

APPENDIX Y: The Triathlon PSO Youth and Junior Rules and Regulations – 2021 Amendments

The youth rules remain the same except for the following changes. These changes are based on the World Triathlon (WT) publication: [Triathlon and Related Multisport Event Guidance for U19s](#). The WT Guidance that may be beneficial for those involved in planning youth events.

Maximum Distances

a) Race distances must NOT exceed the limits shown in the tables below:

| Age Category | Triathlon | | | Duathlon | | | Aquathlon | | |
|---|---|------|-------|----------|------|-------|-----------|------|-------|
| | Swim | Bike | Run | Run | Bike | Run | Run | Swim | Run |
| (age as of 31 December in the year of the race) | | | | | | | | | |
| 4 - 5 years | 25m | 500m | 100m | 100m | 500m | 100m | 100m | 25m | 100m |
| 6 - 7 years | 50m | 1km | 400m | 400m | 1km | 200m | 200m | 50m | 200m |
| 8 - 9 years | 100m | 2km | 800m | 800m | 2km | 400m | 400m | 100m | 400m |
| 10 - 11 years | 200m | 6km | 1km | 1km | 6km | 500m | 500m | 200m | 500m |
| 12 - 13 years | 400m | 8km | 2km | 2km | 8km | 1km | 1km | 400m | 1km |
| 14 - 15 years | 500m | 13km | 3.5km | 3km | 13km | 1.5km | 1.5km | 500m | 1.5km |
| 16 - 17 years | 750m | 20km | 5km | 5km | 20km | 2.5km | 2.5km | 750m | 2.5km |
| 18 years and older | All Distances allowed, shorter preferred. | | | | | | | | |

Swim and Temperature Limits

The Table A from the World Triathlon Competition Rules shows an adjusted water temperature value if the water temperature is at, or lower than, 22°C and the air temperature is at, or below, 15°C.

Table A

| | | Air temperature (All values in °C) | | | | | | | | | | |
|-------------------|----|------------------------------------|------|------|------|------|--------|--------|--------|--------|--------|--------|
| | | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 |
| Water Temperature | 22 | 18.5 | 18.0 | 17.5 | 17.0 | 16.5 | 16.0 | 15.5 | 15.0 | 14.5 | 14.0 | Cancel |
| | 21 | 18.0 | 17.5 | 17.0 | 16.5 | 16.0 | 15.5 | 15.0 | 14.5 | 14.0 | 13.5 | Cancel |
| | 20 | 17.5 | 17.0 | 16.5 | 16.0 | 15.5 | 15.0 | 14.5 | 14.0 | 13.5 | 13.0 | Cancel |
| | 19 | 17.0 | 16.5 | 16.0 | 15.5 | 15.0 | 14.5 | 14.0 | 13.5 | 13.0 | 12.5 | Cancel |
| | 18 | 16.5 | 16.0 | 15.5 | 15.0 | 14.5 | 14.0 | 13.5 | 13.0 | 12.5 | 12.0 | Cancel |
| | 17 | 16.0 | 15.5 | 15.0 | 14.5 | 14.0 | 13.5 | 13.0 | 12.5 | 12.0 | Cancel | Cancel |
| | 16 | 15.5 | 15.0 | 14.5 | 14.0 | 13.5 | 13.0 | 12.5 | 12.0 | Cancel | Cancel | Cancel |
| | 15 | 15.0 | 14.5 | 14.0 | 13.5 | 13.0 | 12.5 | 12.0 | Cancel | Cancel | Cancel | Cancel |
| | 14 | 14.0 | 14.0 | 13.5 | 13.0 | 12.5 | 12.0 | Cancel | Cancel | Cancel | Cancel | Cancel |
| | 13 | 13.0 | 13.0 | 13.0 | 12.5 | 12.0 | Cancel | Cancel | Cancel | Cancel | Cancel | Cancel |

Use the above table to work out the adjusted water temperature - Then compare this value with the age category of the children to see the maximum permitted time for them to remain in the open water, or open-air unheated pool (Table B).

Table B

| Age category | Open water maximum duration and wetsuit use | | | | | |
|----------------------------|---|-------|-------|-------|-------|-------|
| | 8-9 | 10-11 | 12-13 | 14-15 | 16-17 | 18-19 |
| Max. stay in water (mins) | 4 | 10 | 15 | 20 | 20 | 40 |
| Wetsuit mandatory below °C | n/a | n/a | n/a | 18 | 18 | 18 |
| No swim below °C | 18 | 18 | 18 | 16 | 16 | 16 |