes

#### 11.8 Multiple Blue Card Time Penalties

If a competitor receives multiple blue card time penalties then the competitor must serve those penalties but may complete the event. For events with a cycle course distance less than 80km, two or more blue card time penalties may result in the competitor being disqualified by the Head Referee at the completion of the event. For events with a cycle course distance equal to or greater than 80km, three or more blue card time penalties may result in the competitor being disqualified by the Head Referee at the completion of the event.

#### 11.9 Red Card Penalty

A red card shall be issued for a violation, which is a major infringement. After receiving a red card, the competitor is not required to serve a time penalty and may complete the event. At the completion of the event the Head Referee will rule on the violation.

Appendix B lists some examples of red card violations.

#### 11.10 Violation Report

A technical official must provide a violation report to the Head Referee in the following situations:

- if the technical official has issued a red card to a competitor; or
- due to circumstances, the technical official was unable to issue a red card in person; or
- if a yellow card stop-start or a blue card time penalty was not served (example: a competitor who was penalised for drafting fails to report to the penalty box to serve the time penalty). In this situation the technical official responsible for reconciling the penalties shall complete the violation report. The name of the official who originally issued the penalty shall be included in the report.

#### 11.11 Disqualification

This is a penalty given by the Head Referee:

- on personal observation; or
- as a result of a violation report or reports made by a technical official(s); or
- as a result of a protest; or
- other evidence, such as information provided by a timing company.

This penalty removes a competitor as a finisher from the results of an event.

The burden of proof required for the Head Referee to make a ruling, based on the evidence at hand, is “comfortable satisfaction”. Where the Head Referee’s decision is to disqualify a competitor during or immediately following completion of the race, the Head Referee must make all reasonable efforts to advise all disqualified competitors as soon as practicable.

#### 11.12 Suspension and Expulsion

These are penalties given for more severe infringements in line with AT’s [Complaints, Disputes and Disciplinary Policy](#) (CDDP). The process is initiated by the Head Referee via the referral of the details of the infringement, through the Technical Delegate, who will submit a report in line with the CDDP.

Severe infringements include, but are not limited to, the following:

- a. conduct of an unusual, protracted, violent or severe nature;
- b. fraud;
- c. participating when ineligible; and
- d. violation of AT’s [Anti-Doping Policy](#)

Further information on suspension and expulsion is available in AT’s [Member Protection Policy](#).

## 12 Protests

A competitor may protest against the conduct of another competitor (including the equipment they used), a technical official, a coach or any accredited personnel, or protest against decisions made by the Head Referee, or the competition results.

Protests must be made in accordance with these RCR.

Protests against a disqualification for not serving a time penalty will be determined according to the correctness of the penalty in regard to the violation and not the disqualification itself.

The protest procedure is explained in Appendix G – Protest Procedures.

## 13 Appeals

A competitor whose protest is dismissed by the Race Competition Jury may appeal to the National Sports Tribunal (NST).

- a. The only ground of appeal available is that the protest procedures were not sufficiently followed, to the extent that the appellant was denied a fair hearing.
- b. Any appeal under this section must be lodged with the Chief Executive Officer of AT within 48 hours of receipt by the appellant of the decision of the Race Competition Jury.
- c. Appeals under this section must be in writing stating precisely the ground of appeal.
- d. The timetable and procedure for any appeal to the NST will be set by the NST. 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 NST in the circumstances of the appeal.
- e. When considering whether the ground of appeal has been made out the NST shall focus solely on whether the procedure that was followed denied the appellant a fair hearing. Any technical breach of the appeals procedure which in their opinion had no bearing on the outcome of the appeal shall be disregarded.

## 14 Modifications to the rules

These rules will apply to all events that fall within the jurisdiction of AT. 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, or to place the health or welfare of anyone 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 of any competitor has been jeopardised.

## 15 Exceptions to the rules

These RCR will be applicable to all events sanctioned by AT. Where the RCR conflict with the laws of the jurisdiction in which the event is to be held, those laws will override the 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 AT, through the AT Head of Events & Technical, with prior approval.

## 16 Special rules

- 16.1 The Technical Delegate may approve the addition of special rules for a particular event, provided that:
- Participants are informed of each additional special rule before the event; and
  - Each additional special rule and the reasons for its inclusion are advised to the AT Head of Events & Technical before the day on which the event is to be conducted.
- 16.2 Examples of special rules include:
- approval of a modified draft distance in accordance with Rule 3.11g,
  - approval of a modified wetsuit determination temperature in accordance with Rule 2.6,
  - approval of the use of irregular equipment.
- 16.3 If irregular equipment is approved via a special rule then it shall only be in a *participation* manner, not in a *competitive* manner; and it shall only be approved after consideration of all safety impacts to all participants and competitors.



## 17 Unauthorised exceptions or additions

If an exception or addition of a race completion rule is not authorised, the event cannot be sanctioned. Any existing sanction may be invalidated. 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.

## 18 Rule changes

The RCR may be changed from time to time by the AT Board, at its absolute discretion.

Any such rule change shall not take effect until 14 days after it has been posted on the AT website.

## APPENDIX A - DEFINITIONS

<b>Appellant</b>	A competitor submitting an appeal.
<b>Aquathlon</b>	The term recognised by WT and AT for a sport which combines swimming and running skills in continuum.
<b>Aquabike</b>	The term recognised by WT and AT for a sport which combines swimming and cycling skills in continuum.
<b>Blue Card</b>	This is shown by a technical official to a competitor who has committed an infringement. In association with this the competitor must serve a time penalty.
<b>Cycle Course</b>	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 Cycle course commences at the Cycle Mount Zone and concludes at the Cycle Dismount Zone.
<b>Duathlon</b>	The term recognised by WT and AT for a sport which combines cycling and running skills in continuum
<b>Elite</b>	Elite category competitors who hold a professional membership, which in Australia includes AT membership.
<b>Finisher</b>	A competitor who completes the entire race course within the rules and crosses the finish line, with any part of their body.
<b>Interference</b>	A deliberate block, charge or abrupt motion which impedes another competitor.
<b>Judgement Call</b>	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 behaviour resulting in the competitor gaining an unfair advantage.

<b>Open Category</b>	Open category competitors can hold any level of AT membership.
<b>Outside Assistance</b>	Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor.
<b>Pass</b>	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 3.11. A competitor cannot pass another competitor on the left hand side in a non-draft legal event.
<b>Penalty Box</b>	One or more designated areas on the course where competitors may be required to serve a stop-start or a time penalty for a rule violation.
<b>Head Referee</b>	A technical official who is responsible to the Technical Delegate to hear and make final decisions on all rule infringements reported by technical officials and on all protests.
<b>Race Suit</b>	<p>Competitors may wear any type of race suit (comprising of 100% textile material) throughout the race except where detailed below:</p> <ol style="list-style-type: none"> <li>During the swim segment the race suit must not cover hands or feet, and must not contain any material which assists in buoyancy, such as polyurethane or neoprene.</li> <li>During the bike and run segments, the race suit must cover the torso. If front zipper is attached it may be undone but must be connected at the bottom at all times.</li> <li>For the purposes of rules 3.1 and 4.2 which relate to competing in the Bike and Run sections with a Bare Torso. Where it is possible, the uniform must be worn over both shoulders. If a two-piece suit is being worn there may be a gap between the two pieces provided that the upper garment complies with the above requirement.</li> </ol>
<b>Red Card</b>	This is shown by a technical official to a competitor who is suspected of committing a violation (or major infringement). In association with this the competitor is permitted to complete the race. The penalty, if any, is determined by the Head Referee at the completion of the race.
<b>Results</b>	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.

<b>Run Course</b>	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.
<b>Sanction</b>	A permit issued by the authority of AT 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 AT, 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.
<b>Shoes</b>	<p>AT follows World Athletics' Shoe Regulations applicable to road events for all the triathlon and its other related multisports as described at <a href="#">Full list   LIST OF APPROVED ATHLETIC SHOES</a>.</p> <p>Competitors can check the eligibility of their shoes at <a href="#">World Athletics   List of Approved Athletic Shoes   Shoe Checker</a></p>
<b>Sports Conduct</b>	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.
<b>Stop-Start Penalty</b>	A yellow card penalty which imposes a brief delay on a competitor who is assessed by a technical official to have committed a minor infringement.
<b>STTA</b>	State or Territory Triathlon Association
<b>Swim Course</b>	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.
<b>Swimskins</b>	Swimskins may be worn and need to meet the same requirements as a race suit. Please see definition of a Race Suit (above).

<b>Technical Delegate</b>	A technical official who is qualified by AT as delegated to state/territory associations, who is responsible for ensuring that all aspects of the AT Race Competition Rules and Race Operations Procedures are fulfilled in preparation for, during, and after the event. Where protests are lodged, the Technical Delegate is responsible for convening and chairing the Race Competition Jury. The Technical Delegate may be responsible for conducting or overseeing the conduct of race sanctioning. At lower end events where no Technical Delegate is specifically appointed, the senior official present may also fulfil the role of Technical Delegate.
<b>Technical Official</b>	Accredited race officials who are qualified by AT as technical officials, and are appointed to be responsible for observing, assessing and reporting on the performance of competitors in a sanctioned event in relation to AT Race Competition Rules.
<b>Time Penalty</b>	A blue card penalty which imposes a time penalty on a competitor who is assessed by a race official to have committed an infringement.
<b>Transition Zone</b>	A location within a defined boundary which is not a part of the swim course, the cycle course or the run course and within which each competitor is allocated an area for the storage of individual items of clothing and equipment.
<b>Wetsuit</b>	<p>A wetsuit is a garment principally consisting of rubberised material such as polyurethane or neoprene which may be worn over a race suit when wetsuits are allowed.</p> <p>The wetsuit cannot exceed 5mm thickness anywhere.</p> <p>The wetsuit must not cover the hands or feet, and it must at least cover the torso in a wetsuit mandatory swim.</p> <p>Wetsuit (neoprene) shorts/bottoms (aka buoyancy shorts) are prohibited in a Wetsuit Prohibited swim.</p>
<b>Yellow Card</b>	This is shown by a technical official to a competitor who has committed a minor infringement. In association with this the competitor must serve a stop-start penalty.

## APPENDIX B - EXAMPLES OF YELLOW, BLUE AND RED CARD INFRINGEMENTS

Common examples of yellow, blue 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 the context of the event, and the severity of the offence.

Conduct	Yellow Card  Stop-Start	Blue Card  Time Penalty	Red Card
Bicycle helmet not securely fastened	x		
Discard equipment (littering) – penalty to be determined by Technical Delegate prior to the race	x	x	x
Mounting before the mount line	x		
Dismounting after the dismount line	x		
Illegal pass		x	
Blocking	x		
Drafting		x	
Deliberately not wearing race numbers provided	x		
Use of gloves in the swim leg, or socks in a wetsuit-optional or non-wetsuit swim			x
Not completing the entire course			x
Using any equipment in a distracting manner that may impede safety			x
Failure to obey a technical official's instructions			x
Offensive behaviour such as nudity or personal toilet			x
Outside assistance			x
Abusive language or violent behaviour*			x

\*Abusive language and/or violent behaviour displayed by members of the public will not be tolerated. Such altercations will be handled on a case-by-case basis by the event organiser and could lead to disqualification.

## APPENDIX C – AGE DETERMINATION

Age determination for all categories is determined by age on December 31<sup>st</sup> during the season of the triathlon competition. For the categories Under 23, Junior and Youth Draft legal competition, age determination is by age on December 31<sup>st</sup> in the year of the coming WT World Championship competition.

## APPENDIX D – COMPETITION CATEGORIES

Category	Description		
	<b>High Performance Pathway Categories</b>		
Professional or Elite	An event with prize money that is only available to appropriate licenced competitors under the AT Professional/Elite Licence Policy. This category must be defined as either “Professional” or “Elite”.		
Under 23 Development	This category is reserved for triathletes who are turning 18, 19, 20, 21, 22 or 23 in the year of competition, and requires a AT Professional Membership.		
WT Junior	This category is reserved for triathletes who are turning 16, 17, 18 or 19 in the WT Competition year, and are endorsed by their STTA to compete in draft legal triathlon.		
WT Youth	This category is reserved for competitors who are turning 14 & 15 in the WT competition year and are endorsed by their STTA to compete in draft legal triathlon.		
	<b>Age Group Categories</b>		
Open	A category that has prize money below the “Professional/Elite” threshold as per the AT Professional/Elite Licence Policy. This category is open to professional and age group competitors.		
Under 19	This category is reserved for triathletes in the 7 - 19 years age groups. See U19 triathlon, duathlon and aquathlon prescribed race distances.		
Age Groups	a. 16 - 19 years	g. 45 – 49 years	m. 75 – 79 years
	b. 20 – 24 years	h. 50 – 54 years	n. 80 – 84 years
	c. 25 – 29 years	i. 55 – 59 years	o. 85 – 89 years
	d. 30 – 34 years	j. 60 – 64 years	p. 90 – 94 years
	e. 35 – 39 years	k. 65 – 69 years	q. 95 – 99 years
	f. 40 – 44 years	l. 70 – 74 years	

AT maintains national distance recognition of the 14 – 15 years and 16 – 19 years age groups for Sprint Distance competition.

AT maintains national distance recognition of the 16 – 19 years age groups for Standard Distance competition.

AT maintains the national distance recognition of the 18 -19 years age groups for Middle Distance competition.



## APPENDIX E – MAXIMUM ALLOWABLE RACE DISTANCES

Distances in each table are maximum distances permissible for each discipline, however, events can be of any configuration within these maximums (e.g. Duathlon = Run / Bike / Run; Aquathlon = Run / Swim / Run; Triathlon = Enduro).

No course segment of an event may exceed the course segment distance for a particular category as listed in Tables 1 to 3, even if the distances of the other course segments are less than those segments stated.

**TABLE 1: - UNDER 19 TRIATHLON – MAXIMUM ALLOWABLE RACE DISTANCES**

AGE GROUP	SWIM	BIKE	RUN	COMMENT	RELAY (one leg of distance stated)
Under 7	100m	1km	500m	Non-Competitive/Novelty	100m/1km/500m
7yo	100m	3km	1km	Non-Competitive/Novelty	200m/6km/1km
8yo	100m	3km	1km	Non-Competitive/Novelty	200m/6km/1km
9yo	100m	3km	1km	Non-Competitive/Novelty	200m/6km/1km
10yo	200m	6km	2km	Non-Competitive/Novelty	300m/10km/2km
11yo	200m	6km	2km	Non-Competitive/Novelty	400m/10km/2km
12yo	500m	13km	4km	Competitive	750m/15km/4km
13yo	500m	15km	5km	Competitive	1km/20km/6km
14yo	1000m	20km	7.5km	Competitive	1.5km/40km/10km
15yo	1500m	40km	10km	Competitive	1.5km/40km/10km
16yo	1500m	40km	10km	Competitive	1.5km/40km/10km
17yo	1500m	40km	15km	Competitive	No limit/90.1km/21.1km
18yo+	No limit	No limit	No limit	Competitive	No limit

**TABLE 2: - UNDER 19 DUATHLON – MAXIMUM ALLOWABLE RACE DISTANCES**

AGE GROUP	TOTAL RUN	BIKE	COMMENT	RELAY (one leg of distance stated)
Under 7	500m	1km	Non-Competitive/Novelty	500m/1km
7yo	1km	3km	Non-Competitive/Novelty	1km/6km
8yo	1km	3km	Non-Competitive/Novelty	1km/6km
9yo	1km	3km	Non-Competitive/Novelty	1km/6km
10yo	2km	6km	Non-Competitive/Novelty	2km/10km
11yo	2km	6km	Non-Competitive/Novelty	2km/10km
12yo	4km	13km	Competitive	4km/15km
13yo	5km	15km	Competitive	6km/20km
14yo	7.5km	20km	Competitive	10km/40km
15yo	10km	40km	Competitive	10km/40km
16yo	10km	40km	Competitive	10km/40km
17yo	15km	40km	Competitive	21.1km/90.1km
18yo+	No limit	No limit	Competitive	No limit

**TABLE 3 - UNDER 19 AQUATHLON – MAXIMUM ALLOWABLE RACE DISTANCES**

<b>AGE GROUP</b>	<b>SWIM</b>	<b>RUN</b>	<b>COMMENT</b>	<b>RELAY (one leg of distance stated)</b>
Under 7	100m	500m	Non-Competitive/Novelty	100m/500m
7yo	100m	1km	Non-Competitive/Novelty	200m/1km
8yo	100m	1km	Non-Competitive/Novelty	200m/1km
9yo	100m	1km	Non-Competitive/Novelty	200m/1km
10yo	200m	2km	Non-Competitive/Novelty	300m/2km
11yo	200m	2km	Non-Competitive/Novelty	400m/2km
12yo	500m	4km	Competitive	750m/4km
13yo	500m	5km	Competitive	1km/6km
14yo	1km	7.5km	Competitive	1.5km/10km
15yo	1.5km	10km	Competitive	1.5km/10km
16yo	1.5km	10km	Competitive	1.5km/10km
17yo	1.5km	15km	Competitive	No limit/21.1km
18yo+	No limit	No limit	Competitive	No limit

**TABLE 4 - UNDER 19 AQUABIKE – MAXIMUM ALLOWABLE RACE DISTANCES**

<b>AGE GROUP</b>	<b>SWIM</b>	<b>BIKE</b>	<b>COMMENT</b>	<b>RELAY (one leg of distance stated)</b>
Under 7	100m	1km	Non-Competitive/Novelty	100m/1km
7yo	100m	3km	Non-Competitive/Novelty	200m/6km
8yo	100m	3km	Non-Competitive/Novelty	200m/6km
9yo	100m	3km	Non-Competitive/Novelty	200m/6km
10yo	200m	6km	Non-Competitive/Novelty	300m/10km
11yo	200m	6km	Non-Competitive/Novelty	400m/10km
12yo	500m	13km	Competitive	750m/15km
13yo	500m	15km	Competitive	1km/20km
14yo	1km	20km	Competitive	1.5km/40km
15yo	1.5km	40km	Competitive	1.5km/40km
16yo	1.5km	40km	Competitive	1.5km/40km
17yo	1.5km	40km	Competitive	No limit/90.1km
18yo+	No limit	No limit	Competitive	No limit

**TABLE 5 - UNDER 19 SWIM ONLY – RECOMMENDED MAXIMUM RACE DISTANCES**

AGE GROUP	SWIM	COMMENT
Under 7	500m	Non-Competitive/Novelty
7yo	500m	Non-Competitive/Novelty
8yo	<1km	Non-Competitive/Novelty
9yo	1	Non-Competitive/Novelty
10yo	<2km	Non-Competitive/Novelty
11yo	2km	Non-Competitive/Novelty
12yo	2km	Competitive
13yo	<3km	Competitive
14yo	3km	Competitive
15yo	3km	Competitive
16yo	3km	Competitive
17yo	No limit	Competitive
18yo+	No limit	Competitive

**TABLE 6 - UNDER 19 RUN ONLY – RECOMMENDED MAXIMUM RACE DISTANCES**

AGE GROUP	RUN	COMMENT
Under 7	500m	Non-Competitive/Novelty
7yo	1km	Non-Competitive/Novelty
8yo	1km	Non-Competitive/Novelty
9yo	1km	Non-Competitive/Novelty
10yo	2km	Non-Competitive/Novelty
11yo	2km	Non-Competitive/Novelty
12yo	4km	Competitive
13yo	5km	Competitive
14yo	7.5km	Competitive
15yo	10km	Competitive
16yo	15km	Competitive
17yo	21km	Competitive
18yo+	No limit	Competitive

## APPENDIX F – NOT USED

# APPENDIX G – PROTEST PROCEDURES

## 1. Matters which may be the subject of a protest include but are not limited to:

- a. eligibility of a competitor;
- b. composition of a start list;
- c. conditions of a field of play, except when a competition cannot be held in the original format due to a force majeure event;
- d. conduct of a competitor;
- e. equipment used by a competitor;
- f. conduct of a technical official;
- g. conduct of an accredited coach or any accredited personnel;
- h. decisions taken by the Head Referee, except:
  - (i) a drafting violation;
  - (ii) a time penalty, which has already been served.
- i. error in competition results.

## 2. Protester

In accordance with the protest initiation procedures set out in these rules, a protest may be initiated by:

- a. a competitor who is entered for the competition; or
- b. a representative of an STTA.

## 3. Protest initiation and timelines

Protests will not be accepted unless initiated and lodged in accordance with the relevant timeline. The timeline for a protest varies according to the subject matter of the protest, as follows:

- a. *Protest against the eligibility of a competitor, composition of a start list or conditions of a field of play*

The protest must be announced to the Head Referee by the competitor, his/her coach accredited by AT or an STTA representative at least two hours before the competition and within a further sixty minutes a protest form must be lodged with the Head Referee.

- b. *Protest against the conduct of a competitor and/or equipment used by that competitor*



The protest must be announced to the Head Referee by the competitor, his/her coach accredited by AT or an STTA representative within thirty minutes of the latter of:

- i. the finish time of the protester; or
- ii. the finish time of the protest responder;

and within a further sixty minutes a protest form must be lodged with the Head Referee.

*c. Protest against the conduct of a technical official, an accredited coach or any accredited personnel*

The protest must be announced to the Head Referee by the competitor, his/her coach accredited by AT or an STTA representative within thirty minutes after the end of the competitor's competition, and within a further sixty minutes a protest form must be lodged with the Head Referee.

*d. Protest against a decision taken by the Head Referee*

The protest must be announced to the Head Referee by the competitor, his/her coach accredited by AT or an STTA representative within thirty minutes of the latter of:

- i. the finish time of the protester; or
- ii. notification, either verbally or written, from the Head Referee;

and within a further sixty minutes a protest form must be lodged with the Head Referee.

*e. Protest against competition results*

The protest must be announced to the Head Referee by the competitor, his/her coach accredited by AT or an STTA representative within sixty minutes after the relevant results are made publicly available, and within a further sixty minutes a protest form must be lodged with the Head Referee.

However, if the event is a national championship event, then an STTA may protest an error in timekeeping within 7 days after the completion of the event, in writing, to the AT Head of Events & Technical, who shall assess the protest against AT policies and timekeeping requirements.

#### 4. Protests initiation procedures

The protest form may be obtained from the Head Referee.

The protest form must be accompanied by a fee of \$100. Protests sent to AT must be accompanied by proof of the fee having been transferred to AT;

The protest form must contain:

- a. competition name, location, date;
- b. protester's name, address, phone, email;
- c. the alleged rule violated or decision protested;
- d. the location and approximate time of the alleged violation;

- e. persons involved in the alleged violation;
- f. a statement, including a diagram of the alleged violation, if possible;
- g. the names of witnesses who observed the alleged violation;
- h. rationale/summary of the facts.

Protests must be lodged with the Head Referee, who upon reception will present the case to the Chair of the Competition Jury of the competition.

#### 5. Composition of the Race Competition Jury

The Race Competition Jury is to be chaired by the Technical Delegate and is to comprise two other members as outlined below:

- a. National Events, including but not limited to Australian Championships and Australian Team Selection events - two other persons who are either:
  - i. member of AT Board; or
  - ii. member of an STTA Board; or
  - iii. accredited technical official with a minimum Australian Technical Official (ATO) qualification.
- b. IRONMAN Events and Challenge Events - two other persons who are either:
  - i. member of AT Board; or
  - ii. member of an STTA Board; or
  - iii. accredited technical official with a minimum ATO qualification or
  - iv. event Race Director or appointed staff member
- c. State/Territory level championship events – two other persons who are either:
  - i. member of AT Board; or
  - ii. member of an STTA committee; or
  - iii. accredited technical official with a minimum Regional Technical Official (RTO) qualification; or
  - iv. event Race Director or appointed staff member.

- d. All other events – two other persons who are either:
  - i. accredited technical official with a minimum Local Technical Official (LTO) qualification; or
  - ii. member of an STTA Board; or
  - iii. member of the committee of a triathlon club affiliated with AT; or
  - iv. accredited technical official with a minimum LTO qualification; or
  - v. event Race Director or appointed staff member.
- e. For all AT events, if a Technical Delegate has not been appointed then their replacement should also be someone meeting the above criteria.
- f. For National and IRONMAN / Challenge events, prior to the competition, all members of the Race Competition Jury must complete the *Protest and Competition Jury* online training module available on the [World Triathlon Education Hub \(triathlon.org\)](https://www.competitions.com.au/triathlon.org) and obtain a completion certificate, which will remain valid until the end of the following calendar year.
- g. A member of the Race Competition Jury in an event must not also be:
  - i. a technical official in the same event other than the Technical Delegate/ Assistant Technical Delegate;
  - ii. an accredited coach in the same event;
  - iii. a competitor competing in the same event.

#### 6. Race Competition Jury duties

- a. to decide on all protests made to it which are in compliance with the relevant protest timeline;
- b. the Race Competition Jury may modify the competition results, other than removing the time of a penalty, as a consequence of its decision on the protest;
- c. the Chair of the Race Competition Jury must file written minutes for all protests within seven days of decisions reached. These must be sent to the AT Head of Events & Technical.

## 7. Race Competition Jury integrity

7.1 The Race Competition Jury must observe the following principles:

- a. it must consider all submissions and expert opinions made to it;
- b. recognise that honest testimony can vary and be in conflict as a result of personal observation or recollection;
- c. have an open minded approach until all evidence has been submitted;
- d. its decisions to uphold or impose a penalty shall be based upon the standard of a comfortable satisfaction of the majority of Race Competition Jury members that the alleged violation has occurred.

7.2 Conflict of interest:

- a. The Chair of the Race Competition Jury shall decide if any member has a conflict of interest;
- b. In the event of a conflict of interest, or absence of another member, the Chair of the Race Competition Jury may replace that member;
- c. The Chair of the Race Competition Jury may appoint a replacement at his/her discretion, subject to the requirements of Clause 5 (above) for the composition of the Race Competition Jury;
- d. Following replacement of a member, the Race Competition Jury must have the same number of members that it originally had;
- e. The Chair of the Race Competition Jury is deemed not to have a conflict of interest.

## 8. Race Competition Jury meeting

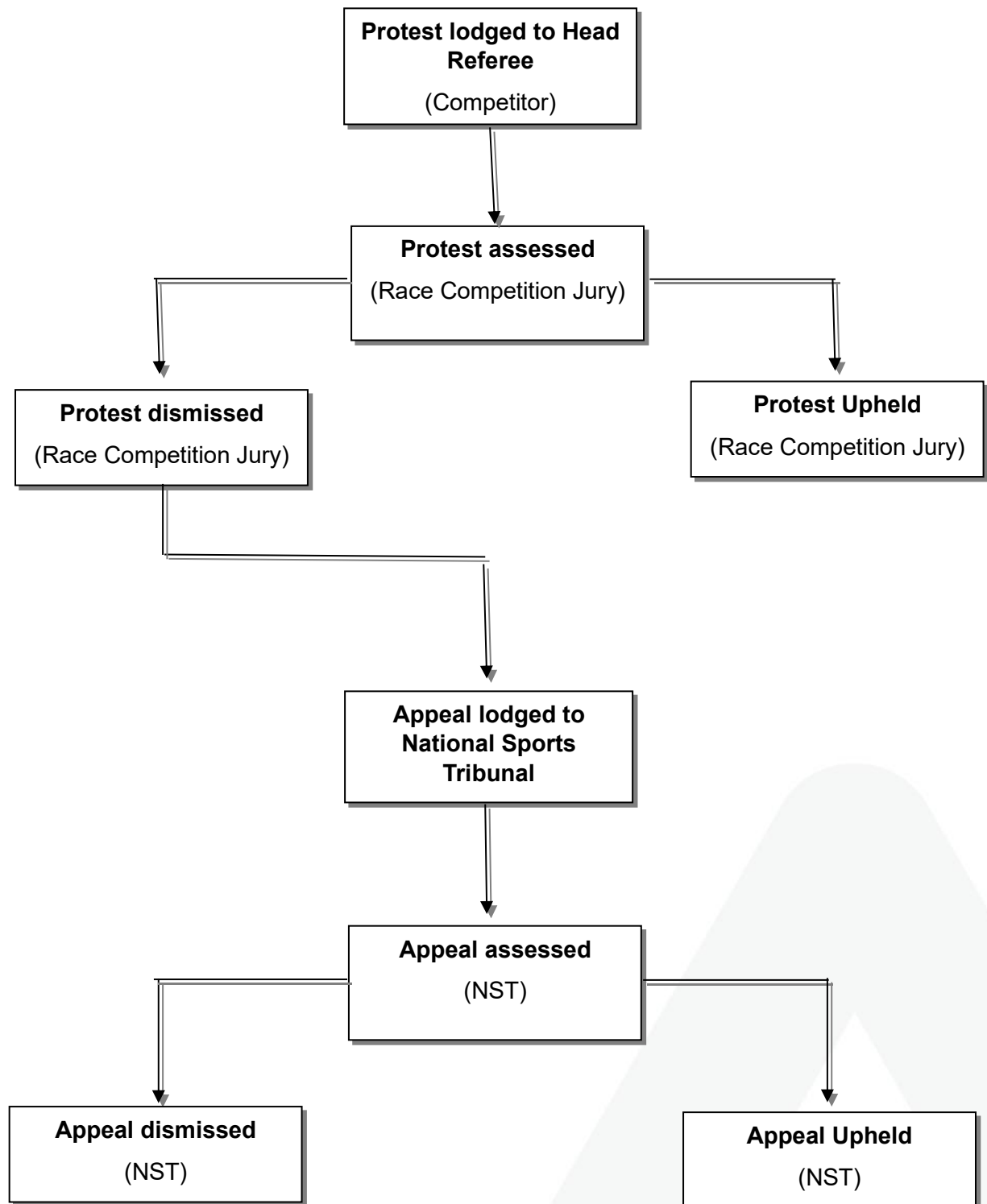
- a. The Race Competition Jury will meet as determined by the Chair and may meet in person, or online in a virtual meeting, or in combination of in person and online, as determined by the Chair.
- b. A protest received against a disqualification for not serving a time penalty must be discussed considering the infringement, which resulted on the received time penalty and not the disqualification itself.
- c. Hearing procedure
  - I. The protester and the respondent and/or one representative of their STTA may be present.
  - II. Failure of any party to attend a hearing may result in the Race Competition Jury making a decision in their absence.
  - III. A representative may appear on behalf of the protester or the respondent if permitted by the chair of the Race Competition Jury.

- IV. The hearing will not be open to the public.
  - V. The Chair of the Race Competition Jury will explain the hearing process and all parties' rights.
  - VI. The Chair of the Race Competition Jury will read the protest.
  - VII. The Chair of the Race Competition Jury will determine if the protest is accepted, dependent upon:
    - it being received within the relevant protest timeline set out above; and
    - it being a matter which may be the subject of a protest as set out above.
  - VIII. The Chair of the Race Competition Jury presents the submitted evidence.
  - IX. The Race Competition Jury will hear from each party.
  - X. The protester and the respondent will be given adequate time to give their accounts of the incident.
  - XI. If permitted by the Chair, the protester and the respondent may call witnesses, who may speak for up to three minutes each.
  - XII. Once the protester, respondent and any witnesses have been heard, the Race Competition Jury may call other parties interested or affected to speak for up to three minutes each.
  - XIII. The Race Competition Jury may invite any expert to speak.
  - XIV. The Race Competition Jury will consider the evidence and any expert opinion and render a decision by simple majority.
  - XV. The decision will be communicated immediately to the parties present and delivered in writing to the parties upon request.
- d. Written minutes of the Race Competition Jury meeting, including the Race Competition Jury's decision, along with the protest form will be submitted to AT Head of Events & Technical.
  - e. The \$100 fee will be returned to the protester in case the Race Competition Jury decides in favor of the protester. The \$100 deposit will be forwarded to AT in case the Race Competition Jury decides against the protester.
  - f. Once a protest has been lodged with the Race Competition Jury, no further protest may be lodged for the same matter.
  - g. The Race Competition Jury decisions, made in accordance with the Competition Rules, are field of play decisions.
  - h. Race Competition Jury decisions may be appealed to the National Sports Tribunal (NST).

9. Results revision process by the AT Head of Events & Technical

- a. The AT Head of Events & Technical may revise the competition results on the basis of new evidence.
- b. There is no time limit on the results revision process.
- c. Field of play decisions or any matter already dealt with by a Race Competition Jury may not be reopened under the results revision process.
- d. The AT Head of Events & Technical will decide on the results revision case by maintaining or modifying the competition results.
- e. For results revision cases, the AT Head of Events & Technical will follow the hearing procedure set out above.
- f. Any revised competition results will be notified to the affected STTA and competitors, and published by AT.
- g. The AT Head of Events & Technical results revision process decisions are field of play decisions.
- h. The AT Head of Events & Technical results revision process decisions may be appealed to the National Sports Tribunal (NST).

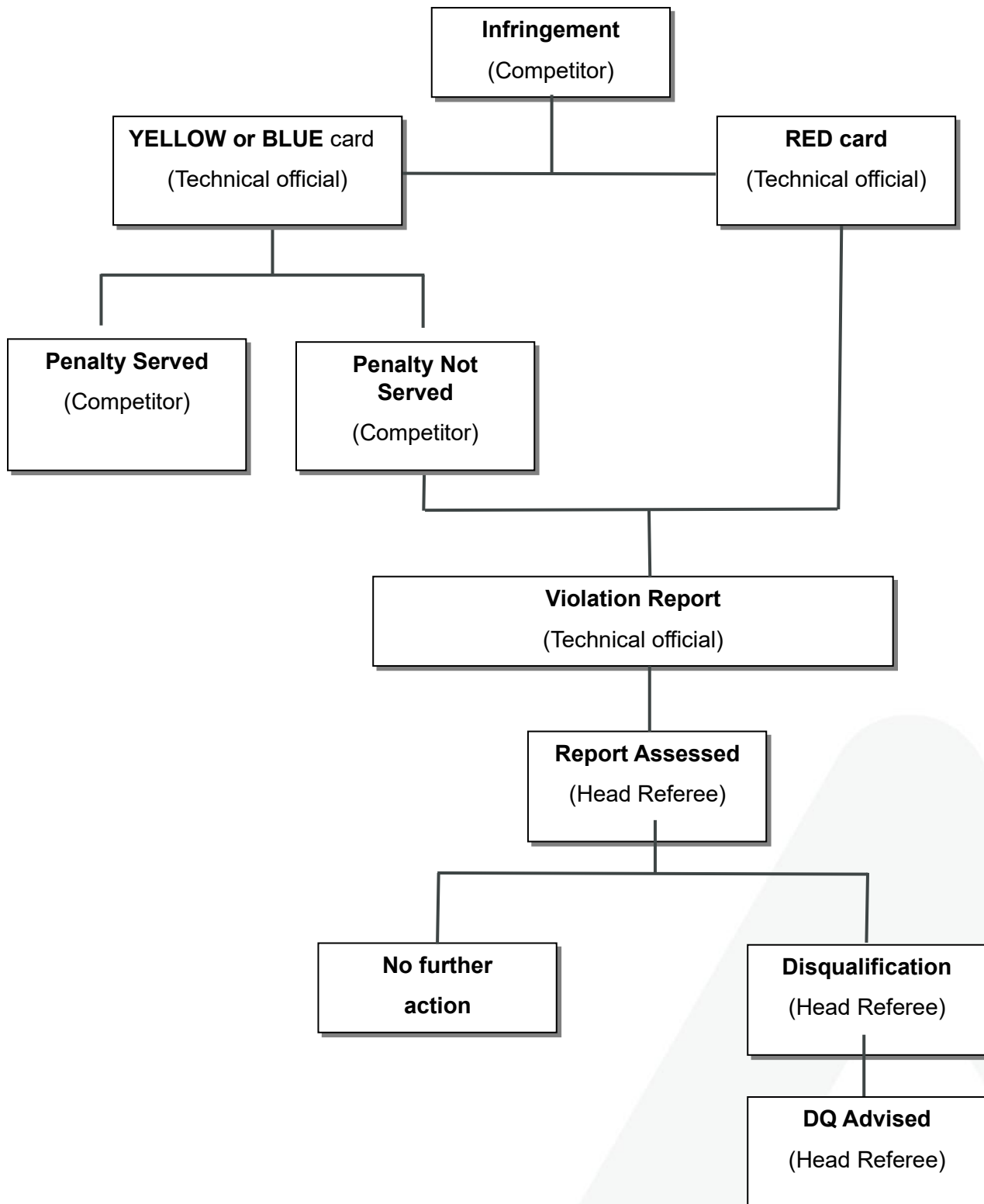
## Protest and Appeal Flow Chart



## APPENDIX H – NOT USED



## APPENDIX I – INFRINGEMENTS FLOW CHART



## APPENDIX J – TIMING AND RESULTS

- a) A competition will be won by the competitor who has the shortest time from the start signal to the moment when the competitor finishes the competition, except if the event is conducted under the “rolling start system”.
- b) Where electronic timing is used and a competitor loses their timing device they may be given a time using a manual backup system, provided they recorded a time on at least one point of the course.
- c) Where no timing point is recorded the competitor will be recorded in the results as Did Not Finish (DNF). This decision may be overturned on protest by the Race Competition Jury if it is satisfied to a standard of comfortable satisfaction that the competitor has completed the course and can provide accurate start and finish times.
- d) Where electronic timing is used and a competitor loses their timing device, race officials may offer a replacement chip in either T1 or T2. If the competitor refuses the replacement chip their splits may not be registered and published in the results, and if it is impossible to determine that the competitor completed the whole course then the competitor may be disqualified.
- e) The official results will list the competitors according to their finish time and in the competition category they are competing in.
- f) Results will include the following Invalid Results Markers (IRM)
  - a. DNS Did not start
  - b. DNF Did not finish
  - c. DSQ Disqualified
- g) For disqualified competitors the final results should not be displayed.
- h) Results will be official once the Head Referee signs them. Incomplete results can be declared official at any time. The Head Referee will use all the resources available to decide the final position of every competitor. The information from technology will be used to assist in the decision-making process. The Head Referee may decide, based on the available evidence, that a competition is tied if there is no way of defining which competitor crossed the line first. Results of tied competitors will be sorted according to race numbers.
- i) Official results may only be modified by the Head Referee, in the following circumstances:
  - a. to correct a timing error; or
  - b. following instructions from a protest committee, such as the Race Competition Jury; or
  - c. upon advice from an authorised body, such as AT.

## Recent Amendments

The following table does not form part of the Race Competition Rules. It is a list of significant amendments recently incorporated into the RCR, intended to assist all stakeholders. It is not a complete list of all amendments.

Amendment Date	Area	Revision
21/08/2025	General Conduct (Rule 1.1.i)	Clarification of the prescribed course and the exceptions which may be applied when the prescribed course is not followed.
21/08/2025	General Conduct (Rule 1.1.j)	Addition to rule that any item deemed to be a hazard to the competitor or other competitors (including jewellery) may be subject to the instruction to remove any such items.
21/08/2025	General Conduct (Rule 1.1.l)	Clarification that interference can be rectified by the affected competitor.
21/08/2025	General Conduct (Rule 1.1.m)	Addition of the word “intentional” to the discarding of any item on the course
21/08/2025	General Conduct (Rule 1.1.p)	Conceptual alignment with the World Triathlon athletics shoe ruling.
21/08/2025	Swimming Conduct (Rule 2.8.e)	Clarification that Wetsuit (neoprene) shorts/bottoms (aka buoyancy shorts) are prohibited in a Wetsuit Prohibited swim.
21/08/2025	Cycling Conduct (Rule 3.5)	Clarification of wording regarding the wearing of a securely fastened helmet.
21/08/2025	Bicycle Draft Distance (Rule 3.9.a)	Alignment for all events the bicycle or motorcycle draft zone is a distance of 12 metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 25 seconds to pass through this zone.
21/08/2025	Bicycle Draft Distance (Rule 3.11.g)	Clarification that if the Technical Delegate considers that the design of the cycle course, combined with large competitor numbers, cannot safely accommodate a 12-metre draft zone, then the Technical Delegate can approve a special rule, allowing a reduced distance draft zone and an appropriate time to pass through the draft zone. If enacted, the special rule must be communicated to all competitors prior to the race.

21/08/2025	Bike Hydration Volume Limitation (Rule 3.12.I)	Conceptual alignment with the World Triathlon Bike Hydration Volume Limitations for both volume and hydration systems.
21/08/2025	Team and Relay Events (Rule 6)	Change to composition of a Mixed Relay Team competitor order to align with World Triathlon, who change this order every 4 years in line with the Olympic cycle.
21/08/2025	Blue Card Time Penalties (Rule 11.7.a)	Reduction of time penalties for Blue Card infringements. Events with a bike distance > 90km reduced from 5 minutes to 3 minutes Events with a bike distance ≤ 90km distance events reduced from 3 minutes to 2 minutes
21/08/2025	Protests (Rule 12)	The wording of the protests process has been amended to conceptually align with the World Triathlon protest process.
21/08/2025	Appendix A Definition of Race Suit and Bare Torso	Clarification of the definition of Bare Torso as it applies to competing in the Bike and Run sections.
21/08/2025	Appendix A Addition of Shoe Regulations	AT follows World Athletics' Shoe Regulations applicable to road events for all the triathlon and its other related multisports as described at <a href="#">Full list   LIST OF APPROVED ATHLETIC SHOES</a> .
27/08/2025	Appendix E Addition of New Age Group Distance Tables	Addition of Recommended Maximum Distances for Swim only and Run only events.