

Overview of changes to the British Triathlon Competition Rules, effective January 2023

- Only changes that affect domestic competition have been made.
- In response to the new British Triathlon Transgender Policy (effective 1 January 2023), all relevant references to “gender” have been updated to “race category” throughout. Where differences between gender had been referenced, Female and Open race category have replaced these.
- Changes to the World Triathlon Competition Rules (December 2022) have been incorporated where appropriate.
- 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.)(xi)	Amendment to: “Not dispose rubbish or equipment around the course except at clearly identified places, such as feed stations, littering areas or rubbish disposal points. All items must be kept with the competitor and returned to their transition spot;”	Consistency with World Triathlon.
2.1.a.)(xii)	Amendment to: “Not attempt to gain unfair advantage from any external vehicle, non-competing person, or object;”	Competitors are not permitted to gain an unfair advantage from non-competitors, e.g. drafting off non-competing cyclists during the cycle segment of a race.
2.1.a.)(xvi)	Addition of: “Not modify any equipment of the competition set up”	Consistency with World Triathlon.
2.8.c.) (viii)	Replacement of previous text in respect of front zippers	Clarification how front zippers must be fastened on trisuits.
2.11.d.) (i)	Line has been intentionally omitted. The line was “Race Categories”.	This line related to Race Categories, taken out to avoid confusion for Event Organisers. Alternative option is to add in “Race Categories in line with the British Triathlon Transgender Policy”
3.2.c.)	Move of rule from 3.3.a.)	Subsequent rules renumbered accordingly.
4.12.c.)	Sub-section re-written	Consistency with World Triathlon for greater clarity and understanding.

4.12.e.)	Addition of "Suits, vests, or any clothing having any part made of rubberised material such as polyurethane or neoprene" and "Buoyancy shorts".	Consistency with World Triathlon.
5.1.b.)	<p>Addition of:</p> <p>(iv) Where a competitor cuts across or makes accidental contact with another competitor during the bike, then immediately moves away and does not cause a crash the competitor will not incur a penalty;</p> <p>(v) Where a competitor cuts across another competitor in a dangerous manner or makes contact with another competitor during the bike, does not move away and continues to impede the progress of the other competitor, the competitor will incur a time penalty;</p> <p>(vi) Where a competitor deliberately targets another competitor during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the competitor will be disqualified and may be reported for potential suspension or expulsion.</p>	Consistency with World Triathlon; promotion of positive racing behaviour during the cycle segment.
5.2.e.)(vi)	Amendment to: "The maximum rim dimension (depth) will be 25mm on each side;"	Consistency with World Triathlon.
5.2.g.)(iv)	Amendment to: "The helmet must be securely fastened and fit properly at all times, and any garment worn underneath must not affect the fit, when the competitor is in possession of the bike;"	Consistency with World Triathlon.
5.2.f.)(i)	Amendment to comply with rules in effect from January 1 2023.	Clip-ons are no longer legal in draft legal races stated in rule 5.2.f.)(i).
5.3.b.)	Amendment to wording.	Amended for clarity.
5.5.b.)(iii)	Amendment to "Drafting is forbidden off a motorbike, vehicle, or non-competing cyclist;"	Competitors are not permitted to gain an unfair advantage from non-competitors, e.g. drafting off non-competing cyclists during the cycle segment of a race.
5.5.c.)(i)	Amendment to: "Drafting is forbidden of another competitor or motor vehicle, or non-competing cyclist. Competitors must reject attempts by others to draft;"	
6.1	<p>Addition of:</p> <p>b.) Where a competitor makes accidental contact during the run with another competitor, then immediately moves away and does not cause a fall the competitor will not incur a penalty;</p>	Consistency with World Triathlon; promotion of positive racing behaviour during the run segment.

	<p>c.) Where a competitor makes contact with another competitor during the run, continues to impede the progress of the other competitor and does not move away, the competitor will incur a time penalty;</p> <p>d.) Where a competitor deliberately targets another competitor during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the competitor will be disqualified and may be reported for potential suspension or expulsion.</p>	
7.1.d.)	<p>Amendment to: “If a competitor wishes to use the same shoes in a duathlon for the second run these do not have to be place in the box (where provided by the Event Organiser) or the competitor’s bag. However, only one pair of running shoes may be on the floor at any time during the bike segment of the race, and must be located within the competitor’s transition area;”</p>	Consistency with World Triathlon for greater clarity and understanding.
7.1.e.)	<p>Addition of: “Competitors who are observed by a Technical Official or Event Organiser Team discarding their swim cap between the swim exit and transition will receive a penalty;”</p>	Consistency with World Triathlon, to promote positive competitor behaviour. Addition of “Event Organiser Team” as domestic events take place with few TOs.
7.1.k.)	<p>Addition of: “Competitors who cycle out of transition rather than mounting at the mount line will be stopped and told to dismount. Failure to do so will result in disqualification;”</p>	Addition of educational warning, to promote positive and safe competitor behaviour.
7.1.m.)	<p>Addition of: “Competitors who make no attempt to dismount at the dismount line causing them to cycle in transition will be stopped and told to dismount. Failure to do so will result in disqualification;”</p>	Addition of educational warning, to promote positive and safe competitor behaviour.
7.1.r.)	<p>Addition of: “All competitors must have their helmet securely fastened and cannot touch 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 and let go of their bike on the rack after the finish of the bike segment;”</p>	Consistency with World Triathlon, to promote positive and safe competitor behaviour.
15.5	<p>Amendment to: “Personal Needs Stations”</p>	Consistency of terminology with World Triathlon.
15.7.b.)	<p>Amendment to: “The zip must be fastened to at least no lower than the bottom of the breastbone whilst racing, and done up to the top in the final 200m.”</p>	Consistency with 2.8.c.)(viii).

16.10.c.)	Amendment to: “If the exchange occurs outside the exchange zone, the team will receive a time penalty of one minute, which must be served in the penalty box; where a penalty box is not present, the penalty will be added to the finish time;”	Correction of incorrect time penalty to be awarded as is dependent on the race distance.																														
17.5.f.)(i)	Amendment to: <table border="1" data-bbox="309 316 1283 467"> <thead> <tr> <th></th> <th>PTWC1 Open Race Category</th> <th>PTWC2 Open Race Category</th> <th>PTWC1 Female Race Category</th> <th>PTWC2 Female Race Category</th> </tr> </thead> <tbody> <tr> <td>Sprint Triathlon</td> <td>0:00</td> <td>+3:00</td> <td>0:00</td> <td>+3:38</td> </tr> <tr> <td>Sprint Duathlon</td> <td>0:00</td> <td>+2:40</td> <td>0:00</td> <td>+3:13</td> </tr> </tbody> </table> <table border="1" data-bbox="309 499 1283 651"> <thead> <tr> <th></th> <th>PTVI1 Open Race Category</th> <th>PTVI2/PTVI3 Open Race Category</th> <th>PTVI1 Female Race Category</th> <th>PTVI2/PTVI3 Female Race Category</th> </tr> </thead> <tbody> <tr> <td>Sprint Triathlon</td> <td>0:00</td> <td>+2:41</td> <td>0:00</td> <td>+3:11</td> </tr> <tr> <td>Sprint Duathlon</td> <td>0:00</td> <td>+2:28</td> <td>0:00</td> <td>+2:55</td> </tr> </tbody> </table>		PTWC1 Open Race Category	PTWC2 Open Race Category	PTWC1 Female Race Category	PTWC2 Female Race Category	Sprint Triathlon	0:00	+3:00	0:00	+3:38	Sprint Duathlon	0:00	+2:40	0:00	+3:13		PTVI1 Open Race Category	PTVI2/PTVI3 Open Race Category	PTVI1 Female Race Category	PTVI2/PTVI3 Female Race Category	Sprint Triathlon	0:00	+2:41	0:00	+3:11	Sprint Duathlon	0:00	+2:28	0:00	+2:55	Consistency with World Triathlon.
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17.10.h.)	Amendment to: “Each PTWC1 and PTWC2 paratriathlete will have an individual space of 4x2 metres. The athlete, the handlers and all the equipment will be inside this space, while completing transition activities;”	Consistency with World Triathlon.																														
17.18.b.)	Addition of: “Assistance can be provided to a paratriathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, event personnel, or another athlete in the same race;”	Consistency with World Triathlon.																														
19.8	Amendment to: “Personal Needs Stations”	Consistency of terminology with World Triathlon.																														
22.2.c.)	Addition of: “Where there a short tun to the finish, competitor must not run with a bike helmet on.”	Added for clarity.																														
23.6.c.)	Amendment to: “In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends, or family members into	Clarification that helpers, friends or family members are permitted in the transition area of TriStar races only, and only when the race is not in progress.																														

	the transition area when the race is in progress. At any other time only one helper, friend or family member will be permitted per competitor for TriStar races only.”	
24.6	Addition of sub-section	Section reflects the coming into force of the British Triathlon Transgender Policy (effective 1 January 2023).