

13 General Rules

NB: in the case of a child taking part in an event it is the responsibility of the parent(s) and/or accompanying adult(s) to ensure that the child understands these rules and that the child's equipment, clothing, etc. is suitable, maintained, correctly prepared and used. See also the Additional Rules for Children, section 29.

13.1 Competitors must exercise sound, mature judgment, carry out all reasonable instructions from officials, obey the laws of the land and observe traffic regulations.

13.2 Competitors must follow instructions given by the police. Failure to do so will result in disqualification and may lead to disciplinary action by British Triathlon.

13.3 Competitors are ultimately responsible for their own safety and for the safety of others.

13.4 Competitors must take responsibility for knowing the rules and abiding by them.

13.5 It is the competitor's responsibility to be properly prepared for an event and to ensure that their equipment is suitable and fit for its intended purpose.

13.6 It is the competitor's responsibility to know and correctly complete the full course of the event.

13.7 Triathlon, duathlon and aquathlon are individual endurance events. Any teamwork that provides unfair advantage over other competitors is expressly forbidden.

13.8 No competitor shall be permitted to continue racing who, in the opinion of any race official, is physically incapable of continuing without sustaining physical damage or loss of life.

13.9 It is recommended that British Triathlon members do not participate in triathlon, duathlon and aquathlon events that have not been registered with British Triathlon. British Triathlon insurance does not cover the member while participating in such an event, which may not meet the safety standards of British Triathlon. Participation may also render the member ineligible for selection to a National team. For the purpose of these rules this applies to Age Group, Junior, U23 and Elite teams.

14 Race Conduct

14.1 Competitors must conduct themselves in a proper manner and not bring the sport into disrepute.

14.2 All other competitors, officials, volunteers and spectators must be treated with respect and courtesy.

14.3 Threatening, abusive or insulting words or conduct are not permitted and competitors may be disqualified for using such.

14.4 All competitors must wear any official swim cap, bib or numbers provided by the race organiser. These must be worn unaltered and be both visible and/or readable at all times. (See Race Numbers, section 16.)

14.5 Competitors must be adequately clothed at all times, the minimum being a one or two piece non-transparent swim suit together with a cycling or running top if appropriate. All competitors must ensure that their upper body (especially the chest area) is clothed during the cycling and running sections of the event.

14.6 Race equipment must not be discarded at any point on the course but must be placed in the athlete's allotted position in transition - see Penalties.

14.7 No individual support by vehicle, bicycle or on foot is permitted except as provided by the organisers. Competitors may not receive any assistance other than that provided by the race organisers.

14.8 Parents/Guardians/Accompanying adults: Failure by a parent/guardian/accompanying adult to carry out instructions from officials, or failure to conduct themselves in a proper manner may lead to disqualification of the competitor and/or disciplinary action against the competitor by British Triathlon. Misconduct by a parent/guardian/accompanying adult may include, but is not limited to:

- threatening, abusive or insulting words or conduct
- failure to obey marshals/officials instructions
- handing water bottles or any other equipment to, or collecting them from competitors
- tampering with the equipment of others
- unsporting impedance

15 Transition Areas

15.1 In order to avoid accidents, safeguard equipment and protect personal possessions, athletes must not bring helpers, friends or family members into any transition area.

15.2 Pets are not permitted in the transition area.

15.3 Equipment must be PLACED in its allotted position and not where it may hinder the progress of other competitors. Equipment that is discarded will be regarded as a hindrance and a time penalty may be issued – see Penalties.

15.4 Cycles must be placed in their correct allotted position both at the start & finish of the cycle section. Cycles should be racked by either the seat pin or by the handlebars/brake levers unless other arrangements are provided. Cycles which are incorrectly racked may be determined as being an impedance to other athletes – see Penalties

15.5 Competitors must mount their cycles and start riding only when the parts of both wheels which touch the ground are outside the transition area (i.e. at or beyond the officially designated cycle start).

15.6 When returning to transition competitors must dismount their cycle before any part of the cycle leaves the 3m dismount zone, which should be clearly marked before the end of the cycle course. They may then walk or run with their bike to its allocated position.

15.7 Competitors must not interfere with another competitor's equipment in the transition area.

15.8 Competitors must not use any device to mark their position in transition. Any device or marker will be removed by the referee but if this is not possible a penalty will be applied – see Penalties.

16 Race Numbers

16.1 Race numbers provided by the organiser must not be altered, cut down, folded or in any way mutilated. Numbers so treated will result in a time penalty to the competitor if the offence is not corrected.

16.2 Race numbers must be affixed to the competitor's clothing or to a suitable race belt or bib so that the number is clearly visible at all times.

16.3 During the cycling phase a number must be displayed to the rear.

16.4 During the running phase a number must be displayed to the front.

16.5 Additional body marking may be provided by the organiser but this is not a substitute for, or replacement of, an official race number.

17 Swim Conduct

17.1 Competitors may stand, or rest on the bottom, or on a non-moving object, but may not gain unfair advantage or make progress, other than is deemed necessary to execute entry into and exit from the designated swimming course by doing so. In shallow waters, an exact point when swimming must commence and may cease shall be appointed and marked.

17.2 Competitors shall at all times swim so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance.

17.3 Race organisers may set a time limit for the swimming section. The time limit will be determined when the event is registered with British Triathlon and be published in all race information and must be covered in all race briefings.

17.4 At the end of the specified time limit any competitor still in the water shall be ordered to retire. Competitors refusing to retire will not be insured to continue racing and may be subject to disciplinary action by British Triathlon.

17.5 At all events, both pool-based and open water, no diving is permitted unless pre-agreed at the time of registering and then only for entry at the start of the swim and for re-entry on multiple lap courses.

18 Cycle Conduct

18.1 Every competitor must ensure that his or her cycle is in a safe and roadworthy condition and conforms to the technical specifications laid down by British Triathlon.

18.2 During the event, competitors are individually responsible for the repair of their machines.

18.3 Where a competitor is preceded or followed for any length of time, or frequently passed, by the same motor vehicle not provided by the organisers, that vehicle shall be considered as being associated with the competitor and to be giving support.

18.4 Any part of the cycle course may be covered on foot but on these occasions the competitors must carry or push their own machines.

18.5 All competitors must follow the normal rules of the road, obey all traffic signals and must follow any instructions given by the Police. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor.

18.6 Competitors shall at all times cycle so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance.

18.7 Helmets must be fastened before the competitor's cycle is moved from its allotted place in the transition area and must remain fastened until the cycle is returned to this position at the end of the cycle section of the race. Failure to do so may result in a time penalty – see Penalties.

19 Pacing/Drafting

19.1 Competitors **are not allowed to draft**, i.e. take shelter behind or beside another competitor or motor vehicle during the cycling segment of races.

19.2 Bicycle Draft Zone

a) For all Age Group Events (except Long Distance)

The draft zone is a rectangle measuring **seven** (7) metres long by **three** (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of **15 seconds** is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within **15 seconds**, the overtaking cyclist must drop back.

b) For all Competitors in Long Distance Competitions (Elite and Age Group)

The draft zone is a rectangle measuring **ten** (10) metres long by **three** (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of **30 seconds** is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within **30 seconds** the overtaking cyclist must drop back.

19.3 The draft zone of one competitor may not overlap the draft zone of another competitor.

19.4 Competitors may enter the draft zone of another competitor for the purpose of overtaking as detailed above or in the following circumstances:

- a) For safety reasons
- b) At an aid station
- c) At the exit or entrance of a transition area

- d) At an acute turn, such as 180° turn around a traffic cone
- e) If race officials exclude a section of the course from the drafting rule because of narrow lanes, construction, detours or for other safety reasons

19.5 When a competitor is passed by other competitors, it is his/her responsibility to move out of the draft zone of the overtaking competitor. A competitor is passed when another competitor's front wheel is ahead of his/hers.

19.6 Side-by-side riding, while still observing the draft zone, is only allowed on courses that are fully closed to other traffic. On open or semi-open courses, only single-file riding is allowed.

19.7 Vehicle Draft Zone

Competitors are not allowed to gain unfair advantage by drafting on officials' escort vehicles, TV and radio vehicles, etc. The vehicle draft zone is a rectangle **thirty-five** (35) metres long by **five** (5) metres wide which surrounds every vehicle on the cycle course. The front edge of the vehicle defines the centre of the leading 5 metre edge of the rectangle. The driver of the vehicle, who must be appropriately briefed by the organiser, is responsible for upholding the zone.

19.8 Draft Legal Events

In events where there are draft-legal waves British Triathlon will follow the current ITU ruling on drafting. This may require equipment such as aero bars to be changed (visit www.triathlon.org to view current ITU rules).

20 Running Conduct

20.1 No form of locomotion other than running or walking is permitted.

20.2 Competitors shall, at all times, run so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance.

21 Penalties

21.1 Competitors may only be penalised by readily identifiable race referees.

21.2 All infringements are to be reported to the senior race referee who will have the responsibility of posting penalties.

21.3 Penalties may be issued or disqualifications given at any time up to the announcement of the final results, except where drug testing is involved, when results must be considered provisional until test results are known.

21.4 The following penalties will be imposed for infringements.

Disqualification

- a. Threatening, abusive or insulting words or conduct
- b. Breaking road traffic regulations
- c. Dangerous conduct/riding
- d. Diving (but see Swim Conduct, section 17)
- e. Failing to obey marshals or the Police

- f. Nudity
- g. Outside assistance
- h. Tampering with the equipment of others
- i. Unsporting impedence – including but not limited to incorrectly racked bikes, discarded equipment and the use of marking devices which impede others
- j. Two (2) drafting violations noted by motorcycle referee(s) **OR** four reports from static draft-control marshals **OR** one (1) drafting violation noted by a motorcycle referee and three reports from static draft-control marshals. NB: there is no requirement for a draft-control marshal to indicate that a competitor has been reported
- k. Course irregularities (unless the competitor returns to the point at which he/she left the course, or a point on the course prior to it, and then completes the course)
- l. Breach of conduct by parent/guardian/accompanying adult

Disqualification If Fault Not Rectified After A Warning

- m. Illegal equipment (swim, cycle or run equipment)
- n. Banned equipment including, but not limited to, mobile telephones, MP3 players and personal stereos
- o. Illegal progress (during swim, cycle or run)
- p. Racing topless

2 Minute Penalty

- q. Helmet violations (unclipping helmet whilst in contact with the cycle)
- r. Number violations (not able to be altered after a warning)
- s. Riding in the transition area
- t. Markers in transition that cannot be removed but do not impede the progress of others
- u. Drafting: One (1) drafting violation noted by a motorcycle referee **OR** three (3) reports from static draft-control marshals. NB: there is no requirement for the marshal to indicate that a report has been made

Notes:

- **In the interests of safety, motorcycle referees will NOT provide an audible or visible warning for a drafting violation**
- **The race referee may issue a discretionary two minute penalty for infringements not listed above**
- **Penalties will be posted as soon as they are available, on the penalty board, by the senior referee. The penalty board will be provided by the race organiser and placed at an agreed position with easy access for competitors e.g. near transition or next to the results display**
- **In the case of any athlete or their parent/guardian/supporter(s) using threatening, abusive or insulting conduct, British Triathlon will consider disciplinary action against that athlete**

22 Appeals

22.1 An appeal is a request for a review of a decision made by a referee

22.2 Appeals cannot be made against "judgment calls" by officials. Judgement calls include, but are not limited to, drafting, dangerous riding and unsporting conduct

22.3 Appeals must be made in writing to the race referee within one hour of a penalty being posted and be accompanied by a fee of £15.00 refundable if the appeal is upheld

23 Clubs

23.1 Members may change clubs once during a calendar year, by application to the British Triathlon office

23.2 Members may not change clubs more than once during a calendar year except by application to the British Triathlon Executive Board

24 Membership

24.1 Independent and Club members shall be further defined as follows (ages shall be determined as at 31st December in the current year):

- a. Seniors shall be aged 20 years or over
- b. Junior C shall be aged 19 years
- c. Junior B shall be aged 17 or 18 years
- d. Youths shall be aged 15, or 16 years
- e. Tristars shall be aged from 8 to 14 years

24.2 University and services (military, police and fire) competitors must compete in the name of their first claim club (i.e. the club named on their membership card) unless representing their University or Service/Service Unit. This allows a student normally racing for the XYZ Triathlon Club to compete for their University's Triathlon Club whilst resident at the University. Similarly, service personnel might choose to represent their service or unit's triathlon club.

25 British Triathlon National Championships

25.1 To be entitled to hold a British Triathlon National Age Group Title or to win a National Age Group Medal an individual must be a member of a British National Governing Body of Triathlon which is recognised by British Triathlon **and** either a legal resident in the United Kingdom of Great Britain & Northern Ireland or a Citizen of the United Kingdom of Great Britain & Northern Ireland.

25.2 Individuals who do not meet both of the criteria set out in 1 and 2 above may participate in a National Age Group Championship race, but are not eligible to hold a British Triathlon National Age Group Title or to win a National Age Group Medal.

26 National Club Relay Championships

26.1 At the National Club Relay Championships members may only compete for the club stated on their British Triathlon Race Licence with the

exception of athletes competing for an affiliated University, military, police or fire service club (see 24.2).

26.2 Subject to the provisions of the competition rules, applications to change club must be received by the British Triathlon office at least 28 days prior to the event the competitor intends to take part in.

27 Age Categories

27.1 The following age categories will apply at British Triathlon registered events:

Code	Category	Age
8	TriStar Start	8
9 - 10	TriStars 1	9 - 10
11 - 12	TriStars 2	11 - 12
13 - 14	TriStars 3	13 - 14
A	Youths	15 - 16
B	Juniors 17 - 18	17 - 18
C	Juniors 19	19
D	Senior 1	20 - 24
E	Senior 2	25 - 29
F	Senior 3	30 - 34
G	Senior 4	35 - 39
H	Veteran 1	40 - 44
I	Veteran 2	45 - 49
J	Veteran 3	50 - 54
K	Veteran 4	55 - 59
L	Veteran 5	60 - 64
M	Veteran 6	65 - 69
N	Veteran 7	70 - 74

P	Veteran 8	75 - 79
Q	Veteran 9	80 +

27.2 Age category shall be determined as at 31st December in the current year.

28 Athletes With A Disability (AWAD) Competition

28.1 Classification for athletes with a disability is an attempt to ensure fair competition. All disabled athletes who intend to enter British Triathlon registered competitions must be classified by a process of assessment by a trained British Triathlon Classifier. The impairment is assessed and the resulting **functional profile** is combined with other profiles that have similar ability, to form a race class for participation in triathlon events. There are nine **Grades of competition (Classes)**. Class TRI 1 is for the more severely impaired athletes, Class TRI 9 is for the least severely impaired athletes. The competition within each Class can then be judged on the functional skill of the athlete regardless of disability.

28.2 General

- a) For athletes with a disability in any competition registered by British Triathlon, the rules of the federation will apply with only the specific modifications outlined in this section;
- b) All athletes must be classified to compete in British Triathlon registered events for triathletes with a disability;
- c) All TRI 7 athletes must be guided regardless of the degree of visual impairment;
- d) TRI 7 athletes may not be seen to be pulled through the race course at any time by the person guiding them. Especially during the run portion of the race the guide must not, at anytime, be in front of the blind athletes and be judged as pulling the athlete along;
- e) All TRI 7 athletes competing in an ITU World Championship or qualifying race must be guided by the same gender as the athlete;
- f) On the run portion of the race course the only acceptable footwear attire are running shoes. The only exception of this rule is with leg amputees who may use a flexfoot or like prosthetic;
- g) At the ITU World Championships all AWAD athletes will be required to provide a doctors letter outlining their degree of disability.

28.3 AWAD Competition Classes

- a) Classes shall be:
 - (i) TRI 1 – Wheelchair users with arm impairment. Swim, tricycle or hand cycle and wheelchair. Help allowed for transition. (Profiles 1,2,3,4,5,6,7)
 - (ii) TRI 2 - Severe impairment of 2 or more limbs. Swim, tricycle, run. Help allowed for transition. (Profiles 12,13,14,17a,31,32,27)
 - (iii) TRI 3 – Wheelchair users with no or minimal arm impairment. Swim, hand cycle, wheelchair. Help allowed for transition. (Profiles 8,9,10,11,17b,18a)
 - (iv) TRI 4 - Severe impairment of one lower limb, or moderate impairment of 2 lower limbs, or minimal impairment of 4 limbs. Swim, cycle, run. (Profiles 18b,19a,20a,26,28,25)
 - (v) TRI 5 – Impairment in one or both upper limbs. Swim, cycle, run. (Profiles 16,21,22)
 - (vi) TRI 6 - Slight impairment of one or 2 limbs. Swim, cycle, run. (Profiles 15,19b,20b,23,24,29)
 - (vii) TRI 7 - Totally blind and partially sighted as defined by BBS. Swim, tandem, run (all with guide). (Profiles 36,37a,37b)

- (viii) TRI 8 - Learning impairment as defined by UK SAPLD. Swim, cycle, run. (Profile 39)
- (ix) TRI 9 - Hearing impairment as defined by Deaflympics and British Deaf Sports. Swim, cycle, run in age group categories. (Profile 38)

28.4 AWAD Transition Area Conduct

- a) Assistance to AWAD in and out of the water; to and in transition shall be permitted;
- b) Guide dogs will not be allowed at any time;
- c) Securing qualified aides (handlers) shall be the responsibility of the triathlete and all such handlers shall be identified to the Referee;
- d) It is intended that each triathlete has adequate assistance with appropriate credentials:
 - (i) 1 handler for class TRI 3,4,5,6,7,8
 - (ii) 2 handlers for class TRI 2
 - (iii) 2-3 handlers for class TRI 1
- e) All handlers shall be subject to British Triathlon's rules of competition and further instructions deemed appropriate by the Referee;
- f) Any infraction perpetrated by a handler which enhances the performance of one triathlete over another may, in the discretion of the referee or jury, be grounds for a time penalty or disqualification imposed on the triathlete whose performance was enhanced.

28.5 AWAD Swimming Conduct / Equipment

- a) Artificial propulsive devices, including but not limited to fins, paddles, or floating devices of any kind will not be allowed and use of any of the above will result in disqualification;
- b) Wetsuits will be allowed in open water at all temperatures. It will be left up to the athlete to determine if it is too warm to wear a wetsuit.

28.6 AWAD Cycling Conduct / Equipment

- a) All bicycle, tricycles and hand cycles shall be propelled by human force. Arms or legs shall be used to propel the cycle but not both. Prostheses are permissible. Any violation shall result in disqualification.
- b) For AWAD, 'bicycle' shall include bicycle, tricycle or hand cycle;
- c) Bicycle specifications as to length, height, width, number of wheels, "front to centre" distance with respect to hand cycles and tricycles shall conform to those in general use and shall be subject to inspection by the referee before the event to ensure safety and fair competition;
- d) There will be no protective shield, faring or other device which has the effect of reducing resistance used. Aerodynamic carriers need not be attached to handlebars of tricycle or hand cycle;
- e) There must be at least one working brake (generally on the drive wheel) capable of safely stopping / slowing the vehicle;
- f) AWAD who use a bicycle shall be governed by the aforementioned specifications regarding length, height, width, number of wheels, and front to centre distance.

28.7 AWAD Running Conduct / Equipment

- a) AWAD may use prosthesis, canes or crutches to ambulate the course;
- b) AWAD who perform this leg in a wheelchair shall be governed by the rules of British Triathlon, which include wheelchair specifications as well as racing conduct;

Wheelchair Conduct

 - (i) The wheelchair shall have at least two large wheels and one small wheel;
 - (ii) The wheelchair design must not incorporate any device to enhance its aerodynamic capacity. (NB: 'wheelchair design' does not include wheels; all wheels may be spoke, solid or composite construction. Wheel covers are permitted);

- (iii) The maximum diameter of the large wheel including the inflated tyre shall not exceed 70cm and maximum diameter of the small wheel including the inflated tyre shall not exceed 50cm;
- (iv) Only one plain, round, standard type handrim is allowed for each large wheel;
- (v) No mechanical gears or levers shall be allowed that may be used to propel the chair;
- (vi) There is no limit on the length of the racing wheelchair;
- (vii) Only hand operated mechanical steering devices shall be allowed;
- (viii) Athletes must ensure that no part of their lower limbs can fall to the ground during a race;
- (ix) Competitors may receive technical advice from cyclo computer type devices installed on their own wheelchairs;
- (x) In no instance may an AWAD for this leg use a bicycle, hand cycle, tricycle or motorised vehicle or other equipment used in the cycling leg;
- (xi) It is permissible however to use a legal 'racing wheelchair' as that defined above in the cycling leg and the running leg of a triathlon providing there is no risk to the safety of any participant or time violation (e.g.) meeting cut off time established by the Referee;
- (xii) AWAD must provide proof in advance they he / she has completed the cycling distance in his / her racing wheelchair in a verifiable time not greater than the time required by the Referee for cyclists to complete the course.

29. International Racing

29.1 Full British Triathlon membership is required to race representatively as part of a Great Britain Age Group team.

30. Additional Rules for Children

Children's events give 8-14 year olds the opportunity to take part in triathlon. Competitors are split into two year age groups with each group racing over different distances. The 8-year old category is run over very short distances to introduce young athletes to the sport.

These extra rules or rule variances are written for children and their parents/guardians, and are intended to help make children's events safe and enjoyable.

Please refer to British Triathlon's Child Protection Policy re guidelines for the use of photographic and filming equipment at British Triathlon registered children's competitions

30.1 The maximum permissible air temperature in which events can take place is 30 °C.

30.2 The following maximum race distances are applicable for each age group:

Triathlon	Swim	Cycle (Grass)	Cycle (Tarmac)	Run
TriStar Start (8 Years)	50m	800m	1.5km	600m
TriStar 1 (9 - 10 Years)	150m	2km	4km	1.2km

TriStar 2 (11 - 12 Years)	200m	4km	6km	1.8km
TriStar 3 (13 - 14 Years)	300m	6km	8km	2.4km

Duathlon	Run	Cycle (Grass)	Cycle (Tarmac)	Run
TriStar Start (8 Years)	400m	800m	1.5km	200m
TriStar 1 (9 - 10 Years)	1.2km	2km	4km	400m
TriStar 2 (11 - 12 Years)	1.6km	4km	6km	600m
TriStar 3 (13 - 14 Years)	2km	6km	8km	800m

Aquathlon	Swim	Run
TriStar Start (8 Years)	50m	600m
TriStar 1 (9 - 10 Years)	150m	1.5km
TriStar 2 (11 - 12 Years)	250m	2km
TriStar 3 (13 - 14 Years)	400m	3km

30.3 Youths may take part in events up to and including Sprint distance. Written parental consent is required.

30.4 Junior B may compete in events up to and including Standard distance.

30.5 Junior C may compete in events up to and including Middle distance.

30.6 Event organisers must obtain written consent from a child's parent or guardian that their child has permission to compete in any given event, is fit and healthy, that their child's cycle is roadworthy, and they agree to abide by the rules of British Triathlon.

30.7 It is the children's parent's/guardian's/accompanying adult's responsibility to ensure that the competitor's machine is in a safe and roadworthy condition. Aero bars (handle bar extensions) must not be fitted to bicycles where cycling takes place on grass. (Please note that mountain bike bar-ends are acceptable.) Where the cycling takes place on tarmac, athletes of 13 or over may use aero bars.

30.8 The bicycle sizing rules for adults may not apply to children's bicycles but all cycles must, at the least, have:

- handlebar and aero bar/bar extensions all plugged
- properly fitted and serviceable tyres, wheels, gears and controls

- a working brake on both wheels

30.9 The following additional safety requirements apply to events for competitors aged 8 to 14:

- Cycling and running must take place on roads closed to vehicular traffic
- Fluids must be made available at the start and finish of both cycle and run sections
- Competitors must be visible to officials at all times

30.10 No individual support/pacing by bicycles or on foot is permitted, except where provided by the organisers.

30.11 In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends or family members into any transition area when the race is in progress.

30.12 The following penalties will be imposed for infringements:

Disqualification

- Threatening, abusive or insulting words or conduct
- Diving
- Failing to obey marshals
- Nudity
- Outside assistance (other than that given by the organiser)
- Tampering with the equipment of others
- Unsporting impedance

Disqualification If Fault Not Rectified After A Warning Formal Warning:

- Helmet violations on the cycle course
- Illegal equipment (swim, cycle or run)
- Illegal progress (during the swim, cycle or run)
- Topless during bike or run

Time Penalty – A time penalty will be imposed for:

- Number violations (not able to be rectified after a formal warning)
- Riding in the transition area
- Helmet violations in the transition area

The time penalty for each age category is as follows:

Tristar 1: 30 seconds
Tristar 2: 40 seconds
Tristar 3: 50 seconds

31. Control of Drug Abuse

31.1 Doping is strictly prohibited and is an offence under British Triathlon and ITU rules.

31.2 For the purpose of these rules, the following are regarded as doping offences:

31.2.1 the finding in an athlete's body tissue or fluids of a prohibited substance;

31.2.2 the use or taking advantage of a prohibited technique;

31.2.3 admitting to having used or taken advantage of a prohibited substance or a prohibited technique;

31.2.4 refusal or failure to submit to doping control;

31.2.5 assisting or inciting others to use a prohibited substance or prohibited technique;

31.2.6 trafficking, distributing, or selling any prohibited substances other than in the normal course of a recognised profession or trade

31.3 A prohibited substance includes a metabolite of a prohibited substance.

31.4 A prohibited technique includes but is not limited to:

31.4.1 blood doping

31.4.2 use of substances and methods which alter the integrity and validity of urine samples used in Doping Control

31.5 The full list of prohibited substances and techniques is contained in the International Olympic Committee's (IOC) current list of prohibited substances and methods. Unless otherwise amended in writing, or unless a substance is specifically included or excluded, British Triathlon's and the ITU's list of prohibited substances will always include the most current recommendations from the IOC.

31.6 The reasons for ingestion of a banned substance need not be established in order to determine whether or not a doping offence has been committed. The ITU shall determine procedural and administrative guidelines for the conduct of doping control. These guidelines are contained within the ITU's current "Doping Control Rules and Procedural Guidelines".

31.7 A departure or departures from the procedures set out in the "Doping Control Rules and Procedural Guidelines" shall not invalidate the finding that a prohibited substance was present in a sample or that a prohibited technique had been used, unless this departure was such as to cast real doubt on the reliability of such a finding.

31.8 All competitors in a competition registered by British Triathlon must, if required, submit to doping control.

31.9 Where a doping offence is reported to British Triathlon, British Triathlon will initiate the process of review, suspension, hearing and appeal as set out in British Triathlon's anti-doping policy.

31.10 The finding that an athlete has used any banned substance or other doping method shall result in the athlete being disqualified from the event at which the doping infraction occurred as well as from any events taking place during the interim between the testing and the outcome of the final appeal.

31.11 The Penalties for Doping Infractions under British Triathlon and ITU rules are:

31.11.1 For anabolic steroids, amphetamine-related and other stimulants, diuretics, beta-blockers, narcotic analgesics, designer drugs and any other boosting violations not specifically included in this paragraph:

- a. First Offence: up to a maximum two-year suspension.
- b. Second Offence: lifetime ban.

31.11.2 For Ephedrine, phenylpropanolamine, caffeine, pseudoephedrine, strychnine and related compounds:

- a. First Offence: up to a maximum of 90 days suspension.
- b. Second Offence: up to a two-year suspension.

31.11.3 For refusal to submit to testing:

- a. same penalties as for anabolic steroids, etc. above.

31.12 All prize money or other compensation gained by an athlete in events contested by that athlete after the finding of an 'A' sample positive, but prior to the final outcome of a hearing, will be held by British Triathlon pending final resolution of the case. If the athlete is found to have committed a doping offence, all prize monies and/or other compensation, including titles will be redistributed to other athletes according to the amended result list. If the athlete is found not to have committed a doping offence, all prize money and other compensation will be returned to the athlete within 14 days of the finding.

31.13 At all events registered by British Triathlon, the race organiser is responsible for the provision of facilities for the conduct of doping control as set out in the ITU's current "Doping Control Rules and Procedural Guidelines".