

Overview of changes to the British Triathlon Competition Rules, effective January 2019

- Only changes that affect domestic competition have been made.
- 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.
- 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.v	Addition of: “other road users (including but not limited to drivers, non-competing cyclists, horse riders and pedestrians)” to existing	Broadening the definition of those groups to be treated with respect and courtesy.
2.1.a.xiv	Amendment to: “Competitors may not use communication devices of any type, including but not limited to mobile phones, smart watches, and two-way radios, in any distracting manner during the race. A ‘distracting manner’ includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs, or using as a one or two way radio communication. Using any communication device in this distracting manner during the race will result in disqualification;”	Consistency of ITU Competition Rules update. The wording has been updated however the intention remains the same.
2.8.c.ix	Amendment to: <ul style="list-style-type: none"> • Where the suit has a front zipper, the following apply: • Rear zippers (across all distances) are allowed but can be no more than 40cm in length. • Front zippers are allowed in all distances in Britain, with no restriction on length, but must be fastened: <ul style="list-style-type: none"> ○ To at least no lower than the bottom of the breastbone whilst racing, and done up to the top in the final 200m in middle and long distance events; ○ To the top completely whilst racing (unless wearing a top underneath), and done up to the top in the final 200m in sprint and standard events. 	Clarification that both front and rear zippers can be used in all domestic events, and the relevant restrictions. Please note, the uniform rules for ITU events are different and Age-Group competitors must be aware of these.
2.8.d.i	Addition of: “Swimwear designated suitable by Swim England shall be allowed (applicable for both open water and pool-based events.”	Clarification that purpose-specific ‘modesty’ swimwear is allowed for those that wish to wear it.

4.7.i	Removal of: The competitor start time will be the start time of the assigned wave.	Intention to allow event organisers to decide the start time of a competitor based on their actual start time, rather than their wave start time, should they wish to do this.																														
4.11.a.i	Amendment to: “Competitors are required to wear a swim cap in all open water events.”	Clarification of rule.																														
4.11.e.i	Addition of: “Swim pace or tempo devices.”	Added into banned equipment as could be deemed as impairing hearing and/or allowing an advantage to be gained.																														
14.2.e	Addition of: “Compression arm and/or leg covers may not be worn in pool-based events where wetsuits are banned.”	For clarification and consistency with open-water swimming.																														
14.2.f	Addition of: “Swim hats may be worn, but are not required unless determined by the Event Organiser.”	Clarification of rule.																														
17.5.f	Amendment to PTWC and PTVI time compensations: <table border="1" data-bbox="331 603 1420 884"> <thead> <tr> <th></th> <th>PTWC1 Men</th> <th>PTWC2 Men</th> <th>PTWC1 Women</th> <th>PTWC2 Women</th> </tr> </thead> <tbody> <tr> <td>Sprint Triathlon</td> <td>0:00</td> <td>+3:08</td> <td>0:00</td> <td>+4:04</td> </tr> <tr> <td>Sprint Duathlon</td> <td>0:00</td> <td>+3:21</td> <td>0:00</td> <td>+3:42</td> </tr> <tr> <th></th> <th>PTVI1 Men</th> <th>PTVI2/PTVI3 Men</th> <th>PTVI1 Women</th> <th>PTVI2/PTVI3 Women</th> </tr> <tr> <td>Sprint Triathlon</td> <td>0:00</td> <td>+3:21</td> <td>0:00</td> <td>+3:48</td> </tr> <tr> <td>Sprint Duathlon</td> <td>0:00</td> <td>+3:04</td> <td>0:00</td> <td>+3:29</td> </tr> </tbody> </table>		PTWC1 Men	PTWC2 Men	PTWC1 Women	PTWC2 Women	Sprint Triathlon	0:00	+3:08	0:00	+4:04	Sprint Duathlon	0:00	+3:21	0:00	+3:42		PTVI1 Men	PTVI2/PTVI3 Men	PTVI1 Women	PTVI2/PTVI3 Women	Sprint Triathlon	0:00	+3:21	0:00	+3:48	Sprint Duathlon	0:00	+3:04	0:00	+3:29	Consistency with ITU Competition Rules update.
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17.9.e	Addition of: “Handlers are allowed to carry the equipment of an athlete.”	Consistency with ITU Competition Rules update.																														
17.11.h	Amendment to: “Wetsuits will not be permitted when the water temperature is 24.6 °C or above.”	Consistency with ITU Competition Rules update.																														
17.13.a	Amendment to: “Athletes may only use up to 3 bindings made of non-floating material around the legs in any position.”	Consistency with ITU Competition Rules update.																														
17.14.b.i	Removal of: “with an open frame of tubular construction” and “not”.	Consistency with ITU Competition Rules update.																														
17.14.b.ii	Removal of: “or wheels”, “the single wheel, either front or rear” Addition of: “and”	Consistency with ITU Competition Rules update.																														
17.14.b.viii	Removal of: “on the front and rear wheel of the handcycles”	Consistency with ITU Competition Rules update.																														
17.14.b.ix	Removal of: “on the rear wheels”	Consistency with ITU Competition Rules update.																														

17.14.b.xv	Addition of: “Paratriathletes must ensure that their lower limbs have enough support/ bracing/foot rest to prevent them from dragging or making contact with the ground during the event”	Consistency with ITU Competition Rules update.
17.14.b.xvi 17.14.b.xvii	Removal of both rules and associated diagrams	Consistency with ITU Competition Rules update.
17.17.a.vii	Addition of: “in order to gain an unfair advantage”	Consistency with ITU Competition Rules update.
17.17.b.ii	Amendment to: “At no time may a guide propel, pull or push the paratriathletes with any part of their own body in order to gain an unfair advantage.”	Consistency with ITU Competition Rules update.
19.4.a	Amendment to: “The minimum tyre diameter is 26 inches and maximum is 29 inches. The minimum cross section is 1.5 inch.”	Consistency with ITU Competition Rules update.
19.4.i	Addition of: “Athletes must bring their own tools and parts and must carry out their own repairs.”	Consistency with ITU Competition Rules update. Ensures that competitors continue to be responsible for their own race.
23.3	Change of category names. Competitors aged 15-16 shall now be referred to as Youth A Competitors aged 17 shall now be referred to as Youth B Competitors aged 18-19 shall continue to be referred to as Junior C	Changes to the Competition Rules in line with the changes made by the British Triathlon Talent Team. See https://www.britishtriathlon.org/gb-teams/talent/competition for further information.
23.4	Removal of: “Maximum swim distances can only be used when the water temperature is 13°C or above;”	Outdated reference.
Appendix A	Update to middle and long distance triathlon swim distances.	Amended to give organisers more freedom in setting the swim distance for middle and long distance triathlon events.
Appendix B	Additional glossary definitions to reflect additions to the Competition Rules.	New definitions for: <ul style="list-style-type: none"> • Leg • Section
Appendix C	Additional penalty of “and removed from event” for a small number of infringements.	The addition of this is to ensure the safety and welfare of competitors.