

## Overview of changes to the British Triathlon Competition Rules, effective January 2018

- Throughout the 2018 Competition Rules, all previous references to ‘BTF’ have been changed to ‘British Triathlon’, to reflect how the organisation is referred to.
- Some numbering changes have been made to ensure continued alignment to the ITU Competition Rules. These changes are relatively small, and the layout and order of the sections within the Competition Rules has remained the same. The one exception to this is the new Section 13 - Appeals, details of which are found below.
- 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](mailto:events@britishtriathlon.org).

Competition Rule Number	Change made	Notes
2.1.a.xiv	Addition of: <ul style="list-style-type: none"> <li>• Competitors may not use communication devices of any type, including but not limited to mobile phones, smart watches, and two-way radios, in any distractive manner during the race. A ‘distractive manner’ includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the race will result in disqualification;</li> <li>• Cameras, phone cameras and video cameras are prohibited unless permission is given by British Triathlon or the Event Organiser. If such permission is given, it is the competitor’s responsibility to notify the Chief Technical Official of such permission prior to the start of the race. Competitors seen using an unauthorised camera, phone camera or video camera will be disqualified.</li> </ul>	Consistency with ITU Competition Rules update.  Provides further explanation of what constitutes a ‘distractive manner’.
2.2.c	Addition of: A competitor cannot physically assist the forward progress of another competitor on any part of the course. Doing so will result in both competitors being disqualified.	Consistency with ITU Competition Rules update.  Please note this should not be interpreted as competitors finishing together in participation events.

2.8.c.viii	Amendment to: Where a two-piece uniform is used, both pieces must overlap and no torso must be visible during the entire race with the exception of the swim section, except middle and long distance events where the midriff is allowed to be exposed.	Adaptation of ITU Competition Rules update.  Competitors should ensure that they remain appropriately clothed throughout and not fall foul of nudity rules and risk being penalised.
2.9.a	Amendment of penalty (for race number violations) from disqualification to time penalty.	Correction of previous error and now consistent with Appendix C.
3.2	Addition of: a.) The purpose of a warning is to alert a competitor about a possible rule violation and to promote a proactive attitude on the part of Technical Officials. A Technical Official can also provide a warning to a competitor to correct a minor infringement; b.) A verbal warning may be given when: (i) A competitor violates a rule unintentionally; (ii) A Technical Official believes a violation is about to occur; (iii) No advantage has been gained.	Explanatory notes for the reason why a warning may be given.
3.2.c.iv	Amendment to: Racing with an exposed torso, including zips not fastened as per 2.8.c.ix (during cycle or run);	Clarification on what could be considered as racing with a bare torso.
3.3	Addition of: a.) It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty; b.) A time penalty is an appropriate penalty for infringements which do not warrant a disqualification;	Explanatory notes for the reason why a time penalty may be given.
3.3.f.ii	Amendment to: Other infringements: • 1 minute in long distance races; • 30 seconds in middle distance races;	Consistency with ITU Competition Rules update.
3.6.a	Amendment to: A disqualification is a penalty appropriate for severe rule violations, such as (but not limited to):	Explanatory note for the reason why a disqualification may be given.
3.6.a.iv	Amendment of rule condition: Diving in pool-based swims <del>unless pre-agreed at the time of registering;</del>	No diving is permitted in pool-based events at any time.
3.7.d/e.i 3.8.b.ii	Amendment of terminology: 'Anti-doping rule violation (ADRV)' now used in place of 'drug abuse'.	
3.9.c	Change of location within Competition Rules	New section 13 relates to Appeals
4.1.e	Addition of: Competitors must sportingly maintain their own space in the water: (i) Where competitors make accidental contact in the swim and then immediately afterward move apart, no penalty will be incurred;	Consistency with ITU Competition Rules update.  Competitors should proactively ensure that they display good conduct during the swim segment,

	<ul style="list-style-type: none"> <li>(ii) Where competitors make contact in the swim, and a competitor continues to impede the progress of the other competitor without moving apart, this action will result in a time penalty for the competitor causing the offence;</li> <li>(iii) Where competitors deliberately target another competitor to impede their progress, gain unfair advantage and potentially cause harm to another competitor will result in disqualification.</li> </ul>	to promote a safe, fair and enjoyable race for all participants.
4.2.a	<p>Addition of rule condition: *when mandatory, the wetsuit must cover at least the torso</p>	<p>Consistency with ITU Competition Rules Update.</p> <p>Provides clarification on what constitutes a wetsuit, which can include 'shorty' style wetsuits.</p>
4.10.b.ii	<p>Amendment to: Trisuits must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberised material such as polyurethane or neopryne);</p>	<p>Consistency with ITU Competition Rules Update.</p> <p>Provides clarification on what materials a trisuit should be made from.</p>
4.10.c	<p>Addition of: a.) Swimskins:</p> <ul style="list-style-type: none"> <li>(i) Swimskins may be removed after the swim segment, except in standard distance and shorter events; swimskins may only be removed if changing facilities are provided by the Event Organiser;</li> <li>(ii) Swimskins must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberised material such as polyurethane or neopryne).</li> </ul>	<p>Consistency with ITU Competition Rules Update.</p> <p>Provides guidance on where and what constitutes acceptable use of swimskins. A definition is found in the Glossary.</p> <p>It should be noted that a swimskin is not an acceptable replacement for a wetsuit, where use of a wetsuit is mandatory.</p>
4.10.e.i	<p>Amendment to: Socks, except when the use of wetsuits are mandatory, however the bottom of the wetsuit must cover the top of the sock otherwise they shall not be permitted;</p>	<p>Consistency with ITU Competition Rules Update.</p> <p>Competitors wishing to wear socks in wetsuit swims should ensure the bottom of the wetsuit leg covers the top of the sock to prevent it from filling with water and becoming a hinderance.</p>
5.2.b.iii	<p>Addition of: Dangerous riding may result in a penalty. This includes but is not limited to passing another competitor on the wrong side.</p>	<p>Consistency with ITU Competition Rules Update.</p> <p>Confirmation that dangerous riding may be penalised, consistent with Section 3 - Penalties.</p>

5.2.e.vi	Amendment to: For Youth and TriStar draft-legal races, please consult the British Triathlon website for current wheel regulations - <a href="https://www.britishtriathlon.org/gb-teams/talent/english-talent/wheel-regulations">https://www.britishtriathlon.org/gb-teams/talent/english-talent/wheel-regulations</a>	Clarification of different wheel regulations for Youth and TriStar draft-legal races.
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...	Consistency with ITU Competition Rules Update.  Allows the use of additional caps, providing the secure fit of the helmet is not compromised.
5.2.i	Amendment to: Disc brakes are allowed.	Consistency with ITU Competition Rules Update.  Disc brakes are now permitted in all permitted events, including draft-legal races.
5.2.j	Amendment to: <ul style="list-style-type: none"> <li>Headphone(s), headset(s), technical earplug(s) or smart helmets, which are inserted in or covering the ears;</li> </ul> Addition of: <ul style="list-style-type: none"> <li>Mirrors;</li> </ul>	Consistency with ITU Competition Rules Update.  Where used, smart helmets must not cover the ears; competitors wishing to use mirrors for safety reasons must submit a rule exemption request as per 1.5.c.
5.5.b.ii	Addition of: <ul style="list-style-type: none"> <li>It is forbidden to draft off a competitor being in a different lap;</li> </ul>	Consistency with ITU Competition Rules Update.  Competitors should make every effort to only draft off competitors on the same lap as them in draft-legal races, and refrain from gaining an advantage by drafting off competitors that have completed more or fewer laps.
5.5.c.v	Amendment to: <ul style="list-style-type: none"> <li>If the competitor enters the draft zone, and progresses through it within the allotted time in the overtaking manoeuvre;</li> </ul>	Correction of previous error to consider different time penalties for different distance races.
5.5.c.vi	Addition of: <ul style="list-style-type: none"> <li>An overtaken competitor must drop out of the draft zone of the passing competitor by continuously making rearward progress out of the draft zone of the passing competitor. Re-passing by an overtaken competitor prior to dropping out of the draft zone will result in a drafting violation;</li> <li>Overtaken competitors who remain within the draft zone of the passing competitor for more than the allotted time will result in a drafting violation;</li> </ul>	Consistency with ITU Competition Rules Update.  Competitors should ensure that if they are overtaken by a faster competitor in a draft-illegal race, they should make every effort to remove themselves from the new draft zone of the competitor that has overtaken them, and not immediately attempt to re-overtake.
5.6.f	Addition of: Drafting violations cannot be appealed.	Consistency with ITU Competition Rules Update.  Confirmation that drafting cannot be appealed, consistent with Section 3 - Penalties.

5.7.a	Amendment to: Competitors seen blocking will incur a time penalty.	Consistency with ITU Competition Rules Update.  Appendix C has also been updated accordingly.
6.1.a.vii	Amendment to: Not be accompanied by any non-competing competitors, team members, managers or other pacemakers on the course or alongside the course;	Consistency with ITU Competition Rules Update.
11.1.a	Addition of: Technical Officials should adopt a common-sense attitude in all decisions, and proactively interact with competitors to prevent penalties being issued;	Further explanatory note describing how Technical Officials should proactively interact with competitors to prevent penalties being issued.
11.7.b/c	Revision of how the Competition Jury for non-Championship or Qualifier events should be composed. Addition of Competition Jury Principles.	In line with the amended rules concerning Right of Appeal (3.9) and Appeals (Section 13)
13	Revision of British Triathlon Appeals process.	The new Section 13 - Appeals outlines the process by which a competitor can appeal against the penalty decision of the Chief Technical Official on the day of the event.  It should be reinforced that Technical Official's judgement calls, such as littering and drafting, cannot be appealed against.  It remains the responsibility of the competitor to know and follow the appeals process, and to raise appeals on the day of the event, and within the timeline identified in 13.1. Appeals against penalties raised outside this time, or separately to British Triathlon, will not be considered.  Only matters relating to the appeals process not being followed can be raised with British Triathlon..
14.2.d	Addition of: Overtaking should only take place at the end of the lane, unless it is safe to do so otherwise.	Clarification on how overtaking in pool-based swim events should be done safely. Event Organisers seeking guidance on how to seed competitors to minimise the need for overtaking should contact the Events Team.
15.3.a	Amendment to: Details of penalties are outlined in Section 3: Penalties.	Clarifies where the violations and penalties for middle and long distance events are found.
15.5	Addition of:	Consistency with ITU Competition Rules Update.

	<p>15.5 Special Needs Stations:</p> <p>a.) Additional stations on the bike and/or run may be provided for special needs;</p> <p>b.) Any items given out at these stations will be handed out by volunteers approved by the Event Organiser.</p>	Special needs stations in Britain may be present at middle and long distance events.																											
15.6	<p>Addition of:</p> <p>c.) Wetsuits must be removed in the designated area;</p> <p>d.) For events where a bag drop system is in place, all equipment must be deposited inside the correct bag provided by the Event Organiser. The only exception is that bike shoes may remain attached to the pedals at all times.</p>	<p>Consistency with ITU Competition Rules Update.</p> <p>Provides clarification on wetsuit removal and bag drop systems for middle and long distance events. Event Organisers are also permitted to use these rules for all other events should there be a need to do so.</p>																											
15.8	<p>Amendment to:</p> <p>a.) Medical assistance and food and liquid are permitted at official event aid stations, special needs stations or at coaches' stations</p> <p>Addition of:</p> <p>a.) Bike catchers may be provided;</p> <p>b.) Bike mechanic support may be provided at the approved locations and by the approved vehicles;</p>	<p>Consistency with ITU Competition Rules Update.</p> <p>As per 15.6, Event Organisers are also permitted to use these rules for all events should there be a need to do so.</p>																											
16.5	<p>Removal of:</p> <p>c.) All clubs bearing a commercial sponsors name will be entered into the Trade Club Category. Clubs may appeal to change categories upon proof they are not a commercially sponsored club by applying to the Events, Rules and Technical Committee no later than 28 days before the competition date.</p>	Competitors should refer to the relevant Home Nation Club Relay entry criteria for more information.																											
17	<p>Adoption of revised paratriathlon categories:</p> <ul style="list-style-type: none"> <li>• PTWC H1/H2 to PTWC1 and PTWC2</li> <li>• PTVI B1/B2/B3 to PTVI1, PTVI2 and PTVI3</li> </ul> <p>All subsequent references to the revised names have been adopted throughout Section 17.</p>	<p>Consistency with ITU Competition Rules Update.</p> <p>These changes will apply only to paratriathlon events in Britain that are run under ITU Competition Rules.</p>																											
17.5.f	<p>Amendment to PTWC1 and PTWC2 time compensations:</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th style="background-color: #90EE90;">PTWC1</th> <th style="background-color: #90EE90;">Men</th> <th style="background-color: #90EE90;">PTWC2</th> <th style="background-color: #90EE90;">Men</th> <th style="background-color: #90EE90;">PTWC1</th> <th style="background-color: #90EE90;">Women</th> <th style="background-color: #90EE90;">PTWC2</th> <th style="background-color: #90EE90;">Women</th> </tr> </thead> <tbody> <tr> <td>Sprint Triathlon</td> <td>0:00</td> <td></td> <td style="background-color: #90EE90;">+3:00</td> <td></td> <td>0:00</td> <td></td> <td style="background-color: #90EE90;">+3:58</td> <td></td> </tr> <tr> <td>Sprint Duathlon</td> <td>0:00</td> <td></td> <td style="background-color: #90EE90;">+2:44</td> <td></td> <td>0:00</td> <td></td> <td style="background-color: #90EE90;">+3:36</td> <td></td> </tr> </tbody> </table>		PTWC1	Men	PTWC2	Men	PTWC1	Women	PTWC2	Women	Sprint Triathlon	0:00		+3:00		0:00		+3:58		Sprint Duathlon	0:00		+2:44		0:00		+3:36		Consistency with ITU Competition Rules Update.
	PTWC1	Men	PTWC2	Men	PTWC1	Women	PTWC2	Women																					
Sprint Triathlon	0:00		+3:00		0:00		+3:58																						
Sprint Duathlon	0:00		+2:44		0:00		+3:36																						
17.10.e	<p>Amendment to:</p> <p>All mobility equipment shall remain within each paratriathlete's assigned space in the transition zone. All used swim caps, goggles, wetsuits, swim tethers helmets must be placed inside the transition box, where provided by the Event Organiser.</p>	<p>Consistency with ITU Competition Rules Update.</p> <p>Competitors should ensure their non-mobility equipment is placed in their transition box.</p>																											

17.14.b.viii	Amendment to: Disc wheels are allowed on the front and rear wheel of the handcycles;	Consistency with ITU Competition Rules Update.  Clarification on the use of disc wheels.
17.14.b.x	Amendment to: A handcycle shall not measure more than 250cm in length or 75cm in width;	Consistency with ITU Competition Rules Update.
17.14.b.xiii	Removal of: Maximum frame tube diameter shall be 80 mm, irrespective of tube material, or profile.	Consistency with ITU Competition Rules Update.
17.17.a.iv	Amendment to: An athlete cannot act as a guide in an ITU event until a period of twelve (12) months has passed after his/her last sprint or standard elite triathlon ITU event or any elite triathlon event recognized by ITU of sprint or standard distance;	Adaptation of ITU Competition Rules Update for use in domestic paratriathlon events. Athletes wishing to Guide in ITU events should refer to the ITU Competition Rules.
19.4.e	Amendment to: Drafting is allowed. For safety reasons there may be 'no passing' zones on the course.	Consistency with ITU Competition Rules Update.  Clarification on use of 'no passing' zones
19.5	Addition of: Details of penalties are outlined in Section 7: Transition Area.	Clarifies where the violations and penalties for cross duathlon and triathlon transition areas are found.
19.8	Addition of: Special Needs Stations: a.) Additional stations on the bike and/or run may be provided for special needs; b.) Any items given out at these stations will be handed out by volunteers supplied by the Event Organiser; c.) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance; d.) A repair zone may be provided on the bike section where competitors will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The competitor is responsible to carry out their own repairs.	Consistency with ITU Competition Rules Update.  Special needs stations in Britain may be present at cross duathlon and triathlon events.
22.2.a	Addition of: At ITU level - 1500 metre swim followed by 40km, mirroring the standard distance triathlon event in which the Aquabike is an included race;	Consistency with ITU Competition Rules.  Aquabike events in Britain may adopt other distances as per 22.2.c
22.4.a	Amendment to: Competitors will finish the race at the finish line located at the end of the bike course as defined by the Event Organiser. The finish occurs at the instant that the tyre of the front wheel meets the vertical plane rising from the starting edge of the finishing line, or the time registered by the timing chip at the dismount line.	Provides further clarity on how the finish of an aquabike event can be determined.
23.2.a/b	Amendment to the maximum distance for TriStar Start (age 8) cycle - grass segments from 800m to 1000m in triathlon and duathlon races.	This change has been made to facilitate easier TriStar Start bike course layouts for Event Organisers. The British Triathlon Lead

		Safeguarding Officer has been consulted and it is not anticipated that there should be any issues, however it should be reminded that children mature at different levels, and children and young people only take part in races with distances they are able to complete without discomfort.
23.2.f	Addition of: Where the bike segment is on open roads, Event Organisers must receive parental consent for competitors aged 15, 16 and 17. 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.	Further clarification that competitors aged 15-17 must have parental consent to compete in events where the bike segment is on the open road, and explicitly that no competitors under the age of 15 can take part in on-road bike segments.
23.2.h/i	Amendment of: Junior C (age 18-19) may compete in events including middle distance (age 18) and long distance (age 19)	Change to allow competitors aged 18 to take part in middle distance events.  Changes have also been updated in Section 24 - Eligibility and Appendix A.
23.3	Addition of Race Distances for Relay competitions.	With relay formats of triathlon becoming increasingly prominent, British Triathlon has issued guidance for races where children take part in one relay leg of an event.  The intention behind this guidance is to ensure that children are able to continue to participate in and enjoy taking part in triathlon competitions, whilst being mindful that all children develop at different rates of maturation. The guidelines should therefore be interpreted as maximums, and it should be reinforced that children and young people only take part in races with distances they are able to complete without discomfort.
23.6.a.i	Amendment to: Fluids must be made available during the run segment and at the and finish;	Amended to ensure fluids are available in a safe and consistent manner during children's races.
23.7.b.ii	Amendment to: The time penalties are different to those in Section 3 - Penalties depending on age category:	Clarification on what time penalties should be used for children's races.
23.7.d	Amendment to include references to the British Triathlon Code of Conduct for Parents/Carers.	Adoption of updated policy.



Appendix A	Update to aquathlon and aquabike race distances.	Amended to bring into line with existing formats of the sport.
Appendix B	Additional glossary definitions to reflect additions to the Competition Rules.	New definitions for: <ul style="list-style-type: none"> <li>• Bag drop system</li> <li>• Bike catchers</li> <li>• Competition</li> <li>• Event</li> <li>• Race</li> <li>• Swimskin</li> <li>• Smart helmets</li> </ul>
Appendix C	Additional rule violations and respective penalties, consistent with additions and changes to the Competition Rules described above.	