

Overview of changes to the British Triathlon Competition Rules, effective January 2020

- Only changes that affect domestic competition have been made.
- Changes to the ITU Competition Rules (June 2019) have been incorporated. No other changes to the ITU Competition Rules have been made.
- Competitors, Technical Officials and Event Organisers should ensure they are familiar with the changes to the Competition Rules, and anyone competing in international competition (ITU/ETU events) should ensure they are familiar with the ITU Competition Rules, found on the [ITU website](http://www.itu.org). If you have any queries about any of the rules, please contact events@britishtriathlon.org.

Competition Rule Number	Change made	Notes
2.1.a.xv	Addition of: “Not smoke or use e-cigarettes anywhere on the course or in the transition area.”	Ensuring the field of play remains free from distraction.
4.11.e.i 5.2.j.i 6.4.a 7.1.u	Amendment to: “Headphone(s), headset(s) or technical earplug(s)”	This rule has been broadened to include bone conduction headphones, which are now not permitted during the swim, cycle and run segment, or in the transition area at any event.
4.4.d	Addition of: “Water temperature must be taken one hour prior to the start of the event on competition day. It must be taken at the middle and two other areas on the swim course, at a depth of 60cm. Where the average measured temperature is 27°C or below, the lowest measured temperature will be considered as the official water temperature. Where the average water temperature is above 27°C, the highest measured temperature will be considered the official water temperature.”	Consistency with ITU Competition Rules, defining how water temperature is measured.
23.1.d	Amendment to: “The Event Organiser must obtain consent from a child’s parent or guardian that the child has permission to compete in any given event, and is sufficiently fit and healthy.”	Removal of the word “written” in line with updated safeguarding and event welfare guidance.
23.2.f 23.3.e	Amendment to: “Where the bike segment is on open roads, Event Organisers must receive parental consent for competitors aged 15. Competitors aged 16 and 17 are assumed to have autonomy to make this decision however, it is recommended the competitor consults their parent/guardian/carer. No competitors under the age of 15 are permitted to take part on bike segments on the open road, even if the distance is permitted as per the above tables.”	Change made in line with updated safeguarding and event welfare guidance.
24.3.b 24.4.b	Addition of: “Competitors racing under a day membership are ineligible to hold a British/Home Nation Age-Group title or win a British/Home Nation Age-Group medal.”	Clarification that only British Triathlon/Home Nation members are eligible for Age-Group titles or medals.