

Overview of changes to the British Triathlon Competition Rules, effective January 2022

- Only changes that affect domestic competition have been made.
- Changes to the World Triathlon Competition Rules (December 2021) have been incorporated. Following the rebranding of World Triathlon (from International Triathlon Union/ITU), all references have been updated but not highlighted.
- Competitors, Technical Officials and Event Organisers should ensure they are familiar with the changes to the Competition Rules, and anyone competing in international competition (World Triathlon/Europe Triathlon events) should ensure they are familiar with the World Triathlon Competition Rules, found on the [World Triathlon website](https://www.worldtriatlon.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: “Ensure that the equipment to be used in the race complies with the safety standards and it is in proper condition”	Consistency with World Triathlon Competition Rules. 2.1.a.)(xiv) renumbered accordingly.
2.2.b.)	Amendment to: “Competitors may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other competitors includes but is not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be disqualification of both competitors. Competitors may provide to other competitors competing in the same competition other items of equipment provided that the donor is able to continue with their own competition.”	Consistency with World Triathlon Competition Rules.
2.8.c.)(iv)	Removal of: “Wetsuits, where authorized, may cover the arms but not the hands.” Updated World Triathlon rule 2.8.c.)(iv) intentionally omitted.	Removal due to wording existing in 4.12.d.)(iv)
2.8.c.)(ix)	Amendment to: “The uniform must be worn over both shoulders while the athlete is on the Field of Play;”	Consistency with World Triathlon Competition Rules. Definition of ‘Field of Play’ added to Appendix B.
2.11.b.)	Amendment to: “The official results will list competitors according to their finish time. In the event that two competitors tie for a place, and their performances cannot be separated, they will be awarded the same rank, sorted by race number, and the next competitor to finish behind them will occupy the same rank plus two places, with the subsequent competitors ranked in order of finishing;”	Consistency with World Triathlon Competition Rules. Defines how two tied finishers should be listed in the results (in race number order).

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2.11.e.)	Addition of: “For relay events, the rules above are applicable and the total time per competitor will be shown;”	Consistency with World Triathlon Competition Rules. Determines that for relay events, individual competitor times are to be displayed in the results.												
4.2.a.)	Amendment to: <table border="1" data-bbox="309 347 1283 475"> <thead> <tr> <th>Swim length</th> <th>Mandatory Below</th> <th>Forbidden Above</th> </tr> </thead> <tbody> <tr> <td>Up to 1500m (up to and including age 59)</td> <td>14°C</td> <td>22°C</td> </tr> <tr> <td>Up to 1500m (age 60 and above)</td> <td>14°C</td> <td>24.6°C</td> </tr> <tr> <td>1501m and above (all ages)</td> <td>16°C</td> <td>24.6°C</td> </tr> </tbody> </table>	Swim length	Mandatory Below	Forbidden Above	Up to 1500m (up to and including age 59)	14°C	22°C	Up to 1500m (age 60 and above)	14°C	24.6°C	1501m and above (all ages)	16°C	24.6°C	Adoption of intention behind new World Triathlon Competition Rule, adapted for domestic competition to reflect lower water temperatures.
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4.2.b.)	Amendment to: “It is recommended that wetsuits are worn by all novices and Age-Groupers up to and including age 59 up to 22°C, and all novices and Age-Groupers age 60 and above up to 24.6°C;”	Amendment of previous wording to reflect 4.2.a.).												
4.4.a.)	Amendment to: “At temperatures below 11°C open water swimming in competition cannot take place.”	Amended to clarify that swimming at temperatures below 11°C is not permitted in competition.												
4.4.c.)	Addition of: “If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the Event Organiser (in consultation with the Chief Technical Official) may adapt limits of the swim length or adopt provisions about the use of wetsuits. The final decision will be made by the Event Organiser one hour before the start and will be clearly communicated to the athletes by the Event Organiser;”	Allows Event Organisers, in consultation with the Chief Technical Official, to amend the swim segment of an event and/or wetsuit usage depending on other factors than water temperature.												
4.7, 4.10, 4.11	Addition of details for mass, time trial and rolling start systems.	Clarifies procedures for different swim start types.												
4.12.d.)(i)	Amendment to: “Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit, +/-0.3mm tolerance is admissible;”	Consistency with World Triathlon Competition Rules in respect of wetsuit thickness tolerance.												
5.2.f.)(i)	Amendment to: “Brake levers or gear levers must not be attached to the clip-ons. The height difference between the highest point of the clip-on and the lowest inner part of the elbow rest cannot exceed 10cm;” “Clip-ons will not be allowed from 1 January 2023.”	Consistency with World Triathlon Competition Rules. Consistency with World Triathlon Competition Rules. NOTE: this applies only to Elite draft-legal races. In Age-Group draft-legal races clip-ons/tri-bars are already not permitted.												
5.2.j.)(i)	Addition of: “Water bottles if placed behind the saddle for draft-legal competitions;”	Consistency with World Triathlon Competition Rules.												

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5.5.c.)(iv)	<p>Addition of: “Consecutive attempts to overtake with no success may lead to a drafting infringement;”</p> <p>Amendment to: “Motorbike draft zone: the draft zone behind a motorbike will be 15 metres long. This also applied for draft-legal events;”</p>	<p>Consistency with World Triathlon Competition Rules.</p> <p>Competitors are reminded that attempts to overtake should only be made when it is safe to do so and when most likely to be successful.</p> <p>Consistency with World Triathlon Competition Rules</p>
5.8	Addition of complete rule.	<p>Consistency with World Triathlon Competition Rules.</p> <p>Competitors are requested to note that in draft-illegal races, whilst the forearms can be used as a point of support on the handlebar, the hands must grip the clip-on.</p>
6.1.a.)(xii)	Addition of: “Be permitted to wear a wetsuit on the run segment, where used in the swim segment of an event.”	<p>Clarification that wetsuits may be worn during the run segment of an event, where use of the wetsuit has been permitted in the swim segment. Competitors are requested to note the following:</p> <ul style="list-style-type: none"> • The wetsuit may not be removed unless other clothing is worn underneath, as per the rules on nudity/indecent exposure. • Caution is advised where the weather is warm, in order to prevent overheating whilst wearing the suit on the bike and/or run segments. Unlike swimrun events, there is not the repeated entry into the water, so the effect of combining the bike and run segments whilst wearing a wetsuit is not something that is understood. <p>Caution is further advised for using the suit on the bike and/or run segments in longer distance events.</p>
11.6.b.)	Amendment to and addition of: “If there is no formally requested Technical Official, the Event Organiser/Race Director (or their appointed representative) becomes the de facto race official, and it must be reported back to the appropriate Home Nation Association why an official was not requested.”	<p>Event Organisers are expected to request a Technical Official for all permitted events. Where one is not requested, the Event Organiser/Race Director (or their appointed representative) becomes the de facto race official.</p> <p>Where a Technical Official is requested but not appointed (due to availability) the Event Organiser is not expected to become the de facto race official.</p>

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11.6.c.)	Addition of: "Where the Event Organiser/Race Director (or their appointed representative) assumes the role of de facto race official, that individual must rescind all other roles at the event. The individual is responsible for understanding and applying the Competition Rules. As with all Technical Officials, a proactive educational approach is to be taken, and infringements penalised where necessary. The de facto race official is also required to understand and implement the appeals procedure (as detailed below)."	Further explanation of the responsibilities to be undertaken where a Technical Official is not requested by the Event Organiser.																														
13.1.c.)	Addition of: "The appeal fee must be paid at the point of filing with the Chief Technical Official, otherwise the appeal will not be accepted. Cash, cheques and where available, credit/debit cards, are all acceptable methods of payment."	The filing of appeals will only be accepted where the appeal fee has been paid. Where the appeal fee cannot/has not been paid, the appeal will not be accepted.																														
16.3.a.)	Amendment to: " Mixed relay: A team is composed of 4 competitors: 2 men and 2 women, who will compete in the following order: man, woman, man, woman;"	Consistency with World Triathlon Competition Rules.																														
16.5.b.)(i)	Amendment to: "14 days"	Following a trial in 2021, this decision has been taken to enable more teams at the Club Relay Championships to be eligible for club categories.																														
17.5.f.)(i)	Amendment to: <table border="1" data-bbox="309 778 1290 1054"> <tbody> <tr> <td></td> <td>PTWC1 Men</td> <td>PTWC2 Men</td> <td>PTWC1 Women</td> <td>PTWC2 Women</td> </tr> <tr> <td>Sprint Triathlon</td> <td>0:00</td> <td>+2:59</td> <td>0:00</td> <td>+3:42</td> </tr> <tr> <td>Sprint Duathlon</td> <td>0:00</td> <td>+2:42</td> <td>0:00</td> <td>+3:21</td> </tr> <tr> <td></td> <td>PTVI1 Men</td> <td>PTVI2/PTVI3 Men</td> <td>PTVI1 Women</td> <td>PTVI2/PTVI3 Women</td> </tr> <tr> <td>Sprint Triathlon</td> <td>0:00</td> <td>+2:46</td> <td>0:00</td> <td>+3:19</td> </tr> <tr> <td>Sprint Duathlon</td> <td>0:00</td> <td>+2:36</td> <td>0:00</td> <td>+3:06</td> </tr> </tbody> </table>		PTWC1 Men	PTWC2 Men	PTWC1 Women	PTWC2 Women	Sprint Triathlon	0:00	+2:59	0:00	+3:42	Sprint Duathlon	0:00	+2:42	0:00	+3:21		PTVI1 Men	PTVI2/PTVI3 Men	PTVI1 Women	PTVI2/PTVI3 Women	Sprint Triathlon	0:00	+2:46	0:00	+3:19	Sprint Duathlon	0:00	+2:36	0:00	+3:06	Consistency with World Triathlon Competition Rules.
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17.6.c.)(i)	Amendment to: "PTWC1 and PTWC2: red, yellow or green swim cap,"	Consistency with World Triathlon Competition Rules.																														
17.13.d.)	Amendment to: "The use of wetsuit bottoms is always permitted. 5mm +/- 0.3mm thickness applies."	Consistency with World Triathlon Competition Rules in respect of wetsuit thickness tolerance.																														
17.16.a.)	Amendment to: "The effective need/use of prostheses, orthoses or other special adaptive equipment must be approved the classification evaluation and/or evaluated by the Classification Advisory Group;"	Consistency with World Triathlon Competition Rules.																														
17.16.b.)	Amendment to: "The use of running blades is only allowed as long as they are mounted on a prosthesis;"	Consistency with World Triathlon Competition Rules.																														

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17.18	Addition of: “Outside assistance: The Chief Technical Official may determine areas or sections of the course where paratriathletes may receive assistance, what assistance may be provided, and the instructions and conditions applicable.”	Consistency with World Triathlon Competition Rules.
18	Addition of “Winter Duathlon”	Consistency with World Triathlon Competition Rules.
19	Amendment to “Cross Duathlon”	Consistency with World Triathlon Competition Rules.
19.4.e.)	Amendment to: “Drafting is allowed for same gender and also different gender competitors.”	Consistency with World Triathlon Competition Rules.
22	Amendment of section.	Amended to reflect changes in World Triathlon Competition Rules. That an aquabike can be either part of an existing triathlon event, or now as a standalone event (at World Triathlon level) removes the need to define distances – please refer to Appendix A; the addition of “a short run to finish” removes the need to define the finish (previously 22.4)
Appendix A	Amendment of some distances to reflect flexibility for different race types.	
Appendix B	Addition of definitions.	