

2026
Provincial Competition
Rules
for
Age Group and U19
Non-Drafting Events



Table of Contents

1.0	INTRODUCTION:	9
1.1	General:	9
1.2	Intention	9
1.3	Language and Communication:	10
1.4	Modifications:	10
1.5	Exceptions	10
1.6	Specific Regulations:	10
1.7	Intellectual Property	11
1.8	Unauthorised Exceptions or Additions:	11
1.9	Rule Updates:	11
2.0	CONDUCT OF ATHLETES:	11
2.1	General Conduct	11
2.2	Outside Assistance.....	13
2.3	Drug Abuse:	13
2.4	Health.....	13
2.5	Eligibility:	14
2.6	Insurance:	15
2.7	Registration	15
2.8	Uniform	16
2.9	Race numbers:	16
2.10	Body marking:.....	16
2.11	Assignment of race numbers	16
2.12	Timing and Results:	17
2.13	Exceptional conditions:	18
3.0	PENALTIES	20
3.1	General Rules:.....	20
3.2	Warning:	20
3.3	Time Penalty:.....	21
3.4	Penalty Notification:	21
3.5	Procedure while serving a time penalty:.....	22
3.6	Disqualification:	23

3.7	Suspension:	23
3.8	Expulsion:	24
3.9	Right of Protest:	24
3.10	Reinstatement:	25
4.0	SWIMMING CONDUCT:.....	25
4.1	General Rules.....	25
4.2	Wetsuit Use	26
4.3	Maximum stay in water:	26
4.4	Modifications	26
4.5	NOT USED	28
4.6	Starting Position Selection: (Age-Group)	28
4.7	Start Procedure (Mass start):.....	28
4.8	Start procedure (Interval Start System):.....	29
4.9	Start procedure (Time Trial Start System):	30
4.10	Start Procedure (Rolling Start System)	30
4.11	Equipment:	31
5.	CYCLING:.....	33
5.1	General Rules.....	33
5.2	Equipment.....	34
5.3	Bike Check:	36
5.4	Not Used.....	36
5.5	Drafting	36
5.6	Penalties for Drafting:.....	39
5.7	Blocking:	39
5.9	Wheel Stations	41
6.	RUNNING CONDUCT:.....	41
6.1	General Rules:.....	41
6.2	Finish Definition:	42
6.3	Safety Guidelines:	42
6.4	Illegal Equipment:	42
7.	TRANSITION AREA CONDUCT:.....	43
7.1	General Rules:.....	43

8.	COMPETITION CATEGORIES:	45
8.1	PSO Championships	45
9.	PRIZES AND AWARDS:	45
9.1	Prize Money:	45
9.2	Awards:	46
10.	A. Events: Safety and environment:	46
10.1	Water Quality:	46
10.2	Water quality information and decision-making:	47
10.3	Modifications due to heat if WBGT Tool available:	47
10.3.1	PSO Modifications due to heat:	49
10.4	Swim Current:	50
10.5	Thunderstorm and lightning:	50
10.6	Wind	51
10.7	Visibility and Air Quality:	51
10.0	B. Events: Technical	52
10.8	Wave starts:	52
10.7	Transition:	54
10.8	Bike:	54
10.9	NOT USED	54
10.10	NOT USED:	54
10.11	NOT USED	54
10.12.	Cut-off time:	54
11.	TECHNICAL OFFICIALS:	54
11.1	General:	54
11.2	Technical Officials:	54
11.3	Para triathlon Specific Technical Officials:	55
11.4	Technology Tools:	55
11.5	Volunteer Certification:	55
11.6.	Health:	55
12.	PROTESTS	55
12.1	Protests:	55
12.2	Matters subject to a protest	56

12.3	Protester:	56
12.4	Protest initiation and timelines:	56
12.5	Protests initiation procedures:	57
12.6	Composition of the Competition Jury.....	58
12.10	Results revision process by the PSO:	61
13.	APPEALS	61
13.1	Appeal Jurisdiction:	61
13.2	Level 2 Appeal Procedure:.....	62
14.	INDOOR TRIATHLON.....	63
15.	MIDDLE- AND LONG-DISTANCE EVENTS	63
16.	TEAM AND RELAY EVENTS:.....	64
17.	PARA TRIATHLON	67
18.	WINTER TRIATHLON AND WINTER DUATHLON	78
19.	CROSS TRIATHLON AND DUATHLON.....	81
20.	QUALIFYING ROUND FORMAT	83
21.	TRIAL QUALIFYING ROUND FORMAT.....	86
22.	AQUABIKE	87
	APPENDIX A: COMPETITION DISTANCES AND AGE REQUIREMENTS.....	89
	APPENDIX B: COMPETITION PROTEST FORM	92
	APPENDIX C: APPEAL CONTENT	92
	APPENDIX D: DEFINITIONS	93
	APPENDIX E: PSO RELATED MULTISPORTS	104
	APPENDIX K: PENALTIES AND VIOLATIONS.....	105
	APPENDIX Y: The PSO Youth and Junior Non-Drafting Rules and Regulations	117

Provincial Triathlon and Multisport Competition Rules

Approved by the PSO Board of Directors in _____ 2026

Version 1.0 January 2026

The source document for the Provincial Rules is World Triathlon (TRI) Competition Rules, found on World Triathlon's website at www.triathlon.org. That source has been changed to reflect the community nature of triathlon and related multi-sports in Canada. Further information on the PSO Rules is available through your PSO website. Recommendations for changes and amendments should be directed to your PSO technical specialists.

Green highlight – added as of January 2026

Red highlight – deleted as of January 2026

PSO Competition Rules

1.0 INTRODUCTION:

1.1 General:

- a.) The Triathlon Provincial Sport Organisation (the PSO) is the sole governing body, responsible for the Competition Rules for Triathlon, Duathlon and its other related multisports in the province.;
- b.) The PSO will ensure technical aspects of provincial competitions are of the highest quality;
- c.) The PSO Competition Rules (PSO Rules) specify the conduct and behaviour of athletes during the PSO sanctioned competitions. Where the PSO Rules do not specify, the rules of International Swimming Federation (FINA), International Cycling Union (UCI), World Athletics (WA), International Ski and Snowboard Federation (FIS), IPC Para Swimming, IPC Para Athletics and IPC Para Nordic Skiing will apply in their specific segments, unless the PSO decides otherwise;
- d.) The World Triathlon (TRI) Event Organisers' Manual (EOM) and its related documents set safety and logistical standards for host National Federations (NFs) and for the Local Organising Committee's (LOCs);
- e.) The PSO Technical Officials' Certification Programme and the World Triathlon Technical Officials' Certification Programme sets the standards for certifying Technical Officials (TO's);
- f.) It will be clearly indicated when a rule applies to a specific competition.

1.2 Intention

- a.) The PSO Rules are intended to:
 - (i) Create an atmosphere of sportsmanship, equality, and fair play;
 - (ii) Provide safety and protection;
 - (iii) Emphasise ingenuity and skill without unduly limiting the athlete's freedom of action;
 - (iv) Penalise athletes who gain an unfair advantage.
 - (v) Act as a condensed version of the World Triathlon Competition Rules focusing on Age-group, and Youth competitions within the province.
- b) Definitions of all terms used in the PSO Rules are in Appendix D of the PSO Rules. Any difficulty in the interpretation or application of the PSO Rules should be referred to the PSO.
- c) If no Technical Delegate (TD) is appointed, the PSO Head Referee (HR) shall fulfill the role of TD in addition to that of HR. Conversely, if no HR is appointed, the TD shall fulfill the role of HR as well.

1.3 Language and Communication:

- a.) The official language of PSO Events is established by the Provincial Government:

1.4 Modifications:

- a.) The PSO Rules will be adapted for other modern multisport competitions, which fall within the PSO's jurisdiction;
- b.) An athlete must not be permitted an advantage not intended by a rule, or to conduct themselves in a dangerous way. To implement this, every infringement related in the PSO Rules has a sanction attached. TO's base their judgments on whether an advantage, not intended by the Rules, has been gained;

1.5 Exceptions

- a.) Except for those competitions run in conjunction with World Triathlon, Triathlon Canada, PATCO, T100, SuperTri and Ironman, the PSO Rules will be applicable to all events sanctioned by the PSO and are to be implemented by the appointed TD/HR as appropriate. Where the PSO Rules conflict with the laws of the jurisdiction in which the event is to be held, the local laws will override the PSO Rules to the extent of the inconsistency. Athletes must be notified of the implications of these laws as early as possible and not later than prior to the start of the event;
- b.) Exceptions for special circumstances in a particular event may only be gained from the PSO Sanction Authority with prior approval. A request for an exception to the PSO Rules must be made in writing 30 days prior to the event through the assigned TD/HR;
- c.) Exceptions for special circumstances in a particular athlete may only be gained from PSO with prior approval. A request for an exception to the PSO Rules must be made in writing 30 days prior to the event to the assigned TD/HR or the athlete in question;
- d.) For any rule exceptions related to events sanctioned by the PSO, but not run within the competition system of the PSO or Triathlon Canada, a panel will be created with one representative from each of the three parties: the TD, the PSO, the Event Rights Holder. The final proposal from the panel will go to the PSO Technical Sub-Committee for endorsement and/or the PSO Executive Committee for endorsement.

1.6 Specific Regulations:

- a.) A TD/HR may approve the addition of specific regulations for a particular competition, provided that:

- (i) Each additional specific regulation does not conflict with another PSO Rules;
- (ii) Each additional specific regulation is made available in written form and is announced at the athletes' briefing; and
- (iii) Each additional specific regulation and the reasons for its inclusion are advised to the PSO Technical Committee one week before the day on which the event is to be conducted. The PSO Technical Committee may invalidate the incorporation of an additional specific regulation only on the authority of the PSO Executive Committee.

1.7 Intellectual Property

- a.) The PSO Events are the exclusive property of the PSO which owns all rights associated including, without limitation, the rights to organise, exploit, broadcast and reproduce the PSO Events. These rights include any type of digital media, whether that be photographic or video in nature, captured from within the boundaries of the field of play, regardless of ownership of the capturing device. All personal data from the athlete entered into any PSO event and the data produced from the event, including the results are exclusive property of the PSO.

1.8 Unauthorised Exceptions or Additions:

- a.) The unauthorised exception to, or addition of, a rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

1.9 Rule Updates:

- a) The PSO Board of Directors may change these PSO Rules from time to time in its absolute discretion. Notification shall be made on the PSO website 30 days prior to the change or changes coming into effect.

2.0 CONDUCT OF ATHLETES:

2.1 General Conduct

- a) Triathlon and other related multisports involve many athletes. Competition tactics are part of the interaction between athletes. Athletes will:
 - (i) Practice good sportsmanship at all times;
 - (ii) Be responsible for their own safety and the safety of others;
 - (iii) Know, understand and follow the PSO Rules, available from their PSO;

- (iv) Obey local traffic regulations and instructions from race officials;
- (v) Treat other athletes, race officials, volunteers, and spectators with respect and courtesy;
- (vi) Avoid the use of abusive language;
- (vii) Inform a TO after withdrawing from the competition. Failing to do this may result in a suspension;
- (viii) Compete without receiving assistance other than from event personnel and race officials as outlined in 2.2;
- (ix) Not Used;
- (x) Avoid displaying any kind of demonstration of political, religious or racial propaganda;
- (xi) Not intentionally dispose of rubbish or equipment around the course except at clearly identified places, such as aid stations, littering areas or rubbish disposal points. All items must be kept with the athlete and returned to their transition spot;
- (xii) Not attempt to gain an unfair advantage from any external vehicle or object;
- (xiii) Follow the prescribed course; Exceptions will be applied:
 - When it happens because of safety reasons if advantage is not gained;
 - When it happens following the instructions of a Technical Official;
 - When it happens accidentally if advantage is not gained.
- (xiv) Not use any device that will distract the athlete from paying full attention to their surroundings.
 - Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the competition. A "distractible manner" includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, and taking photographs or using in a one- or two-way radio communication. Using any a communication device in this manner during the competition will result in disqualification;
 - Cameras, phone cameras, and video cameras are prohibited unless permission is given by the PSO or the license holder of the event. If such permission is given, it is the athlete's responsibility to notify the TD/HR of such permission prior to the start of the competition. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.

- (xv) Ensure that the equipment to be used in the race complies with the safety standards and it is in proper condition;
- (xvi) Not modify any equipment of the competition set up.
- (xvii) Will make requests for equipment exemptions for health and safety reasons to the TD/HR. These will be approved, provided only that an advantage will not be gained.

b) Know, understand and follow the PSO Rules, available from the PSO website.

2.2 Outside Assistance

- a) The assistance provided by event personnel or TO is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance, upon the approval of the TD/HR. The TD/HR may authorise the accredited team support to repair flat tyres or replace wheel(s) if the incident happens before the first athlete arrives at Transition 1. Athletes competing in the same competition may assist each other with incidental items such as, but not restricted to, nutrition and drinks after an aid station, pumps, tubular tyres, inner tubes and puncture repair kits. There may be exceptions for Para Triathlon events;
- b) Athletes 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 athletes includes but is not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be disqualification of both athletes. Athletes may provide to other athletes competing in the same competition other items of equipment provided that the donor is able to continue with their own competition.
- c) An athlete cannot physically assist the forward progress of another athlete on any part of the course. This will result in the athlete being disqualified. If the athlete receiving this assistance accepts this help (and/or is not actively trying to avoid this assistance) they will be disqualified.

2.3 Drug Abuse:

- a.) Athletes and guides will follow the Canadian Anti-Doping Program (CADP) Rules;
- b.) All athletes and guides are responsible for familiarising themselves with the CADP Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances and methods.
- c.) Triathlon Canada and the PSO have implemented the CADP Rules and abide by rules set by the World Anti-Doping Agency (WADA) Code.

2.4 Health

- a) Triathlons and other related multisports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting in a competition, the athletes declare they are in good health and are in appropriate physical condition to complete the competition;
- b.) World Triathlon encourages all the Age-Group athletes and TO to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport. An annual PPE is mandatory for all athletes competing in Youth, Junior, U23, Elite and Paratriathlon events. More information about PPE can be found in Appendix Q of the TRI Rules.
- c) The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to the Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the competition.

2.5 Eligibility:

- a) All athletes must be a current annual member in good standing with the PSO or must purchase Day of Race Membership.
- b.) Athletes under suspension are not allowed to compete in any PSO event, in any competition sanctioned by other PSOs, World Triathlon members, or in any competition held under the World Triathlon Rules;
- c.) An athlete's age is determined by their age on December 31st in the year of competition;
- d.) Athletes aged under 14 years old are eligible to compete in the appropriate Kids category;
- e.) Athletes aged 15 to 17 years old are eligible to compete in the Youth category;
- f.) Athletes aged 16 to 19 years old are eligible to compete in the Junior category;
- g.) Athletes aged 20 to 23 years old are eligible to compete in the U23 category;
- h.) Age and Distance Limits: athlete age and distance limits for Youth and Junior events are outlined in Appendix Y.
- i.) Athletes will be eligible to compete in the individual Age-Group events in the group in which their age is included. The groups are:
 - (i) 15 to 19 in super sprint distance events (N15)/(F15);
 - (ii) 16 to 19 in sprint distance events (N16)/(F16);
 - (iii) 18 to 19 in standard and longer distance events (N18)/(F18);
 - (iv) 20 to 24 (N20)/(F20);
 - (v) 25 to 29 (N25)/(F25);

- (vi) 30 to 34 (N30)/(F30);
- (vii) Etc.

m.) Athletes may not compete within 24 hours at the same or different PSO event in more than one triathlon or multisport competition when one competition is of standard distance or longer. The 24 hours is considered from the start of the race till the start of the other race the following day. Exceptions will be for mixed relay events at the defined super-sprint distances, VI athlete guides and aquathlon;

n.) An athlete who competes in a category different from their age, in a distance in which it is not allowed, or before the 24-hour period, will be disqualified from the events they took part in. Any awards, prizes and points will be removed;

o.) Eligibility of athletes to the male, female or open categories, in Provincial or Canadian Championships, wishing to qualify for the National Team, or compete in a high-performance program in international races, are subject to the policies and rules of the PSO, Triathlon Canada and World Triathlon.

[World Triathlon Gender Eligibility Guidelines](#)

[World Triathlon Eligibility Regulations for Transgender Athletes](#)

2.6 Insurance:

- a) Each athlete competing in a PSO event must have adequate personal insurance coverage.
- b) LOCs cannot oblige the athletes to pay for a day of race fee for insurance purposes if they are annual members in good standing of ANY Canadian PSO.

2.7 Registration

- a) Athletes are responsible for their own entry into PSO events via the procedures and methods established by the LOC
- b) Pre-Race Briefings:
 - (i) Coaches' Meeting: If a coaches' meeting is scheduled, it will take place one hour before the Athletes' Briefing. The TD/HR will conduct the Coaches' Meeting. The agenda will include the announcement of the Competition Jury and all the technical details of the event as well as specific information for coaches;
 - (ii) Athletes' Briefing. Unless stated otherwise on the website or in race literature, the Athletes' Briefing will be 30 minutes prior to the start of the first wave of the day. The LOC/RD or TD/HR may conduct the Athletes' Briefing. The agenda of this briefing will include the announcement of the Competition Jury and all the necessary information for the event;

- c) Packet Pick-Up will be announced on the race web site or in race literature. Pick-up may occur in the days before the race and also may NOT occur on race day as determined by the LOC
- d) Check in - Not mandatory.

2.8 Uniform

- a) Athletes participating in a PSO sanctioned race, other than Elite, U23, Junior and Youth Competitions and races used to select members for Provincial or Canadian Teams, may wear any apparel they choose provided it includes a top and bottom on the bike and run segments, does not provide an unfair advantage, nor cause a danger to them or other athletes.
- b) The TD/HR may require, for reasons of safety due to weather conditions, that athletes wear additional clothing such as jackets, long sleeves, arm or leg covers.

2.9 Race numbers:

- a) Any numbering item, when worn, will be used without alterations unless the TD/HR approves the alteration;
- b) Official race numbers:
 - (i) are mandatory for all in the Winter Triathlon events;
 - (ii) Age Group: In PSO sanctioned races, except for qualification races for the National Team, race numbers;
 - May be worn for the wetsuit swim segment, but are forbidden in a non-wetsuit swim segment;
 - Are NOT mandatory for the bike but ARE mandatory for the run segments;
 - Race numbers must be visible on the front during the run segment.

2.10 Body marking:

- a) The LOC may provide body marking or body marking decals;
- b) If provided, Body markings must be applied on the limbs at the lower leg and lower arm, unless instructed otherwise by the TD/HR;
- c) Body markings and/or decals using multiple digits will have numbers appearing one above the other, vertically, not side by side;
- d) One calf of each athlete – if not covered - will be marked with the category and gender of the athletes (For example, the number N25 would appear on a athlete in the 25-29 individual male age category or F25 should appear on a female athlete in the same category)

2.11 Assignment of race numbers

a) Assignment of race numbers at PSO Events shall be on an age group by age group basis or other method agreed to by the LOC and the PSO.

2.12 Timing and Results:

- a.) A competition will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the competition as defined in 6.2. a.), 17.15. f.), 18.10 and 22.3, except if the event is conducted under the “rolling start system” as defined in 4.9;
- b.) The official results will list the athletes according to their finish time;
- c.) In the event that two athletes tie for a place, and their performances cannot be separated, they will be awarded the same rank, sorted by race number, and the next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing;
- d.) Time splits that should be included are:
 - (i) Swim or first segment;
 - (ii) Transition 1;
 - (iii) Bike or second segment;
 - (iv) Transition 2;
 - (v) Run or third segment.
- e.) Results will be official once the HR signs them. Incomplete results can be declared official at any time:
 - (i) The HR will use all the resources available to decide the final position of every athlete. The information from technology will be used to assist in the decision-making process. The HR may decide, based on the available evidence, that a competition is tied if there is no way of defining which athlete crossed the line first;
- f.) When the race time is taken electronically by a chip timing system:
 - (i) Each athlete will be provided with one (1) or more timing chips;
 - (ii) Athletes have to start the race with the chip placed on the body as indicated in the pre-race information;
 - (iii) TO's may check in the pre-start area if the chip is properly placed and may request the athlete to modify the position or to place a new chip if the athlete is not wearing it. This may result in a delay of the involved athlete moving to the select the start position;
 - (iv) If it is detected that the athlete lost the timing chip during the race, TO's may offer a replacement chip either in T1 or T2. It is the athlete's decision to take the replacement chip or not. If the athlete does not take it, their

splits may not be registered and published in the results. This lost chip circumstance may lead to a disqualification if it is impossible to determine the athlete completed the whole race.

g) Official results may be modified by:

- (i) Head referee;
- (ii) Competition Jury
- (iii) the PSO based upon the Protest and Appeal processes.

2.13 Exceptional conditions:

a.) The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the TD/HR following the same principles. The Technical Delegate may take other decisions if the options below are not possible to implement.

(i) Before the competition:

- A triathlon may be modified to a duathlon, aquathlon, or even in a 2 segments competition: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The preferred option will be a duathlon with the shorter run first;
- A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed;
- The events to be postponed to hold as a minimum two segments. If not possible, if safe under the conditions, the event may be run as a single segment event;
- Mixed Relay events may be modified on the same basis than those indicated in the previous two bullets.

(ii) Modification of the competition once started:

- Any segment, but only one, may be shortened during the competition. The TD/HR and TO's will take all reasonable actions to ensure the fairness of the event and the safety of the athletes. Otherwise, the competition will be stopped;
- For the mixed relay events, once one segment is modified, the modifications will remain for the rest of the legs.

(iii) Unplanned interruption of individual standard distance or shorter competition after it has started:

- If the lead athlete has completed more than 50% of the last segment all athletes will be ranked according to the position at the last available recorded data;

- In the case that all the athletes are stopped before 50% of the last segment the competition will be restarted, if possible, otherwise no results will be produced;
- The new start will happen, at least, 45 minutes after the interruption. DSQ athletes will not be able to restart, DNF, DNS will be able to restart. Time penalties will be removed. If necessary, Competition Jury will meet before the restart to decide on protests filed by DSQ athletes.

(iv) Unplanned interruption of individual middle distance or longer competition after it has started:

- Athletes who completed at least two segments will be ranked according to their position at the last available recorded data;
- Any athlete who does not complete at least two segments will be included in the results as NC;
- In the case that all the athletes are stopped before the end of the second segment the competition will be restarted, if possible, otherwise no results will be produced;
- The new start will happen, at least, 45 minutes after the interruption. DSQ athletes will not be able to restart, DNF, DNS will be able to restart. Time penalties will be removed. If necessary, the Competition Jury will meet before the restart to decide on protests filed by DSQ athletes.

(v) Modification of mixed relay competition by shortening it:

- The race will be considered valid for those teams which completed at least two legs;
- There are two possible scenarios:
 1. If all of the teams are able to reach the point of cancellation (i.e. broken pontoon, with no possibility to get in the water). The results of the race will be according to the position and times of the teams at the point the race is stopped;
 2. If the race has to stop no matter where the teams are (i.e. weather alert) The results of the race will be according to:
 - The latest timing split per team;
 - The order of the teams to that point.

(vi) Modification of qualifying round format events:

- In case not all the round of competition (qualifier or final) can be performed, the results of the last complete round performed will be considered as final results by ranking the athletes according to the times on that round;

- If the first round of competition is not completed, the competition will be restarted for all the athletes, if possible, otherwise no results will be produced;
- A triathlon may be modified to a duathlon, aquathlon, or even in a two-segment competition: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The preferred option will be a duathlon with the shorter run first;
- A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed.

3.0 PENALTIES

3.1 General Rules:

- a.) Failure to comply with the PSO Competition Rules may result in an athlete being verbally warned, issued with a time penalty, disqualified, suspended, or expelled;
- b.) The nature of the rule violation will determine the subsequent penalty;
- c.) A suspension or an expulsion will occur for very serious violations of either the PSO Rules or the CADP Rules;
- d.) Infringements and penalties are listed in Appendix K;
- e.) The TO's are allowed to determine penalties, even if the infringement is not listed included in the Rules, if the TO deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally;
- f.) Under exceptional circumstances TO's may modify penalties defined in the Rules in accordance with the spirit of the rules.

3.2 Warning:

- a.) The purpose of a warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of TO's. Also, a TO can determine a warning to an athlete to correct a minor infringement;
- b.) A warning may be given when:
 - (i) An athlete violates a rule unintentionally;
 - (ii) A TO believes a violation is about to occur;
 - (iii) No advantage has been gained.
- c.) Giving a warning: The TO will blow their whistle, the athlete will be stopped, if necessary, asked to modify their behaviour, and be allowed to continue the competition immediately afterwards;

d.) It is not necessary for a TO to give a warning prior to issuing a penalty for a more serious rule violation for which the athlete may be disqualified, suspended, or expelled.

3.3 Time Penalty:

- a.) A time penalty is an appropriate penalty for infringements, which do not warrant a disqualification;
- b) Time penalties will be served in a specific location as indicated in the table below or added to the athlete's final time. For Age Group, if penalty boxes exist on the bike or in T2, stopping in a different location will be considered as a penalty not served;

	Age Group
Start	T1
Swim	T1
T1	Time penalty on the spot
Bike	Bike PB or T2
T2	Time penalty on the spot
Run	Warning/time penalty on the spot

Notes: In the Winter Triathlon run penalty box is replaced with ski penalty box. In Duathlon and Aquathlon events, run penalty box means 2nd run penalty box.

- c) TO's will decide when an athlete needs to be penalised with a time penalty;
- d) Time penalties vary depending on the type of infringement:
 - (i) Drafting infringements:
 - 3 minutes in long distance events;
 - 2 minutes in middle distance events;
 - 1 minutes in standard distance events;
 - 30 seconds in sprint and shorter events.
 - (ii) Other infringements:
 - 1 minute in long distance events;
 - 30 seconds in middle distance events;
 - 15 seconds in standard distance events;
 - 10 seconds in sprint distance and relay events
 - 5 seconds in events shorter than sprint distance

3.4 Penalty Notification:

- a) The TO will determine the time penalty, and notify the athlete as soon as it is safe to do so:

- (i) Drafting infringements:
 - Will be served in the appropriate penalty box;
 - Sounding a whistle, showing a blue card, calling in English the athlete's number and saying "Drafting penalty, you have to stop at the next penalty box". The TO has to ensure the athlete received the penalty notification.
- (ii) Other infringements:
 - Infringements served in Transition 1: Athletes will serve this penalty in transition 1 before touching any equipment. A TO will be positioned by the athlete's transition spot, who will sound a whistle, show a yellow card and time the penalty;
 - Infringements served in the Bike penalty box or T2: Sounding a whistle, showing a yellow card, calling in English the athlete's number and saying "Time penalty, you have to stop at the next penalty box". The TO has to ensure the athlete receives the penalty notification;

3.5 Procedure while serving a time penalty:

- a.) The TO applying the time penalty is not required to give a reason for the penalty.
- b.) Time penalty at the appropriate Penalty Box:
 - (i) Athletes who are given a time penalty have the option to decide whether to stop and serve the penalty or continue to the finish. Not stopping will result in disqualification on crossing the finish line. The athlete may then protest the penalty. Evidence will only be made available if an appeal is filed;
 - (ii) For a PSO AG race, the penalised athlete's race numbers are not displayed in a penalty box. It is the athlete's responsibility to report to the next penalty box on the course after receiving notification;
 - (iii) The penalised athlete will enter the penalty box, dismount the bike and inform the TO of their race number, the number of penalties to serve and the colour of card(s) received. The time penalty starts when the athlete complies with all above and ends when the TO says "Go", at which time the athlete may continue with the competition. If the athlete leaves the area, the TO will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue;
 - (iv) While in the bike penalty box, athletes can consume only the food and/or water that is on the athlete's bike or person;
 - (v) Athletes are prohibited from using the restroom while serving a penalty in the bike penalty box. The time of penalty will be paused while using the restroom;

(vi) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the bike penalty box is prohibited.

c.) Time penalty on the spot.

(i) The TO will hold a yellow card in front of the penalised athlete. The athlete will be ordered to stop safely by the side of the run course. If the athlete moves forward the time will be paused. Once the athlete stops again the count will continue;

(ii) When the penalty time has been completed, the TO will say "Go" and the athlete can continue with the competition;

3.6 Disqualification:

a.) General:

(i) A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, repeated bike draft infringements, and/or dangerous or unsportsmanlike conduct;

b.) Assessment:

(i) If time and conditions permit, a TO will assess a disqualification by:

- Sounding a whistle;
- Showing a red card;
- Calling the athlete's number and saying "Disqualified";
- For safety reasons, a TO may have to delay issuing a disqualification.

(ii) Athletes may be informed about the penalties by displaying the athlete's number on the white board posted at the post finish area;

(iii) The athlete needs to be contacted and informed of the disqualification if this is after the athlete has finished and the penalty has not been posted on the board. The athlete must respond within 5 days to the TD/HR if they wish to appeal.

c.) Procedure after Disqualification:

(i) An athlete may finish the competition if a TO issues a disqualification.

3.7 Suspension:

a.) General:

(i) A suspension is a penalty appropriate for a fraudulent or a very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct;

(ii) A suspended athlete will not take part in PSO competitions or competitions sanctioned by any other PSO, or any National Federation affiliated with World Triathlon during a suspension period.

b.) Assessment:

- (i) The Head Referee will submit a report to the PSO Executive Committee including all the details of the action, and the reasons to recommend the athlete for suspension.
- c.) Suspensions will be assessed by the PSO for periods of three (3) months to four (4) years, depending on the violation;
- d.) Suspensions based on contravening the CADP Rules: If the suspension is an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose federation is recognised by World Triathlon, IOC or GAISF and vice versa;

e.) Reasons for Suspension:

- (i) A list of infringements, which may result in a suspension, is described in Appendix K.

f.) Disciplinary Notice:

- (i) When an athlete is suspended, the PSO will notify the other PSOs and Triathlon Canada, in writing, within 30 days;

3.8 *Expulsion:*

a.) General:

- (i) Athletes who have been expelled will not participate in PSO competitions or competitions sanctioned by any other PSO or National Federations affiliated with World Triathlon for life.

b.) Reasons for Expulsion:

- (i) An athlete will be expelled for life for repeated rule violations that incur suspension as the penalty;
- (ii) Expulsion due to an Anti-Doping Rule Violation: If the expulsion is for an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose federation is recognised by World Triathlon, IOC or SportAccord and vice versa.

c.) Disciplinary Notice:

- (i) When an athlete is expelled, the PSO will notify Triathlon Canada, in writing, within 30 days;

3.9 *Right of Protest:*

a.) An Athlete who receives a penalty may protest, with the exception of:

- (i) a penalty for a drafting violation; and
- (ii) a time penalty which has already been served.

- b.) If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- c.) If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the HR to issue the time penalty.
- d.) The Competition Jury which receives the protest will decide on the correctness of the decision to issue the time penalty and will either:
 - (i) Dismiss the protest and confirm the disqualification; or
 - (ii) Uphold the protest, ~~remove the time penalty~~ and reverse the disqualification.

3.10 Reinstatement:

- a.) After suspension, an athlete must apply to the PSO for reinstatement.

4.0 SWIMMING CONDUCT:

4.1 General Rules

- a.) Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground at the beginning and the end of every swim lap. TD/HR may authorize to push off the ground in other sections of the swim course;
- b.) Athletes must follow the prescribed swim course as outlined in 2.1 a) (xiii);
- c.) Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat. It is forbidden to pull, push or use any inanimate object in a way which help the athlete progress;
- d.) In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition;
- e.) Athletes may sportingly maintain their own space in the water:
 - (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
 - (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
 - (iii) The deliberate targeting of another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to the World Triathlon Tribunal for potential suspension or expulsion;

- (iv) Where athletes dunk, punch, scratch, or kick another athlete will result in disqualification and may be reported to the PSO for potential suspension or expulsion;

- f.) Rules about water quality are outlined in section 10;

4.2 Wetsuit Use

- a) Unless modified by the PSO, wetsuit use is governed by the following tables:

Age-Group from the youngest to 55-59 category:

Swim Length	Forbidden	Mandatory
Up to 1500 m	22 °C and above	15.9 °C and below
1501 m and longer	24.6 °C and above	15.9 °C and below

Age-Group from 60-64 category to the oldest:

Swim Length	Forbidden	Mandatory
All distances	24.6 °C and above	15.9 °C and below

4.3 Maximum stay in water:

Swim Length	Age Group
Up to 300m	20 min.
301m to 750m – below 31°C	30 min.
301m to 750m – 31°C and above	20 min.
751m to 1000m	50 min.
1000m to 1500m	1h 10min
1501m to 3000	1h 40 min.
3001 to 4000m	2h 20 min.

4.4 Modifications

- a) In case of high or low temperatures the swim distance can be shortened or even cancelled according to this table:

Original swim distance	Temperature of water									
	Above 33.0°C	32.9-32.0°C	31.9-31.0°C	30.9-15.0°C	14.9-14.0°C	13.9-13.0°C	12.9-12.0°C	11.9-11.0°C	Below 11.0°C	
Up to 300 m	Cancel	Original distance								Cancel
750 m	Cancel	Cancel	750 m	Cancel	Cancel					
1000 m	Cancel	Cancel	750 m	1000 m	1000 m	1000 m	750 m	Cancel	Cancel	
1500 m	Cancel	Cancel	750 m	1500 m	1500 m	1500 m	750 m	Cancel	Cancel	
1900 m	Cancel	Cancel	750 m	1900 m	1900 m	1500 m	750 m	Cancel	Cancel	
2000 m	Cancel	Cancel	750 m	2000 m	2000 m	1500 m	750 m	Cancel	Cancel	
2500 m	Cancel	Cancel	750 m	2500 m	2500 m	1500 m	750 m	Cancel	Cancel	
3000 m	Cancel	Cancel	750 m	3000 m	3000 m	1500 m	750 m	Cancel	Cancel	
3800 m	Cancel	Cancel	750 m	3800 m	3000 m	1500 m	750 m	Cancel	Cancel	
4000 m	Cancel	Cancel	750 m	4000 m	3000 m	1500 m	750 m	Cancel	Cancel	

b.) The temperatures in section 4.2 are not always the water temperature used in the final decision. When the water temperature is above 22°C, the temperatures in the table are to be applied as they are. When the water temperature is at or below 22°C and the air temperature is at or below 15°C, then the value of the water temperature will be adjusted according to the following table:

Water Temperature (°)	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
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5
	20	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0
	19	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5
	18	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0
	17	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel
	16	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel
	15	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel
	14	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel
	13	13.0	13.0	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel

- c.) If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the TD/HR in consultation with the Medical Delegate (if applicable) may adapt limits of the swim length or adopt provisions about the use of wetsuits. The final decision will be made one hour before the start and will be clearly communicated to the athletes by the TD/HR;
- d.) For aquathlon events (normally run-swim-run), the LOC should plan for a swim-run where the water temperature is expected to be below 22 °C. Where a run-swim-run aquathlon has been planned, but on competition day the water temperature is below 22 °C, the format will change to swim-run;
- e.) Water temperature must be taken one hour prior to the start of the event on competition day. It must be taken at the middle of the course and in two other areas on the swim course, at a depth of 60 cm. Where the average measured figure is 27 °C or below, the lowest measured temperature will be considered as the official water temperature. Where the average measured figure is above 27 °C, the highest measured temperature will be considered as the official water temperature.

4.5 NOT USED

4.6 Starting Position Selection: (Age-Group)

- a.) Athletes from the same wave will be together as a group in the pre start area;
- b.) A TO will allow the athletes to move to the start area and will control the flow to keep this process safe;
- c.) Athletes will select any position which is not used. TO may ask the athletes to move from crowded to empty areas of the start line;

4.7 Start Procedure (Mass start):

- a.) A start is a mass start when a large group of athletes are starting together. It may be used in any competition and category;
- b.) After all athletes are in position (confirmed and noted by the Start Line Technical Officials) and the whole Field of Play is confirmed ready for the start, "On your marks!" is announced. This announcement will be given not later than 20 seconds before the start and the athletes must stay within their starting position after hearing it. Athletes will move directly forward towards the first buoy until they reach the water.;
- c.) False start: In case of a false start, where several athletes move forward before the start horn, the HR or designated Official will sound the start horn many times declaring the start is not valid. This declaration may be done by the TD/HR own decision. Athletes will be required to return to their previously selected positions. A false start may be declared also when not all the athletes have the opportunity to start the race immediately after start horn;

d.) Valid start with early starters: In the case of an early start of a few athletes, the competition can continue, the TD/HR can decide that the start is valid and the competition can continue with penalties given to the early starters. A photo/video camera and/or the declaration of the Start Line TO may be used to identify early starters. The early starters will receive a time penalty in Transition 1. In case of mixed relay events, the time penalty has to be served by the first athlete of the team;

e.) Mass starts may be organised in different waves. Different Age- Group categories may be grouped in the same wave. Age-Group categories with a large number of athletes may be split, in this case only athletes from the same Age-Group category will be in the same wave;

f.) Athletes starting in any wave before the one that the athlete is assigned to, will be disqualified;

g.) Athletes who are late to the assigned wave will need the approval of the Start TO to start in a later wave. The athlete start time will be the start time of the assigned wave.

4.8 Start procedure (Interval Start System):

a.) An interval start is defined when the start is given at different times to different groups of athletes who are competing together. Typically, it is used in PTWC and PTVI events;

b.) Athletes are responsible for being at the start line on time;

c.) A video camera may be used to record the entire start;

d.) The Start TO are responsible for synchronising their own and the Timekeepers' watches;

e.) Start TO must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes' actual start time must be noted with both electric and hand timing, in case the Competition Jury decides his/her late start was due to force majeure;

f.) Athletes will be called to the start area and will occupy the start positions according to the Technical Officials' instructions;

i.) One minute before their start time, athletes will be asked to enter the water, or approach the start line;

j.) When all athletes are in position, the "start procedure" will be initiated as defined in 4.7 b.) to 4.7 f); "On your marks!" will be announced;

k.) The start signal (horn blast) will be sounded at the exact start time of the wave;

- I.) An athlete who is an “early starter” in a “valid start” will not be recalled to the start line;
- m.) The early starters will receive a time penalty in Transition 1;
- n.) An athlete who starts any time before the beginning of the “start procedure” or who starts in a wave they are not assigned to, will be disqualified;
- o.) Athletes who are late to their assigned wave must get approval of the Start TO to start, and the start time will be the start time of the assigned wave, and no adjustment to his/her start time can be made.

4.9 Start procedure (Time Trial Start System):

- a.) Time trial start system is defined when the athletes competing in the same event will start the race at specified start times. Typically, is to be used in events with time trial qualifier stages;
- b.) Athletes are responsible for being at the start line on time;
- c.) A video camera may be used to record the entire start;
- d.) The Start TO are responsible for synchronising their own and the Timekeepers’ watches;
- e.) Start TO must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes’ actual start time must be noted, preferably with both electric and hand timing; in case the Competition Jury decides his/her late start was due to force majeure;
- f.) Athletes will line up according to the start order. Athletes will need to report at the pre-start area at least 2 minutes before their start time;
- g.) Athletes will be informed by the starter about the remaining time to the start, 15 and 5 seconds before the start time;
- h.) The Start TO will announce the start time by using an electronic/manual horn;
- i.) Athletes starting the competition before the start time will be recalled to the start line. Any athlete failing to do this will be disqualified. Athletes starting after their start time, must get the approval of the Start TO to proceed. The start time of those athletes will be the start time originally assigned.

4.10 Start Procedure (Rolling Start System)

- a.) Rolling start is defined when athletes can cross the start line at any moment during a defined range of time. The athlete’s time will start when the athlete crosses the start line. This start system is appropriate for long distance events with mass participation. It may be used in draft-illegal events, even if they are

not long distance, or where the start conditions do not permit a wide space offering the athletes a safe start to the swim. There are two variations:

- (i) Rolling start with determined start times: Athletes will start with no order in predetermined time slots, individually or in groups up to five athletes;
- (ii) Continuous rolling start: athletes will start the race in a continuous flow.

- b.) This system is only applicable to Age-Group competitions;
- c.) There will not be a mass start;
- d.) The Start TO can interrupt the start procedure at any time;
- e.) The Start TO will determine the start time of any athlete in case of incidents at the start;
- f.) If one athlete has two or more start times recorded, the first one will be the valid start time
- g.) Athletes starting in any wave before the defined range of time for him/her, will be disqualified;
- h.) Athletes who are late to the defined range of time will need the approval of the Start Technical Official, and the start time will be the start time of the first athlete in the defined range of time.

4.11 Equipment:

- a.) Swim cap:
 - (i) All athletes must wear the official event swim cap during the swim segment;
 - (ii) In an Aquathlon event athletes may carry the official event swim cap and goggles during the first run segment and may wear them in the Transition Area;
 - (iii) Swim caps are provided by the PSO or the LOC;
 - (iv) If an athlete chooses to wear two caps, the second swim cap must be unbranded and the official swim cap must be on the outside from the moment of the athletes' line-up procedure starts;
 - (v) No sponsor logos are allowed on the official swim cap other than prescribed by the PSO/LOC;
 - (vi) Athletes may not alter the swim caps in any manner;
 - (vii) Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification;
 - (viii) Neoprene swim caps are allowed if wetsuits are allowed.

b) Trisuits, if worn, cannot be removed during the entire competition, except in the middle- and long-distance events.

c.) **Swimskins:**

- (i) 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 rubberized material such as polyurethane or neoprene);
- (ii) Swimskins must be removed after the swim segment;
- (iii) Swimskins must comply with the wetsuit section of the applicable Guidelines Regarding Authorised Identifications for middle- and long-distance events.
- (iv) Swimskins can be used in all water temperatures.

d.) **Wetsuits:**

- (i) 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, +/- 0.3 mm tolerance is admissible;
- (ii) Propulsion devices that create an advantage for the athlete, or a risk to others, are forbidden;
- (iii) The most external part of the wetsuits will fit to the athletes' body tightly while they are swimming;
- (iv) A wetsuit may cover any part of the body except the face, hands and feet. When mandatory, the wetsuit must cover at least the torso;
- (v) There is no limitation regarding the length of the zipper;
- (vi) Wetsuits must comply with the applicable Guidelines Regarding Authorised Identifications.

e.) Electronic devices may be used in the competition unless they are distracting the athlete from paying full attention to their surroundings.

f.) **Illegal Equipment:**

- (i) Athletes must not use or wear:
 - Artificial propulsion devices;
 - Flotation devices;
 - Gloves, except when use of wetsuits are mandatory, and with the prior permission of the TD/HR;
 - Socks, except when use of wetsuits are mandatory;
 - Wetsuits (including neoprene caps) or any part of the wetsuits when they are forbidden;
 - Non-certified swimsuits;

- Snorkels;
- Official race numbers (in non-wetsuit swim only)
- Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs;
- Safety inflatable device (tube) which has been deployed. If deployed the athlete must retire from the race.
- Suits, vests, or any clothing having any part made of rubberized material such as polyurethane or neoprene.
- Buoyancy shorts

5. CYCLING:

5.1 General Rules

- a.) Athletes must obey the specific traffic regulations for the event, unless a TO advises otherwise;
- b.) Athletes are not permitted to make forward progress without being in possession of the bike;
- c.) Athletes **must** compete with the bike **they** checked in;
- d.) Athletes leaving the field of play for safety reasons have to return to it without gaining any advantage. If an advantage is gained due to this action, the athlete will receive a time penalty to be served in the transition area or added to their total time. Exceptional scenarios are listed in 2.1 a) (xiii);
- e.) Dangerous riding may result in a penalty. This includes but is not limited to passing another athlete on the wrong side;
- f.) Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash, the athlete will not incur a penalty;
- g.) Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty;
- h.) Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the PSO for potential suspension or expulsion;
- i.) Additionally, for the PSO sanctioned races, if an athlete is penalised for infringing this rule twice in a calendar year, the athlete will not be admitted in the next event. This sanction is also applicable to the third, fourth or following infringement.

5.2 Equipment

- a.) In general, UCI rules, as of January 1st of the current year, will apply during competition and also during familiarisation sessions and official training:
 - (i) UCI road race rules for draft-legal triathlon and duathlon competitions;
 - (ii) UCI time trial rules for draft-illegal triathlon and duathlon competitions;
 - (iii) UCI Mountain Bike (MTB) rules for winter triathlon, cross triathlon and cross duathlon competitions.
- b.) The bicycle is a 100% human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system consisting of pedals and a chain. Bicycles are referred to as bikes and will have the following characteristics in the following sections;
- c.) Wheels:
 - (i) No wheel may contain any mechanisms, which are capable of accelerating it;
 - (ii) Tubular tyres must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly onto the frame;
 - (iii) There must be a brake on each wheel;
 - (iv) Wheels can be replaced only at official wheel stations, where provided;
 - (v) The TO at the wheel station will give the proper wheel to the athlete. The athlete is responsible for replacing the wheel in the forks. Wheels designated specifically for other athletes or teams cannot be used;
 - (viii) For draft-illegal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the TD/HR in the interest of safety, i.e. high winds.
- d.) Handlebars:
 - (i) For draft-illegal competitions, the following rules on handlebars apply:
 - Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces do not need to be bridged. All tube ends have to be plugged;
 - Water bottles and water bottle holders may be mounted onto the handlebars or clip-on
- e.) Helmets:
 - (i) Helmets must be approved by a national accredited testing authority recognised by a National Federation affiliated with World Triathlon;

- (ii) Helmet must be used in all official activities when the athlete rides the bike: competition, familiarisation and training sessions;
- (iii) An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited;
- (iv) The helmet must be securely fastened and fit properly at all times and any garment worn underneath must not affect the fit when the athlete is in possession of the bike. If an athlete moves the bike off the course for any reason, the athlete may not unfasten or remove the helmet until after they have moved outside the boundary of the bike course route and has dismounted the bike; and they must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike;
- (v) Helmet race number stickers, if provided by the PSO or the LOC, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;
- (vi) There must be a clearance around the official helmet number sticker of 1.5 cm to ensure the number is clearly visible;
- (vii) The helmet can be any colour or design.
- (viii) The helmet shell and any accessories must not extend to cover, obstruct or enclose the athlete's ears. (Looking from the lateral view. Applicable for draft legal races only);
- (ix) Integrated or detachable visors are not permitted. Helmets must be used without any visor attachments or shield-like accessories. Applicable for draft legal races only.

f) Platform Pedals

- (i) Platform pedals are allowed, provided a quick-release mechanism is fitted to ensure the release of the feet in case of a fall.
- (ii) Pedal cages and straps are allowed.

g.) Disc brakes:

- (i) Disc brakes are allowed.

h) Illegal Equipment

- (i) Illegal equipment includes, but is not limited to:

- Headphone(s) and/or headset(s) or technical earplug(s), or smart helmets, including glasses/sunglasses with built-in sound or visual image delivery systems,
- Glass containers and other equipment containing glass;

- Bike or parts of the bike not complying with these rules.

i.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the TD/HR before the competition, must be securely mounted, not endanger any athlete or give unfair advantage;

j.) Fairings are prohibited. Fairings are defined as any devices or materials (including duct tape) added, attached, or blended into the structure of the bicycle which have the effect of reducing the resistance to air penetration. Devices or materials (including duct tape) added, attached, or blended into the structure of the bicycle that does not fundamentally alter or enlarge the general shape of the structure, (e.g., to cover valve cut out of the rear disc wheel, to cover bolts access, etc.) are not affected by this rule;

k.) Hydration Volume Limitation: Hydration volume (e.g. bottles or hydration systems) mounted to components that rotate around the steering axis (e.g. cockpit extensions, base bar) must have a combined maximum capacity of 2 litres;

l.) Rear Mounted hydration systems, (excluding those mounted to the inside the frame triangle) are limited in size, capacity, dimension and location as set forth below:

- (i) cannot contain more than two water bottles;
- (ii) must not exceed 1L capacity per bottle.

m.) Specifically, the following items are not allowed:

- (i) Bottles/hydration or any other objects (excluding nutrition) attached to or inserted in an athlete's race suit;
- (ii) Any inserts in an athlete's calf sleeves and arm sleeves.

5.3 Bike Check:

- a.) A bike check may include all items listed in 5.2;
- b.) A visual bike check will take place before the athletes access the transition area prior to the competition. TO's will check that bikes comply with the Rules;
- c.) Athletes may request approval from the TD/HR after the Athletes' Briefing if their bike is legal;
- d.) Each registered athlete may only check one bike into their transition;
- e.) All athletes must rack their bike before the Transition Area closes. Any athlete unable to do this must inform the TD/HR.

5.4 Not Used

5.5 Drafting

- a.) General Guidelines:

(i) There are two kinds of competitions, depending on the allowance of drafting:

- Draft-legal competitions;
- Draft-illegal competitions.

(ii) The competitions will be draft-legal or illegal according to this table:

	Junior and Youth	U23	Elite	Age-Group	Para triathlon
TRIATHLON					
Mixed Relay	Legal	Legal	Legal	Legal	Illegal
Super Sprint Distance	Legal	Legal	Legal	Illegal	
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal

	Junior and Youth	U23	Elite	Age-Group	Para triathlon
DUATHLON					
Mixed Relay	Legal	Legal	Legal	Legal	
Super Sprint	Legal	Legal	Legal	Illegal	
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
AQUATHLON					
WINTER TRIATHLON (all distances)					
CROSS TRIATHLON AND DUATHLON (all distances)					
AQUABIKE				Illegal	

b.) For details regarding Draft legal events, refer to the World Triathlon Competition Rules.

c) Draft-Illegal Races:

- (i) It is forbidden to draft off another athlete or motor vehicle. Athletes must reject attempts by others to draft;
- (ii) An athlete is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;

- (iii) An athlete who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;
- (iv) To draft is to enter the bicycle or vehicle drafting zone:
 - The bicycle draft zone will be 12 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement;



12m

- Motorbike draft zone: the draft zone behind a motorbike will be 15 meters long. This applies also for draft legal events;
- Vehicle draft zone: the draft zone behind a vehicle will be 35 metres long and applies to every vehicle on the bike segment.

- (v) Entry into the bicycle drafting zone: An athlete may enter a bike draft zone in the following circumstances:
 - For safety reasons;
 - If the athlete enters the draft zone, and progresses through it within the allotted time in the overtaking manoeuvre;
 - 100 meters before and after an aid station or transition area;
 - At an acute turn;
 - If the TD/HR excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.
- (vi) Overtaking:
 - An athlete is passed when another athlete's front wheel is ahead of theirs;
 - An overtaken athlete must drop out of the draft zone of the passing athlete by continuously making rearward progress out of the draft zone of

- the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
- Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;
- Athletes must keep to the side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- The LOC/RD or TD/HR will instruct the athletes if right hand side road rules do NOT apply.

(vii) See the diagram(s) below for events where **RIGHT-hand side** road rules apply.

5.6 Penalties for Drafting:

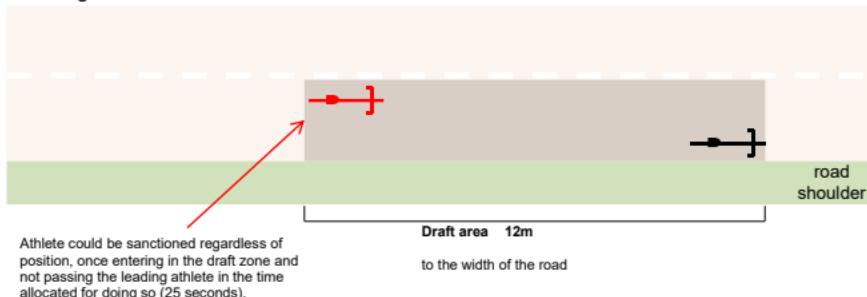
- a.) It is forbidden to draft in a race declared as draft-illegal;
- b.) TO's will notify the athletes who draft they are subject to a time penalty. This notification must be clear and unambiguous;
- c.) The athlete sanctioned has to stop in the next penalty box and must stay there for a specific time depending on the race distance. Drafting time penalties are outlined at 3.3 e.);
- d.) It is the athlete's responsibility to stop in the next penalty box. Failing to stop will result in a disqualification;
- e.) A second drafting offence will lead to a disqualification in standard distance events or shorter;
- f.) The third drafting offence will lead to disqualification for middle- and long-distance events.
- g.) Drafting violations cannot be appealed.

5.7 Blocking:

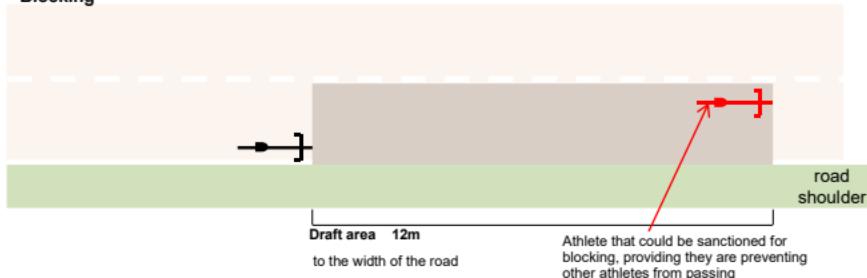
- a.) Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course. Athletes blocking will receive a yellow card and incur a time penalty.

Drafting and Blocking illustration for riding on the right side of the road.

Drafting



Blocking



5.8 Riding positions:

- The riding position requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle;
- Additionally, during the draft-illegal races, forearms can be used as a point of support on the handlebar. While arms or elbows are in contact with the handlebar or armrest, hands will grip the clip on;
- This article does not apply in Cross and Winter races.

Image 1 Allowed positions in all races:



Image 2: Allowed position only in draft illegal races:



Image 3: Forbidden positions in all races:



5.9 Wheel Stations

- If provided, wheel stations are designated locations within the competition course where athletes can replace wheels;
- Three types of wheel stations are available in competitions:
 - Neutral Wheel Station: Wheels are provided by the LOC and are available to all athletes;
 - Team Wheel Station: Wheels are supplied by athletes or their teams and are available only to the designated teams or athletes;
 - Mobile Wheel Station: Wheels are provided by the LOC and are available to all athletes.

6. RUNNING CONDUCT:

6.1 General Rules:

- The athletes will:
 - Run or walk;
 - Wear the bib number;
 - Not crawl;
 - Not run with a bare torso;
 - Not run with a bike helmet on;
 - Not use posts, trees or other fixed elements to assist manoeuvring curves;

- (vii) Not be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course;
- b) Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c) Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d) Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the PSO for potential suspension or expulsion.

6.2 Finish Definition:

- a.) An athlete will be judged as finished; the moment any part of the torso crosses a vertical line extending from the leading edge of the finish line.

6.3 Safety Guidelines:

- a.) The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to a TO or Medical personnel as presenting a danger to themselves or others, may be removed from the competition;
- b.) In a PSO sanctioned event, as agreed between the LOC and the TD/HR, athletes cannot be accompanied by any non-competing person in the finish chute.

6.4 Illegal Equipment:

- a) Headphone(s), headset(s) or technical earplug(s), including glasses/sunglasses with built-in sound or video delivery systems;
- b) Glass containers;
- c) Crutches, canes, poles or any device to help the progress by pushing or pulling with the arms. The specific regulation for para triathletes is included in section 17.
- d) Shoes:
 - (i) in PSO sanctioned events any shoe may be worn. Athletes in races used to select members for Provincial or Canadian Teams must be aware that restrictions may apply at higher level races. Refer to the World Triathlon Competition Rules 6.4 e) for a full explanation of requirements and exemptions.

7. TRANSITION AREA CONDUCT:

7.1 General Rules:

a.) Athletes must use only their designated bike rack and must rack their bike:

- (i) For a traditional bike rack, the bike must be racked as follows:
 - For the first transition: in an upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing to the middle of the transition lane. TD/HR may apply exceptions;
 - For the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0.5 m of the rack number or name plate (if transition spots are not individually marked, the saddle position on the rack will be used). Bike must be racked in a way that does not block or interfere with the progress of another athlete.
- (ii) In case of an individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels.

b.) Position of equipment

- (i) Athletes must place, within 0.5 m of the bin, all equipment to be used at a later stage in the event. If a bin is not provided, the 0.5 m will be measured from the point on the ground immediately below the rack number, name plate or the saddle position on the rack. The bin, if provided, must be within 0.5 m from the rack number, name plate or the saddle position on the rack.
- (ii) Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before competition starts;
- (iii) By the end of the last transition all equipment - regardless whether used or not - must be deposited in the 0.5m transition area or in the corresponding numbered bin, if provided, with the following exceptions:
 - bike shoes, which may remain fixed on the pedals;
 - other bike equipment than helmet and glasses, if placed on the bike previously in Transition 1 may remain on the bike.
- (iv) For any previous transitions, only used equipment must be deposited in the corresponding numbered bin provided. For events with repeating segments, the rule applies for any used equipment that will not be used again;
- (iv) An equipment piece is considered deposited in the bin when one part of the equipment is inside the bin.

- c.) If an athlete wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the bin in transition one, however, only one pair of running shoes may be on the floor at any time during the bike segment of the competition. Running shoes must be located within 0.5 m of the athlete's bin (rack number/name plate/saddle position on the rack).
- d.) Athletes who are observed by a TO discarding any item between the swim exit and transition will receive a penalty.
- e.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike;
- f.) Athletes must not impede the progress of other athletes in the Transition Area. Interference that prevents another athlete from continuing in the competition will result in disqualification. Misplaced equipment can be moved by the athlete affected;
- g.) Athletes must not interfere with another athlete's equipment in the Transition Area;
- h.) Cycling is not permitted inside the Transition Area. Mount and dismount lines are part of the transition area;
- i.) Athletes who cycle out of transition rather than mounting at the mount line will be penalised;
- j.) Athletes must mount their bicycles after the mount line by having one complete foot in contact with the ground after the mount line.
- k.) Athletes who make no attempt to dismount at the Dismount line causing them to cycle in Transition will be penalised;
- l.) Athletes must dismount their bicycles before the dismount line by having one complete foot in contact with the ground before the dismount line.
- m.) While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands.
- n.) If during the mount or dismount manoeuvre, the athlete loses their shoe(s) or other equipment, they will be collected by the TOs and no penalty will be applied.
- o.) Nudity or indecent exposure is forbidden;
- p.) Athletes cannot stop in the flow zones of the Transition Area;
- q.) Wetsuits can only be removed in a designated area or at the transition spot;
- r.) Marking positions in the Transition Area is forbidden. Marks, towels and objects used for marking purposes will be removed and the athletes will not be notified;

s.) All athletes 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 their bike on the rack and let go after the finish of the bike segment.

t.) The helmet strap must remain unfastened in the transition area while the athlete is completing the first segment.

8. COMPETITION CATEGORIES:

8.1 PSO Championships

a.) The PSO may organise championships in the distances, formats and categories shown below:

TRIATHLON	AQUATHLON
Mixed Relay	Standard Distance
Eliminator	Long Distance
Super Sprint Distance	Mixed Relay
Sprint Distance	WINTER TRI AND WINTER DU
Standard Distance	Mixed Relay
Middle Distance	Sprint Distance
Long Distance	Standard Distance
DUATHLON	CROSS TRI AND CROSS DU
Mixed Relay	Mixed Relay
Sprint Distance	Sprint Distance
Standard Distance	Standard Distance
Middle Distance	AQUABIKE
Long Distance	Standard Distance
	Long Distance

b) The PSO may organise championships in super sprint and shorter distances for ages of 15 years and below.

c) The PSO encourages Age Group competition categories (Eligibility determined by age as per December 31 in the year of the competition) as follows:

- 18 – 19 years
- 20 – 24 years
- 25 – 29 years
- 30 – 34 years
- 35 – 39 years
- 40 – 44 years
- 45 – 49 years
- 50 – 54 years
- 55 – 59 years
- 60 – 64 years
- 65 – 69 years
- 70 – 74 years
- 75 – 79 years
- 80 – 84 years
- 85 – 89 years
- 90 – 94 years
- 95 – 99 years
- Etc.
-
-
-

9. PRIZES AND AWARDS:

9.1 Prize Money:

a.) General Rules:

(i) Prize money, if any, for the PSO Events shall be distributed equally between categories in both amount and depth.

9.2 Awards:

a.) At a PSO event any medal or trophy that may be awarded is supplied by the LOC;

10. A. Events: Safety and Environment:

10.1 Water Quality:

a.) The PSO Water Quality Standards are below. The water quality standards of the province, municipality, city, county, district, town or other regulatory authority in which a PSO sanctioned race is held, supersede the PSO standards.

(i) **PSO Water Quality Standards.** Samples of the water collected from three different locations on the swim course will be separately analysed and the poorest results will determine if the swim can take place. The swim will be allowed if the following values are set as the World Triathlon below the level of tolerance limits in the different types of water:

- Sea and transition water:

- PH between 6 and 9;
- Enterotoxigenic Escherichia coli not more than 200 per 100 ml (cfu / 100 ml);
- Escherichia coli E. Coli not more than 500 per 100 ml (cfu / 100 ml);
- Absence of positive visual evidence of Red Tide Algal bloom.

- Inland water:

- PH between 6 and 9;
- Enterotoxigenic Escherichia coli not more than 400 per 100 ml (cfu / 100 ml);
- Escherichia coli E. Coli not more than 1000 per 100 ml (cfu / 100 ml);
- The presence of Blue-Green Algal blooms/scum (cyanobacteria) not more than 100.000 cells/ml. This test is only required in case of positive visual evidence of Blue-Green Algal bloom. Because of the potential for rapid scum formation daily visual sanitary inspection is mandatory by the LOC Medical Director in the two weeks before the competition in the area prone to scum formation. Where no scums are visible, but the water shows strong greenish discolouration, turbidity and the transparency is less than 0.5 m the cyanobacteria test must be performed.

- All units have to be cfu/100 ml or mpn/100 ml. (cfu: Colony Forming Units; mpn: Most Probable Number).

10.2 Water quality information and decision-making:

- Where the water quality standards of the regulatory authority or PSO are not met the TD/HR, in liaison with the LOC, shall delay, postpone or cancel the swim. Where possible, modifications shall be made as per section 2.12.
- Visual sanitary inspection:** Where testing has not been possible the TD/HR shall make a visual sanitary inspection;
 - The TD/HR must check the following entities that are specific water quality indicators:
 - The absence of oils and smell of phenol;
 - The colour of the water does not that may not change in an abnormal way;
 - Visibility of the water of more than one meter (this may only be less when natural circumstances cause this);
 - The absence of garbage; A location with a lot of garbage can be an ideal environment for brown rats;
 - The absence of discharge of cooling water from a factory;
 - The absence of sewage discharge or the occurrence of houses and boats;
 - The absence of bird colonies;
 - The absence of Blue-Green, Algal bloom or Red Tide Algal bloom.

10.3 Modifications due to heat if WBGT Tool available:

- Medical Delegate or, if absent, Race Medical Director will measure the WBGT index. All the measurements with the WBGT tool should be taken at the finish area every 30 min starting 3 hours before the start of the competition. The device must be placed in direct sunlight 1.5 m above the ground.
- WBGT index values are categorised:
 - Assessing on-site environmental heat stress at regular intervals using the Wet-Bulb-Globe-Temperature (WBGT) index and providing announcements of its readings. WBGT levels for the modification of exercise or competition for healthy adults are based on recommendation from the American College of Sports Medicine (2007)
 - Any decision made will take into consideration the level of medical assistance, facilities in the medical tent, evolution of the weather conditions and forecast, period of the competitive season, race distance and category, athlete fitness level and the age of the athletes. Event organisers will pay particular attention to unexpected or unseasonably hot weather in mass-

participation events, considering that the un-acclimatised participants or participants without a sufficient level of training are at higher risk for heat illness.

iii) During the races, weather information and the WBGT index will be provided in the transition, or if available the registration tent or Athlete Lounge. The information will be posted in the registration tent or Athlete Lounge in time for athlete check in. The WBGT index will be converted to a five-level coloured flag system indicating the heat illness risk of current weather conditions. The information will be delivered in the form of written announcement.

WBGT Risk Categories					
Flag Colour	Black	Red	Orange	Blue	Green
WBGT Index (°C)	> 32.2	30.1-32.2	27.9-30.0	25.7-27.8	< 25.7
Risk	Extreme	Very High	High	Moderate	Low

c.) For sprint and standard distance events, in case of very high risk (red flag 30.1° – 32.2°C the following will be taken into consideration:

- If the LOC and Medical Staff are able to provide medical assistance respecting all the rules of the World Triathlon Event Organiser Manual Medical Services and Exertional Heat Illness Prevention document, particularly in large mass participation events:
 - Standard distance events: change to Sprint distance
 - Sprint distance events and below: stay as originally planned
- If the LOC and Medical Staff are unable to provide medical assistance respecting all the rules of the World Triathlon Event Organiser Manual Medical Services and Exertional Heat Illness Prevention document, particularly in large mass participation events, the competition **must** be rescheduled.

d.) For sprint and standard distance events in case of an Extreme Risk (WBGT index: >32.2°C, Black Flag) the competition **must** be re-scheduled or cancelled.

e.) For middle- and long-distance events, a meeting must take place among the assigned Technical Delegate, the assigned Medical Delegate, the LOC Race Director, the LOC Race Medical Doctor and the Chair of the Event Advisory Group for agreeing the heat countermeasures to be implemented in the cases where the event is expecting to take place in very high risk and extreme high-risk conditions.

10.3.1 PSO Modifications due to heat:

a.) Humidex Heat Stress Response Plan

* **Source:** [Occupational Health Clinics for Ontario Workers Inc.](http://www.ohc.on.ca) Reference also: [Employment and Social Development Canada](http://www.esdc.gc.ca)

i) The Humidex plan is a simplified way of protecting workers from heat stress which is based on the 2009 American Conference of Governmental Industrial Hygienists (ACGIH®) Heat Stress Threshold Limit Value® (TLV®) which uses wet bulb globe temperatures (WBGT) to estimate heat strain (per World Triathlon). These WBGT's were translated into Humidex.

Note: in the translation process some simplifications and assumptions have been made, therefore, **the plan may not be applicable in all circumstances and/or locations.** For instance, outdoors, in direct sunlight, between the hours of 10 am and 5 pm, add 2-3°C (pro-rate according to percentage cloud cover) to your Humidex measurement.

Humidex (WBGT) Risk Categories and Actions

Risk / Humidex / Flag	Actions for Events
LOW Humidex: Less than 25.7°C Green	Supply water "as needed".
MODERATE Humidex: 25.7°C – 27.8°C Blue	Post Heat Stress Alert notice; Actively encourage athletes to drink water; Start recording hourly temperature and relative humidity
HIGH Humidex: 27.9°C - 30°C Orange	Post Heat Stress Warning notice Cancel event for at risk populations (Children under 12, the elderly and persons with asthma or heart disease) Consider reduction of length of events and/or cancellation of youth/junior events. Standard to Sprint Sprint to Super Sprint Notify athletes that they need to drink extra water; Ensure athletes are trained to recognize symptoms
VERY HIGH Humidex: 30.1°C – 32.2°C Red	Consider reduction in length of events. Standard to Sprint Sprint to Super Sprint

	<p>Cancel or postpone event. Start earlier</p> <p>Cancel Youth/Junior Events</p> <p>Upgrade medical assistance all along the course: Ensure rapid medical attention if symptoms appear.</p> <p>Have cooling and shade facilities available. Monitor Hyperhydration.</p>
EXTREME Humidex: Greater than 32.2°C Black	Cancel all events and training

ii) Humidex may be calculated using the table below:

Temp (in °C)	Relative Humidity (in %)																		
	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%
49																		50	49
48	NEVER IGNORE ANYONE'S SYMPTOMS DESPITE YOUR MEASUREMENTS!!!																		
47	Moderate Unacclimatized & Heavy Acclimatized																	50	49
46																		50	47
45																		49	46
44																		49	43
43	45+	only medically supervised work																	
42	42-44	work with 45 min/hr relief																	
41	40-41	work with 30 min/hr relief																	
40	38-39	work with 15 min/hr relief																	
39	34-37	warn for symptoms & extra water																	
38	30-33	alert for symptoms & extra water																	
37	25-29	water as needed																	
36																		49	34
35																		35	34
34																		33	31
33																		32	30
32																		30	29
31	50	49	48	47	45	44	43	42	40	39	38	37	35	34	33	32	30	29	28
30	48	47	46	44	43	42	41	40	39	37	36	35	34	33	31	30	29	28	27
29	46	45	43	42	41	40	39	38	37	36	35	33	32	31	30	29	28	27	26
28	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25
27	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25		
26	39	38	37	36	35	34	33	32	31	30	29	28	27	26					
25	37	36	35	34	33	33	32	31	30	29	28	27	26	25					
24	35	34	33	33	32	31	30	29	28	28	27	26	25						
23	33	32	31	30	29	28	27	26	25	25	25								
22	31	30	30	29	28	27	27	26	25	25									
21	29	29	28	27	26	26	25												
	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%

10.4 Swim Current:

- The TD/HR may modify the distance of the swim segment or even cancel the swim, depending on the speed of the current or any other environmental condition which may create safety concerns;
- If athletes are swimming with the current equal or more 1.5m/s or more than 0.5 m/s against the current, the race will be cancelled or rescheduled. These values against the current are to be measured close to the bank.

10.5 Thunderstorm and lightning:

- Lightning can be an immediate threat to athletes. If lightning strikes are approaching the venue and are within **3.1 miles/ 5 km** the race should be

stopped, the venue should be evacuated and the athletes should be taken to a safe area. Thirty (30) minutes after the last lightning, activities may resume.

10.6 Wind

- All cycling segments in all must be cancelled when the wind speed reaches 40 km/h. Once the wind speed reaches between 30 – 39 km/h, the cancellation of races should be seriously considered.
- Wind Speed Guidelines can be used in the absence of Environment Canada data:

Km/h	Indicators	Description
< 1	Still, calm air, smoke will rise vertically.	Calm
1 – 5	Rising smoke drifts, wind vane is inactive.	Light Air
6 – 11	Leaves rustle, can feel wind on your face, wind vanes begin to move.	Light Breeze
12 – 19	Weather wanes will move, leaves and small twigs will rustle and move, and you'll feel a breeze on your face. Light weight flags extend.	Gentle Breeze
20 - 29	Strong enough to straighten flying flags and shake small tree branches. Expect dust and loose paper garbage to fly around in the air.	Moderate Breeze
30 - 39	<i>Small trees start to sway.</i>	<i>Fresh Breeze</i> <i>Consider canceling bike segment</i>
40 - 50	Strong enough to break umbrellas and move large tree branches.	Strong Breeze Cancel bike segment

Cancel bike segment for wind speeds in excess of 40 km/h

10.7 Visibility and Air Quality:

- Low visibility** is generally caused by fog/mist or darkness. The swim leg of an event is not to commence unless:
 - The first turning mark is clearly visible from the start line, and;
 - Each subsequent turning mark is clearly visible to competitors, and;
 - Every position on the course has a clear view of a safe exit location on the shore.
- The bike leg of an event is not to commence unless there is at least 100m visibility at all positions on the course.
- The **Air Quality Health Index (AQHI)** is standardised across Canada and provides a number from 1 to 10+ to indicate the level of health risk associated with local air quality. The AQHI is available on the Environment Canada web

site for the location. Where AQHI is not available for a location it can be measured locally by visual inspection according to the following table:

Air Quality Category	AQHI Equivalent (M2.5 1-3 hr avg in ug/m ³)	Visibility in Km
Good	1-3 (0 - 40)	15 Kms and Up
Moderate Unhealthy for sensitive groups	4-6 (41 - 175)	5 - 14 Kms
Unhealthy	7-8 (176 - 300)	2.5 - 4 Kms
Very Unhealthy	9-10 (301 - 500)	1.5 - 2 Kms
HAZARDOUS	10+ (>500)	< 1.0 Km

d.) The PSO recommended contingency plans for AQHI and forest fire smoke are:

AQHI	PM 2.5 ug/m ³ (smoke)*	Adult	Youth (12 to 15)	Children (under 12)
Less than 7	Less than 150	No modification	No modification	No modification
7 to 8	151 to 300	Warning to competitors	Warning / Reduce Sprint to Super Sprint / Consider Delay†	Cancel
9 to 10	3001 to 500	Warning and Delay or Cancel	Cancel	Cancel
10+	500+	Cancel	Cancel	Cancel

(*) Smoke particle concentrations may be taken from local web resources or measured locally by visual inspection.

- e.) **Delay:** Smoke concentrations can change rapidly with wind or rain. A delay may be hour to hour or for several hours if the forecast warrants. Most AQHI forecast will show an afternoon AQHI forecast in addition to the current value
- f.) **Cancellation:** Where Cancel is the recommended action above, that means that any PSO Sanction for the event, race, club training, etc. is also cancelled.

10.0 B. Events: Technical

10.8 Wave starts:

a) To ensure the safety of the athletes, there are limits on the quantity of athletes starting at the same time. For categories of events which are not specified below, the quota of athletes is defined in the specific qualification criteria. The TD/HR may apply lower limits than the indicated, according to the event conditions:

	Other Standard and shorter distances triathlons	Middle- and Long-Distance Triathlon - All events (*)	Cross Triathlon All events	Duathlon - All events	Mixed Relay
Youth	70	n/a	n/a	n/a	30
Para triathlon	52	80	80	80	n/a
Age-Group	200	500	500	500	200

(*) Long distance triathlons may have larger start groups if they are in water start events and after TD/HR approval.

b.) Athletes from the same Age-Group can be divided in two or more wave starts provided:

- (i) Both/all waves will have the similar number of athletes assigned;
- (ii) Athletes will be split in all groups randomly, assigning the similar number to each of the waves;
- (iii) The champion will be the athlete with quickest time, no matter in which wave he/she is starting in;
- (iv) The result list of the Age-Groups affected will contain the athletes of both waves sorted by times;
- (v) The waves containing athletes from the same Age-Group will be scheduled one immediately after the other;
- (vi) These waves will not include athletes from a different Age-Group.

10.7 Transition:

- a.) The TD/HR will determine the position of the mount and dismount lines. Both lines will be considered as part of the transition area.

10.8 Bike:

- a.) A 10 % tolerance margin will be accepted for the distance of the bike segment provided that it has been approved by the Technical Delegate. In the middle- and long-distance events, this tolerance is limited to 5%;
- b.) In lieu of a penalty box or tent, any time penalty may be served in T2 or be added to the athlete's final overall time.

10.9 NOT USED

10.10 NOT USED:

10.11 NOT USED

10.12. Cut-off time:

- a.) In a PSO sanctioned race the LOC, with the approval of the Director Sanctioning or the TD/HR may determine a cut-off time for the entire race or any intermediate point.
- b.) If there is a cut-off time, it must be announced at least 30 days before registration closes.

11. TECHNICAL OFFICIALS:

11.1 General:

- a) The duties of the TO's are to conduct the competition are in accordance with the PSO Rules;
- b) PSO TOs are:
 - (i) Technical Officials;
 - (ii) Chair of the Competition Jury.
- c) TO's must be at least 16 years old on the 31st of December in the year of the competition they are working on;
- d) To hold a competition under these Rules, it is necessary to have the presence of:
 - (i) A Technical Delegate; and
 - (ii) A Head Referee.
 - (iii) in some cases, these roles may be held by the same individual

11.2 Technical Officials:

- a.) The TOs at all PSO competitions may include some or all of the following:

- (i) The Technical Delegate (TD) ensures all aspects of the Rules and the sanction document commitments are fulfilled. The LOC will modify the competition conditions, as per the indications of the TD at any time;
- (ii) The Assistant Technical Delegate (ATD) assists the TD with their duties;
- (iii) The HR checks the certification of the TO's, makes the results official by signing them and makes final judgments on rule violations. The TD and HR may be the same person;
- (iv) The Chief Race Official (CRO) assigns and monitors the work of all TO's;
- (v) TO's are assigned to each sector/area as necessary, and will be responsible for the enforcement of the Rules within their assigned jurisdiction. A TO may be assigned in more than one position;
- (vi) TOs can be accredited as Bike Check Officials;
- (vii) The Competition Jury is appointed by the TD/HR;

11.3 Para triathlon Specific Technical Officials:

- a) Only World Triathlon and Triathlon Canada races have Para-triathlon Specific Officials. Where such officials are required in a PSO sanctioned race one of those organisations will provide the officials.

11.4 Technology Tools:

- a) TO's may use any kind of electric, electronic, magnetic, or other technological support to acquire data or evidence on rule infractions as supporting evidence.

11.5 Volunteer Certification:

- a) All volunteers, who are assigned to areas of responsibility on the Field of Play, must be educated on their position by the LOC.

11.6. Health:

- a) The PSO and World Triathlon encourage TOs to undergo an annual health evaluation.

12. PROTESTS

12.1 Protests:

- a.) An Athlete, may protest against the conduct of another Athlete (including the equipment they used), a TO, a Coach or any accredited personnel, or protest against decisions made by the HR;
- b.) ~~Protests must be made in accordance with these Rules and are identified as a Level 1 Protest.~~
- b.) ~~Protests received against a disqualification for not serving a time penalty must be analysed from the basis of the rule infringement which caused the time~~

penalty will be determined according to the correctness of the penalty in regard to the violation and not the disqualification itself.

12.2 Matters subject to a protest

Matters which may be the subject of a protest, including but are not limited to:

- a) Eligibility of an Athlete;
- b) Composition of a start list;
- c) Conditions of a field of play, except:
 - (i) When a competition cannot be held in the original format due to a force majeure event.
- d) Conduct of an Athlete;
- e) Equipment used by an Athlete;
- f) Conduct of a Technical Official;
- g) Conduct of an accredited Coach or any accredited personnel;
- h) Decisions taken by the HR or a Technical Official, except:
 - (i) A drafting violation;
 - (ii) A time penalty, which has already been served.
- i) Error in competition results.

12.3 Protester:

- a.) In accordance with the protest initiation procedures set out in rule 12.4, a protest may be initiated by an athlete who is entered for the competition;

12.4 Protest initiation and timelines:

- a) Protests will not be accepted unless initiated and lodged in accordance with the relevant timeline. The timeline for a protest varies according to the subject matter of the protest, as follows:
 - (i) Eligibility of an athlete:
 1. The protest must be announced to the Head Referee by the Athlete one (1) Hour before the first start of the competition and within a further fifteen (15) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.
 - (ii) Composition of a start list:
 1. See 12. 4. a. (i). 1.
 - (iii) Safety measures or conditions of a field of play:
 1. See 12. 4. a. (i). 1.

(iv) Conduct of an Athlete:

- A. The protest must be announced to the HR by the Athlete within fifteen (15) minutes of the later of:
 - i. The finish time of the protester;
 - ii. The finish time of the protest responder; and
 - iii. within a further thirty (30) minutes, a protest form in accordance with rule 12.5 must be lodged with the Head Referee.

(v) Equipment used by an Athlete:

- A. See 12. 4. a. (iv). A.

(vi) Conduct of a Technical Official:

- 1. Age-Group competitions: The protest must be announced to HR by the Athlete within fifteen (15) minutes after the end of the competition, and within a further thirty (30) minutes, a protest form in accordance with rule 12.5 must be lodged with the Head Referee.

(vii) Conduct of an accredited Coach or any accredited personnel:

- 1. See 12. 4. a. (vi). 1.

(viii) Decisions taken by the Head Referee:

1. Age-Group competitions:

- A. The protest must be announced to the HR by the Athlete within fifteen (15) minutes of the later of:

- i. The finish time of the protester;
- ii. The time of posting the decision of the HR on the board at the post finish area; and
- iii. within a further thirty (30) minutes a protest form in accordance with rule 12.5 must be lodged with the HR.

- 2. Decisions at the briefing may be protested not later than thirty (30) minutes before the competition starts.

(ix) Competition Results:

- 1. Age-Group competitions: The protest must be announced to the Head Referee by the Athlete within fifteen (15) minutes after the results are posted, and within a further thirty (30) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.

12.5 Protests initiation procedures:

- a) The protest form may be obtained from the TD/HR. A sample of the form is included in the Appendix B of these Rules;
- b) The protest form must be accompanied by a fee of \$50 CAD or equivalent. Protests sent to the PSO must be accompanied by proof that the fee has been paid.
- c) The protest form must contain, if applicable:
 - (i) Competition name, location, date;
 - (ii) Protester's name, address, phone, email;
 - (iii) The alleged rule violated or decision protested;
 - (iv) The location and approximate time of the alleged violation;
 - (v) Persons involved in the alleged violation;
 - (vi) A statement, including a diagram of the alleged violation, if possible;
 - (vii) The names of witnesses who observed the alleged violation;
 - (viii) Rationale/summary of the facts.

d.) Head Referee will admit the protest if:

- (i) It is accompanied by the fee, and
- (ii) It is received inside the timelines.

Protests must be lodged with the TD/HR.

- e) Once a protest is received, the TD/HR will present the case to the Chair of the Competition Jury of the competition.

12.6 Composition of the Competition Jury

- a) The PSO TD/ HR will appoint the members of the Competition Jury as follows:
 - (i) For PSO Events the Competition Jury consists of three (3) persons being selected from:
 - the TD/HR or other official appointed by the TD/HR, who chairs the Competition Jury;
 - Other suitable individuals who are deemed impartial, impassionate and capable of understanding and interpreting these rules and who have no real or apparent conflict of interest, for example:
 - PTO 2 or TRI 1, 2, or 3 TO's who are not involved in the incident;
 - present or former members of the PSO Board of Directors;
 - present or former members of the TC National Team
 - On-site medical personnel;

- Staff of any timing company present;
- Coaches (whose athletes are not involved in or whose athletes will not gain advantage by any decision);
- etc.

12.7 Competition Jury Duties:

- a.) The Competition Jury decides on all protests made to it which are in compliance with the relevant protest timeline;
- b.) The Competition Jury may modify the competition results, other than removing the time of a penalty, as a consequence of its decision on the protest. However, the Competition Jury may not remove the time penalty from the final time;
- c.) The Chair of the Competition Jury must file written minutes for all protests within seven days of decisions reached.

12.8 Competition Jury Integrity:

- a.) The Competition Jury must observe the following principles:
 - (i) It must consider all submissions and expert opinions made to it;
 - (ii) Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
 - (iii) Have an open-minded approach until all evidence has been submitted;
 - (iv) Give equal weight to the evidence and testimony provided by all
 - (v) ~~It's~~ The Competition Jury's decisions to uphold ~~or not uphold~~ or impose a penalty shall be based upon the standard of a comfortable satisfaction of the majority of Competition Jury members that the alleged violation has occurred.
- b.) Conflict of interest:
 - (i) The Chair of the Competition Jury decides if any member has a conflict of interest;
 - (ii) In the event of a conflict of interest, or absence of another member, the Chair of the Competition Jury may appoint a replacement of that member;
 - (iii) The Chair of the Competition Jury may appoint a replacement at his/her discretion, subject to the requirements of rule 12.6 for the composition of the Competition Jury;
 - (iv) Following replacement of a member, the Competition Jury must have the same number of members that it originally had;
 - (v) The Chair of the Competition Jury is deemed not to have a conflict of interest.

12.9 Competition Jury meeting:

- a.) The Competition Jury will meet as determined by the Chair. At least will meet as required by the TD/HR;
- b.) Competition Jury meetings method:
 - (i) Competition Jury may meet in person, or online in a virtual meeting, or in combination of in person and online, as determined by the Chair.
- c.) ~~A Protest received against a disqualification for not serving a time penalty must be analysed from the basis of the rule infringement which caused the penalty and not the disqualification itself; discussed considering the infringement, which resulted on the received time penalty and not the disqualification itself.~~
- c.) Hearing procedure:
 - (i) The protester and the respondent may be present;
 - (ii) Failure of any party to attend a hearing may result in the Competition Jury making a decision in their absence;
 - (iii) A representative may appear on behalf of the protester or the respondent if permitted by the chair of the Competition Jury;
 - (iv) The hearing will not be open to the public;
 - (v) The Chair of the Competition Jury will explain the hearing process and all parties' rights;
 - (vi) The Chair of the Competition Jury will read the protest;
 - (vii) The chair of the Competition Jury will determine if the protest is accepted, dependent upon it being:
 1. Received within the relevant timeline set out in rule 12.4 and;
 2. A matter which may be the subject of a protest as set out in rule 12.2.
 - (viii) The Chair of the Competition Jury presents the submitted evidence;
 - (ix) The Competition Jury will hear from each party;
 - (x) The protester and the respondent will be given adequate time to give their accounts of the incident;
 - (xi) If permitted by the Chair, the protester and the respondent may call witnesses, who may speak for up to three (3) minutes each;
 - (xii) Once the protester, respondent and any witnesses have been heard, the Competition Jury may call other parties interested or affected to speak for up to three (3) minutes each;
 - (xiii) The Competition Jury may invite any expert to speak;

- (xiv) The Competition Jury will consider the evidence and any expert opinion and render a decision by simple majority;
- (xv) The decision will be communicated immediately to the parties present and delivered in writing to the parties upon request.

- d.) Written minutes of the Competition Jury meeting, including the Competition Jury's decision, along with the protest form will be submitted to the PSO
- e.) The \$50 CDN or equivalent fee will be returned to the protester in case the Competition Jury decides in favour of the protester. The \$50 CDN or equivalent deposit will be forwarded to the PSO in case the Competition Jury decides against the protester;
- f.) Once a protest has been lodged with the Competition Jury, no further protest may be lodged for the same matter;
- g.) The Competition Jury decisions, made in accordance with the Rules, are field of play decisions;
- h.) Competition Jury decisions may be appealed to the PSO.

12.10 Results revision process by the PSO:

- a.) The PSO Technical Committee or Executive Committee may revise the competition results on the basis of new evidence;
- b.) There is no time limit on the results revision process;
- c.) Field of play decisions or any matter already dealt with by a Competition Jury may not be reopened under the results revision process;
- d.) The Technical Committee will decide on the results revision case by maintaining or modifying the competition results;
- e.) For results revision cases, the PSO will follow the hearing procedure set out in rule 12.9 (c);
- f.) Any revised competition results will be notified to the athletes;
- g.) PSO results revision process decisions are field of play decisions;
- h.) The PSO results revision process decisions may be appealed to the PSO Board of Directors.

13. APPEALS

13.1 Appeal Jurisdiction:

- a.) An appeal is a request for a review of a decision made by the Competition Jury or the PSO Technical Committee/Executive Committee (Level 2 Appeal). Appeals on Anti-doping matters shall be in accordance with the CADP and the

CCES procedures. The content of the A sample of the Level 2 Appeal Form is available in Appendix C;

b.) Decisions from any Competition Jury, PSO Technical Committee/Executive Committee may be appealed to the PSO Board of Directors, except field of play decisions.

13.2 Level 2 Appeal Procedure:

a) the following procedure will be followed in the event of a Level 2 Appeal:

- (i) The decision of the Competition Jury may be appealed to the PSO. The PSO must receive such an appeal within 15 days of the decision of the Competition Jury.
- (ii) A Jury chaired by the Executive Director or President shall be empaneled to hear the appeal. The jury shall have at least one member of the PSO Board of Directors and such other suitable individuals, who are members of the PSO, who the Executive Director/President feels are deemed impartial, impassionate and capable of understanding and interpreting these rules and who have no real or apparent conflict of interest.
- (iii) The Jury shall have an odd number of members, not less than three (3).
- (iv) Appeals will be submitted in writing to the PSO and will be accompanied by a deposit of \$ 200 CAD. It will only be refunded if the appeal is successful.
- (v) Any decision made by the PSO shall be without appeal and shall be binding on the parties concerned.

PSO RULES: SPECIFIC DISCIPLINE GUIDELINES

14. INDOOR TRIATHLON

14.1 Definition:

- a.) An Indoor triathlon consists of a triathlon, which takes place in a closed space such as a sports pavilion, which has a swimming pool, a cycling track and a running track.

14.2 Swimming:

- a.) Maximum two athletes are allowed per lane of 2.5 meters wide, where they have to keep to the side all the time;
- b.) Athletes will keep the assigned side of the lane.

14.3 Cycling:

- a.) The lapped athletes will be not removed from the race;
- b.) Athletes can draft from others who are on a different lap.

14.4 Running:

- a.) Spike shoes are not allowed.

15. MIDDLE- AND LONG-DISTANCE EVENTS

15.1 Medical Guidelines:

- a.) Specific medical guidelines, including "hot weather" guidelines and medical evacuation plans will be developed by the LOC in conjunction with the TD/HR.

15.2 Distances:

- a.) The course should have demanding hills and challenging technical aspects. A 5% tolerance margin will be accepted for the distance of the bike course, provided it has been approved by the TD/HR.

15.3 Penalties:

- a.) Details about penalties are outlined in section 3.

15.5 Personal Needs Station:

- a.) Additional stations on the bike and or run may be provided for personal needs;
- b.) Any items given out at these stations will be handed out by volunteers supplied by the LOC.

15.6 Transition Area:

- a.) In the transition area, TOs or LOC staff may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes;

- b.) Athletes are allowed to replace their uniforms in the transition area. If the athlete needs to become nude to do it, this action needs to be done inside the tent provided by the LOC for this purpose.;
- c.) Wetsuits must be removed in the designated area;
- d.) For the events where the bag drop system is in place, all equipment must be deposited inside the proper bag provided by the LOC. The only exception is the bike shoes that may remain attached to the pedals at all times.

15.7 Outside Assistance:

- a.) Medical assistance, food and liquid are permitted at aid stations, personal needs stations or at coaches' stations;
- b.) Bike catchers may be provided;
- c.) Bike Mechanic support may be provided at the approved locations and by the approved vehicles;
- d.) The LOC may provide helpers to remove wetsuits;
- e.) All other outside assistance is prohibited.

16. TEAM AND RELAY EVENTS:

16.1 Types of Events:

- a.) The PSO may organise Team Events in the distances and categories shown in this table:

Type of competition	
Triathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Triathlon LD	Adding 3 best times
Duathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Duathlon LD	Adding 3 best times
Winter	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Cross Triathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Cross Duathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Aquathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Corporate Triathlon	Corporate

16.2 Definitions:

- a.) Mixed relay: A team is composed of 4 athletes: 2 men and 2 women, who will compete in the following order: woman, man, woman, man. Each of them will cover a complete aquathlon, triathlon, cross triathlon, duathlon, cross duathlon, winter triathlon or winter duathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th athlete. Time is continuous and the timing does not stop between athletes;

- b.) 2x2 Mixed Relay: A team is composed of 2 athletes: 1 man and 1 woman, who will compete in the following order: woman, man, woman, man. Each of them will cover a complete twice aquathlon, triathlon, cross triathlon, duathlon, cross duathlon or winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the second leg of the 2nd athlete. Time is continuous and the timing does not stop between athletes;
- d.) 3x Relay and Corporate: A team is composed of 3 athletes regardless of gender. The first athlete will cover the swim segment, the second one the bike segment and the third one the run segment. The total time for the team is from the start of the 1st team member to the finish of the 3rd athlete. Time is continuous and the timing does not stop between athletes;
- e.) Team competition based on the individual results: The total team time is the addition of the 3 best times of the athletes from the same nation and gender. In case of a tie, the time of the third team member will determine the team result.

16.3 Results:

- a.) All teams, regardless of their affiliation, shall appear in the results

16.4 Eligibility:

- a.) The general eligibility rules apply. The minimum age is 15 years unless distances appropriate for younger ages, as detailed in Appendix Y, are used;
- b.) There is normally no limit on the number of teams. The TD/HR may fix a limit according to the conditions

16.5 NOT USED:

16.6 Mixed Relay Briefing:

- a.) In case a relay competition is held in conjunction with an individual competition of the same category, both individual and relay information will be included in the same briefing held prior to the first competition according to the timeline specified in 2.7.b;
- b.) In case a relay competition is held independently, a mandatory briefing for all declared competing athletes and 1 reserve athlete per gender will be conducted according to the timeline specified in 2.7.b.

16.7 Team Composition:

- a.) In case a relay competition is held in conjunction with an individual competition of the same category, the team representative will declare all competing athletes and 1 reserve athlete per gender the day before the competition. All team compositions will be published after this time;

- b.) In case a relay competition is held independently, the team representative will declare all competing athletes and 1 reserve athlete per gender the day before the competition. All team compositions will be published after this time;
- c.) Teams not submitting the declaration form within the specified time will be removed from the start list;
- d.) One hour before the competition starts, the team representative can communicate to the TD/HR a different team composition and order. These athletes must be listed on the declaration form, otherwise the team composition communicated at the mixed relay briefing will remain in force.

16.8 Competition Day Check-in:

- a.) All the team members must check in together;
- b.) Team members can use the same bike.

16.9 Transition Area:

- a.) General applicable rules are outlined in Section 7. Athletes must place equipment already used in the corresponding numbered individual bin, if provided. Exceptions are the bike shoes, which may remain fixed on the pedals;
- b.) In the 2x2 events athletes are allowed to access their position in the Transition Area to reorganize the equipment to be used in the subsequent leg. Athletes may bring in tool or replacement pieces to repair the bike. Bike frame may be replaced with the permission of the TD/HR.

16.10 Relay Exchange:

- a.) The relay exchange from one team member to another will take place inside the exchange zone, which is 15 meters long;
- b.) The exchange is completed by the in-coming athlete, using their hand to contact the body of the out-going athlete within the relay zone;
- c.) If the exchange occurs unintentionally outside the exchange zone, the team will receive a penalty of 10 seconds, which must be served in the penalty box. If the relay Exchange was done intentionally outside the relay zone, the team will be disqualified;
- d.) If the exchange is not completed, the team will be disqualified;
- e.) Prior to the relay exchange, the athletes will wait in a pre-relay exchange area until the TO tells them to enter the exchange zone.

16.11 Penalties:

- a.) Time penalties are 10 seconds long;

- b.) Infringements due to missing the briefing and/or starting before the official start signal will be served by the first athlete in Transition 1;
- c.) All other time penalties are to be served at the penalty box. These penalties may be served by any member of the team, who has not yet completed their portion of the event;
- d.) Time penalties will be posted in the notice board of the run penalty box before the deadlines listed below. Notifications posted after these times will be considered invalid:
 - (i) Infringements committed during the first leg (except early start) will be notified before the athlete in the second leg finishes the second segment;
 - (ii) Infringements committed from the first change over to the end of the second leg will be notified before the athlete in the third leg finishes the second segment;
 - (iii) Infringements committed from the second change over to the end of the third leg will be notified before the athlete in the fourth leg finishes the second segment;
 - (iv) Infringements committed from the third change over to the end of the first half of the last segment, will be notified before the athlete in the fourth leg gets the half of the last segment;
 - (v) Infringements committed in the second half of the last segment of the last leg, will be notified immediately and personally to the athlete. It will be served on the spot.

16.12 Finish:

- a.) Only the last team member is allowed to cross the finish line.

17. PARA TRIATHLON

17.1 General:

- a.) Para triathlon, is governed by the PSO Rules. This section contains the rules which affect only para triathlon.

17.2 Para triathlon Sport Classes:

- a.) For the purposes of Para triathlon development, the PSO has implemented a classification system to group impairments into sport classes;
- b.) There are three (3) sport classes:
 - (i) PTWC: wheelchair users. Athletes must use a recumbent handcycle on the bike course and should use a racing wheelchair on the run segment;
 - (ii) PTS: Standing class. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices;

- (iii) PTVI: Visually impaired athletes. One guide is mandatory throughout the race. Must ride a tandem during the bike segment;

17.3 Para triathlon Medal Events:

- a.) There will be three (3) medal events as follows:

- (i) PTWC;
- (ii) PTS;
- (iii) PTVI:

17.4 Classification:

- a.) For PSO Para-Triathlon Development races Classification is not required;

17.5 Eligible Classes and Competition Formats:

- a.) All Para triathletes are allowed to compete in triathlon, duathlon and aquathlon events. Para triathletes wishing to compete in winter triathlon, winter duathlon, cross triathlon and cross duathlon events must coordinate with the PSO and LOC. Depending on the course and logistic details accommodation may not be available;
- b.) All Para triathletes may start all together or grouped in waves. Athletes from the same sport class and gender must start in the same wave;
- c.) In a Duathlon event, a para triathlon competition should be organised at least in two wave starts with a difference of at least one (1) minute. PTWC athletes should start in the first wave and the rest of the athletes in the second wave;
- d.) At the discretion of the HR/TD the competition format may be changed;
 - (i) In order to avoid overlapping or issues due to time constraints, the TD/HR may allow a mass start;
 - (ii) Any protests that are filed regarding the starting order and/or compensation times, shall take place according to the Section. 12., "Protest of Eligibility."

17.6 Para triathletes' Briefing:

- a.) Rule 2.7 b.) includes provisions regarding the Para triathletes briefing;
- b.) All guides and personal handlers must be registered at the briefing;
- c.) All Para triathletes will pick up their own race packet following the briefing.

17.7 Para triathlon Personal Handlers:

- a.) Securing qualified personal handlers shall be the responsibility of the para-athlete, and they should all be identified and receive credentials from the TO at the Para Briefing;

b.) Personal handlers are to be allotted as follows:

- (i) Up to one (1) personal handler for sport class PTWC and PTS;
- (ii) No personal handlers for sport class PTVI Guides may act as the personal handler for this sport class).

c.) Personal handlers are specifically allowed to assist Para-athletes by:

- (i) Helping with prosthetic devices or other mobility equipment; assistive devices;
- (ii) Lifting Para athletes in and out of handcycles and wheelchairs;
- (iii) Removing wetsuits or clothing;
- (iv) Repairing bikes and helping Para-athletes with other equipment at the transition area or at the official wheel station. PTVI guides can help to repair the bike along the whole bike course, without receiving external help;
- (v) Racking the bikes in transition.

d.) All personal handlers shall be subject to the PSO Rules in addition to further regulations deemed appropriate or necessary by the TD/HR;

e.) Any action taken by a personal handler, which propels the Para-athletes forward may result in a disqualification;

f.) One personal handler can assist maximum of one athlete;

g.) All personal handlers shall be located within two (2) meters of their athletes' transition spot during the competition. Permission from a TO is required in order to move outside that zone.

17.8 Para triathlon Registration:

a.) The Para-athlete is responsible for registering themselves, and their handler/Guide via the LOC provided registration system. It is recommended that the para-athlete contact the LOC regarding any specific accommodations that may be necessary:

- (i) Once a personal handler has been registered, they can only be replaced in exceptional circumstances and only after approval by the TD/HR;
- (ii) If used, Two Timing chips will be delivered to all para-athletes;
- (iii) Equipment (prostheses, crutches, etc.) for the pre-transition area (must have a race number on it) and will be checked at the Para triathletes' lounge.

17.9 Pre-Transition Area:

- a.) If a pre-transition area exists, para triathletes in PTWC, and PTS sport classes may remove their wetsuits in this area. Only personal handlers are allowed to assist their assigned Para-athlete in this area, but cannot propel nor push the athlete forward. Personal Handlers must not assist their athlete until they are placed by the swim exit assistants on the daily chair, or assigned chair or space in pre-transition;
- b.) All PTWC athletes must transfer in a day chair from pre-transition to transition. The wheelchairs provided by the PTWC Para-athletes for this area must have functional brakes;
- c.) The closest available area to the swim exit area will always be used to line up the PTWC wheelchairs according to their race number;
- d.) There should be a dedicated space in the pre-transition area with numbered chairs, to set up and display all prosthetic devices/crutches for Para-athletes from the PTS sport class (if required). One TO or trained LOC volunteer will coordinate the distribution of these equipment devices to the athletes as they exit the water. All of the equipment will be lined up in numerical order;
- e.) No athletes' equipment can be left in the pre-transition area, once the athlete exits the pre-transition area. Handler is allowed to carry the equipment of an athlete;
- f.) Adapted cleats and bike shoes with non-exposed cleats - that are mounted on prosthetic legs - are allowed in the pre-transition area, provided that the cleats are covered or enclosed by anti-slip material;
- g.) Athletes may leave running shoes in Pre-Transition Area. Athletes are responsible to tag the shoes;
- h.) Para-athletes in PTS with an absent lower limb must use a prosthesis or crutches between Pre-Transition and Transition area 1. Hopping on one leg is not permitted from Pre-Transition to Transition area 1.

17.10 Transition Area:

- a.) The LOC shall provide a minimum of swim exit assistants at the swim exit area, who will be responsible for assisting the Para triathletes from the swim exit to the pre-transition area. The final number of swim exit assistants shall be determined by the TD/HR. Only these persons will be allowed to enter this area. Their training should be supervised by the TD/HR;
- b.) During the swim exit, the para-athletes will receive assistance from the swim exit assistants:

- c.) Swim exit assistants will assist the athletes to the best of their ability, in good faith and considering safety as the main principle;
- d.) Bicycles, tandems or handcycles are not allowed from the swim exit to the transition area;
- e.) All mobility equipment shall remain within each Para-athlete's assigned space in the transition zone. All used swim caps, goggles, wetsuits, swim tethers, helmets must be left in the assigned transition space or bin;
- f.) Bike shoes must be left in the athlete assigned space in the transition area, before and after the bike segment;
- g.) PTVI positions in the transition area must be the closest to the mount line (women and men), followed by the rest of the sport classes PTS and PTWC. PTWC Para-athletes are allowed to ride the handcycle inside the transition area;
- h.) Each PTWC para-athlete should have an individual space of 4x2 meters. The athlete, the handlers and all the equipment will be inside this space, while completing transition activities;
- i.) Mobility equipment areas, one before the mount line and other after the dismount line will be provided to be able to use prosthetic legs in transition. That equipment will be moved from mount to the dismount area by a TO or an authorized person by the TD/HR. Athletes may use this extra leg in T1, T2 or both. Athletes will not be penalized if they do not collect the mobility equipment in the dismount mobility equipment area. That equipment must be clearly identified with the athletes' race number. A post-transition area after the first transition spot and before the mount line will be provided to drop off prosthetic legs used for athletes who do not wish to hop a long distance in transition. That equipment would move back to the athletes' space in the transition zone by a TO or an authorized person by the TD/HR to perform this action. That equipment must be clearly identified with the athletes' race number.

17.11 Para triathlon Swimming:

- a.) For safety reasons, categories will be presented during the Para-athletes' presentation at competition start in the following order: PTVI, PTS, and PTWC. For safety reasons, PTWC para triathletes should always enter the water after all other Para triathletes are in place;
- b.) The swim start shall be an "in-water" start;
- c.) If the swim portion consists of multiple laps, Para-athletes will not be required to exit the water between laps;
- d.) Artificial propulsive devices including (but not limited to) fins, paddles, or floating devices of any kind are not allowed. All prosthetic and/or orthoses

devices are considered propulsion devices except for the approved knee braces. Use of any such devices will result in disqualification;

- e.) Any sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful are not allowed during the swim segment;
- f.) Wetsuit use is determined by the chart below:

Swim length	Wetsuits mandatory below	Maximum stay in water
750 m	18 °C	45 mins
1500 m	18 °C	1h 10 mins
3000 m	18 °C	1h 40 mins
4000 m	18 °C	2h 15 mins

- g.) If any para triathlete has not completed the swim course within this time limit and is more than 100 meters short of the finish, they shall be removed immediately from the water;
- h.) Wetsuits will not be permitted when the water temperature is 24.6 °Celsius or above;
- i.) If the water temperature is between 30.1°C and 32.0°C, the maximum stay in water 20 minutes;
- j.) The swim portion may be cancelled, if the official water temperature is higher than 32°C or lower than 15 °C. (Official water temperature is calculated, as indicated in the chart below):

		Air temperature (All values in °C)								
		15	14	13	12	11	10	9	8	7
Water Temperature (All values in °C)	22	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel
	19	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel
	18	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel
	17	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel
	16	15.5	15.0	Cancel						
	15	15.0	Cancel							

(i) The temperatures above are not always the water temperature used in the final decision. If the water temperature is lower than 22°C and the air temperature is lower than 15°C, then the adjusted value is to decrease the measured water temperature according to the next chart:

Water Temperature (°)	Air temperature (All values in °C)										
	15	14	13	12	11	10	9	8	7	6	5
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

17.12 Para triathlon Cycling:

- Para triathlon competitions are draft-illegal events. Winter Triathlon, Cross Duathlon and Cross Triathlon are draft legal events for Para-athletes;
- In para triathlon competitions, the term "bike" used herein shall include bicycles, tandems, or handcycles;
- All bikes shall only be propelled by human force. Arms or legs can be used to propel the cycle, but not both. Any violation shall result in disqualification;
- Bike specifications for para triathlon competitions are outlined in the PSO Rules section 5.2 d);
- Bicycles, tandems, and handcycles must have two independent braking systems. Bicycles and tandems must have an independent brake on each wheel. Both brakes on the handcycles will act on the front wheel;
- Disc brakes are allowed;
- Para triathletes with one upper limb impairment may use a splitter in the braking system and it is not considered as a bike adaptation;
- Protective shields, fairings or other devices, which have the effect of reducing resistance, are not allowed;

- i.) Artificial hand grips and prosthetics can be fixed to the bike or to the athlete's body, but not both simultaneously;
- j.) Except for handcycles (PTWC), a rider's position shall be supported solely by the pedals, the saddle and the handlebars;
- k.) Para triathletes with a lower limb above the knee amputation or limb deficiency not wearing a prosthesis may use a support/socket for the thigh which is not considered an adaptation requiring approval;

I.) NOT USED

- m.) The PSO and the TO shall not be liable for any consequences deriving from the choice of equipment and/or any adaptations used by Para-athlete, nor for any defects it may have, or its non-compliance;
- n.) No bike course shall have a maximum gradient of over 12% at the steepest section;
- o.) If the use of the bib number is mandatory, it must be visible from the back.

17.13 Para triathlon PTWC Swimming:

- a.) Athletes may only use up to 3 bindings made of non-floating material around the legs in any position;
- b.) The use of knee brace is permitted, provided the equipment provides neither flotation nor propulsion. If a wetsuit is worn, the brace shall be fitted to the outside of the wetsuit;

c.) NOT USED

- d.) The use of wetsuit bottoms is always permitted. The maximum 5 mm +/- 0.3 mm, thickness applies.

17.14 Para triathlon PTWC Cycling:

- a.) Para triathletes must use an arm powered (AP) handcycle in a recumbent position;
- b.) Specifications of a recumbent position handcycle are as follows:
 - (i) A handcycle shall be an arm powered, three-wheeled vehicle, which conforms to the general principles of the International Cycling Union's (UCI) construction for bicycles;
 - (ii) The single wheel may be of a different diameter to the double wheels. The front wheel shall be steerable and driven through a system comprising handgrips and a chain. The handcycle shall be propelled solely through a chainset and conventional cycle drive train, of crank arms, chainwheels, chain and gears, with hand grips replacing foot pedals. It shall be propelled by the hands, arms and upper body only;

- (iii) The Para triathlete must have clear vision.
- (iv) All handcycles must have a mirror fixed either to the athlete's helmet or at some point on the front of the bike to ensure rear-view vision is possible;
- (v) The athlete must have the feet positioned in front of the knees during the bike segment;
- (vi) Adjustments to handcycle may not be made during the competition;
- (vii) Wheels of the handcycle may vary in diameter;
- (viii) Disc wheels are allowed;
- (ix) NOT USED;
- (x) NOT USED;
- (xi) The shifting device can either be within the extremities of the handlebars, or on the side of the Para triathlete's body;
- (xii) The largest chain ring shall have a guard securely fitted to protect the Para triathlete. This protection shall be made of solid material that is sufficiently robust and covers the chain ring fully over half of its circumference (180°) on the side facing the rider;
- (xiii) NOT USED;
- (xiv) A quick release body harness is permitted;
- (xv) Para-athletes 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;

c.) The bib number, if required, will be placed at the back of the handcycle and will be visible from the back;

d.) The helmet must be fastened before getting onto the handcycle and it must remain fastened till the finish;

e.) Athletes must stop completely at the mount line exiting Transition 1 and at the dismount line on entering Transition 2. Once stopped, the TO will say "Go" and the athlete can continue the competition. The wheelchair is considered correctly stopped if the front wheel stops immediately before the line. If the front wheel stops touching the line or beyond the line, a time penalty will be applied.

17.15 Para triathlon PTWC Running:

- a.) All para-athletes perform the run portion in a "racing wheelchair" or a day chair;
- b.) No matter what type of chair is used - The specifications of a "racing wheelchair" (hereafter referred to as "the chair") are as follows:

- (i) Para-athletes must ensure that their lower limbs have enough support/bracing to prevent them from dragging or making contact with the ground during the event;
- (ii) Para-athletes shall wear the approved bike helmet at all times while seated in the chair.

c.) Propulsion by any other method except the Para-athlete pushing on the wheels or push- rims will result in disqualification;

d.) It is forbidden to draft off a motorbike or vehicle and blue cards will be used to inform the athletes. Drafting is entering the motorbike or vehicle drafting zone (penalties outlined in 5.6):

- (i) Motorbike draft zone: the draft zone behind a motorbike will be 15 meters long;
- (ii) Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle.

e.) A Para-athlete attempting to overtake another Para-athlete carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The Para-athlete being overtaken has the responsibility not to obstruct or impede the passing Para-athlete once the front wheel(s) of the passing chair is ahead of his/hers;

f.) PTWC athletes will be judged as finished, the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line;

g.) The bib number, if provided, will be placed at the back of the wheelchair and visible from the back;

h.) No run course shall have a maximum gradient of over 5% at the steepest section.

17.16 Para triathlon PTS Running:

- a.) Athletes with a lower limb deficiency are permitted to use a prosthesis on that limb only to ensure both legs are balanced and to allow for symmetrical movement during competition.;
- b.) The use of running blades is only allowed as long as they are mounted on a prosthesis;
- c.) Athletes will, if provided, wear a bib number or four sets of body decals, which will be visible from the front.

17.17 Para triathlon PTVI:

The following additional rules apply to all visually impaired para triathletes and their guides:

a.) General:

- (i) No guide dogs will be allowed at any time;
- (ii) Each athlete must have a guide;
- (iii) Each athlete is allowed a maximum of one (1) guide during each competition;
- (iv) NOT USED;
- (v) All guides must comply with minimum age requirements as per the PSO Rules Appendix A;
- (vi) In the event of an injury or illness, and upon presentation of a medical certificate, a guide may be replaced;
- (vii) Guides are not allowed to pull or push the athletes in order to gain unfair advantage;
- (viii) Athlete and guide shall not be more than 1.5 meters apart during the swim segment and no more than 0.5 meters apart during any other segment of the competition;
- (ix) Guides may not use paddleboards, kayaks, etc. (on the swim portion) or bicycles, motor bicycles, etc., (on the run portion) or any other mechanical means of transport;
- (x) NOT USED;
- (xi) Athletes and guides are subject to CADP Rules.

b.) Swimming:

- (i) Each athlete must be tethered to their own guide during the swim;
- (ii) At no time may a guide propel, pull or push the para triathlete with any part of their own body in order to gain an unfair advantage;
- (iii) The guide must swim next to the athlete within a maximum separation distance of 1.5m from the athletes' head to the guide's head. The tether must be elastic rope with bright or reflective colour and up to 80 cm long measured with no tension. It can be fixed at any point of the athletes' body.

c.) Cycling:

- (i) All PTVI athletes and guides must use a tandem bicycle.:

d.) Running:

- (i) Each athlete must be tethered during the run to his/her guide while in motion. The tether shall be made from non-elastic material and not store energy and/or offer a performance gain to the athlete;
- (ii) The athlete may use an elbow lead during the run. The guide-runner is not allowed to push, pull or otherwise propel athletes in order to gain an advantage at any stage during a competition. A guide-runner may assist an athlete who has tripped or fallen to regain his/her footing and/or orientation as long as such assistance does not provide any advantage to the athlete towards his/her running direction;
- (iii) As the athlete crosses the finish line, the guide must be beside or behind the para triathlete but not further apart than the required 0.5 meters maximum separation distance;
- (iv) Free Leading zones: for safety reasons, leading contact is allowed 10 meters before and after an aid station, a sharp turn, penalty box, transition area swim exit, pre- transition area or any other section of the run course determined by the Technical Delegate and indicated at the athlete's briefing.

17.18 Outside assistance:

- a.) TD/HR may determine areas or sections of the course where para triathletes may receive assistance, what assistance may be provided and the instructions and conditions applicable;
- b.) Assistance can be provided to a Para triathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident.

17.19 Hygiene:

- a.) It is mandatory for all para triathletes, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter bag at all times. This includes during training, competition and classification.

18. WINTER TRIATHLON AND WINTER DUATHLON

18.1 Definition:

- a.) Winter Triathlon and Winter Duathlon may take place in different formats:
 - (i) Winter Triathlon:
 - 3 segments: Running, mountain biking and cross-country skiing;
 - 6 segments: Running, mountain biking and cross-country skiing repeated continuously twice.
 - (ii) S3 Winter Triathlon: Running, skating and cross-country skiing;
 - (iii) Winter Duathlon:

- 2 segments: Running and cross-country skiing;
- 4 segments: Running and cross-country skiing repeated continuously one more time.

b.) All segments of the competition will be preferably on snow or ice. The run and bike segment can also take place on a different surface.

18.2 Official Training and Course Familiarisation:

- Official training and familiarisation sessions will be conducted by the TD/HR and the LOC. Athletes and coaches may attend these official training and familiarisation sessions;
- Conduct on competition days: Athletes are not allowed to warm up or do any familiarisation on the course while a competition is in progress.

18.3 Running:

- Any type of shoes including spike shoes are allowed.

18.4 Mountain Biking:

- The bike segment of winter triathlon competitions is laid out as a cross-country course over snow and may follow normal roads or paths;
- Athletes are allowed to push or carry the bike over the course;
- Drafting is allowed. For safety reasons there may be no passing zones on the course. Lapped athletes will not be removed from the competition;
- Clip-ons are not allowed;
- Traditional road handlebars are forbidden;
- Athletes must bring their own tools and parts and must carry out their own repairs;
- Spiked tyres are allowed provided that the spikes are shorter than 5 mm. measured from the tyre surface;
- Traditional MTB bar ends are authorised. Ends must be plugged.

18.5 Skiing:

- Testing of equipment (skis) is allowed prior to the competition on specially marked tracks, or on the competition-course, if announced by the Technical Officials;
- Athletes cannot be accompanied by team members, team managers or other pacemakers on the course, during the competition;
- Athletes are allowed to change one ski and both poles. Athletes can check in as many pair of skis as ski legs the competition has;
- Athletes may ski using their preferred technique;

- e.) The TD/HR may determine that the classic style is mandatory in specific areas;
- f.) Wearing the bike helmet during the ski segment is not allowed. However, due to the effect of cold temperatures on mobility, wearing a helmet could be authorised by the TD/HR;
- g.) Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible;
- h.) The last straight (50-100 meters) will be the finish chute. This zone is normally separated into corridors to avoid the athletes impeding other athletes' progress. They must be clearly marked and highly visible but the markings must not interfere with the skis. The corridors should be as long as possible. The number, width and length of corridors will be determined by the TD/HR;
- i.) In the finish chute, athletes are not allowed to change from one corridor to another, except to overtake;
- j.) Athletes cannot remove their skis until at least 10 meters past the finish line. The last ski check will take place after this line;
- k.) Ski shoes are optional in the cross-country ski segment

18.6 Skating:

- a.) All types of skates, including Nordic blades, are allowed;
- b.) Athletes are not allowed to change any of the skates;
- c.) Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible;
- d.) Athletes will wear helmets, as outlined in Rules 5.2 g).

18.7 Transition Area:

- a.) Skiing inside the transition area is forbidden;
- b.) Athletes must put on and take off their running shoes and skates within the transition area, in the athletes' own space. If a "Nordic blades changing zone" is provided, athletes may choose to put the Nordic blades on there;
- c.) In the transition area, TO's may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes;
- d.) All athletes must have their helmet securely fastened from the time they remove their bike from the rack at the start of the bike leg or when they put the skates on, until after they have placed their bike on the rack at the finish of the bike leg or when they take the skates off;
- e.) A "Nordic blades changing area" may be created by the side of the edge of the ice;

f.) A littering zone will be placed after the "ski placing line" where the athletes can discard the shoe covers.

18.8 Coaches' Station:

a.) Coaches will have a designated space available on the run, bike ski and segments in order to supply athletes with their own food and beverages.

18.9 Personal Needs Station:

a.) Additional stations on the bike and or run may be provided for personal needs;

b.) Any items given out at these stations will be handed out by volunteers supplied by the LOC;

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 athletes will have the opportunity to leave special tools and spares provided that they are correctly packed and labelled. The athlete is responsible to carry out their own repairs. It is forbidden to leave complete wheels at these stations.

18.10 Finish Definition:

a.) An athlete will be judged as "finished," the moment the tip of the front ski boot crosses a vertical line extending from the leading edge of the finish line.

18.11 Weather conditions:

a.) The competition will be cancelled when the air temperature is lower than -18°C.

19. CROSS TRIATHLON AND DUATHLON

19.1 General:

a.) Cross Triathlon consists of swimming, mountain biking (MTB) and cross-country running;

b.) Cross Duathlon consists of cross-country running, mountain biking (MTB) and cross- country running.

19.2 Distances:

a.) The distance of Cross Triathlon is outlined in Appendix A;

b.) The distance of Cross Duathlon is outlined in Appendix A;

c.) The course should have demanding hills and challenging technical aspects. A 5% tolerance margin will be accepted for the distance of the bike course, provided it has been approved by the TD/HR.

19.3 Official Training and Familiarisation:

- a.) Official training and familiarisation sessions will be conducted by the TD/HR and the LOC. Athletes and coaches may attend these official training and familiarisation sessions;
- b.) Conduct on competition days: Athletes are not allowed to warm up or do any course familiarisation while a competition is in progress.

19.4 Mountain Biking:

- a.) The minimum tyre diameter is 26 inches and maximum is 29 inches. The minimum cross section is 1.5 inch;
- b.) Front and rear wheels may have different diameter;
- c.) Studded and/or slick tyres are allowed;
- d.) Athletes are allowed to push or carry the bike over the course;
- e.) Drafting is allowed for same gender and also different gender athletes. For safety reasons there may be no passing zones on the course;
- f.) Lapped athletes will not be removed from the competition;
- g.) Clip-ons are not allowed;
- h.) Traditional road handlebars are forbidden;
- i.) Traditional MTB bar ends are authorised. Ends must be plugged;
- j.) Athletes must bring their own tools and parts and must carry out their own repairs.

19.5 Transition Area:

- a.) Refer to Section 7 of this document.

19.6 Running:

- a.) Any type of shoes including spike shoes are allowed.

19.7 Coaches Stations:

- a.) Coaches will have a designated space available on the bike and run segments in order to supply athletes with their own food and beverages.

19.8 Personal Needs Stations:

- a.) Additional stations on the bike and or run may be provided for personal needs;
- b.) Any items given out at these stations will be the handed out by volunteers supplied by the LOC;
- 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 athletes will have the opportunity to leave special tools and spares provided, they are correctly packed and labelled. The athlete is responsible to carry out their own repairs.

20. QUALIFYING ROUND FORMAT

20.1 General:

a.) An event in Qualifying Round Format consists of several rounds with a number of heats each qualifying athletes to the next round and eventually finishing with a final to determine a winner.

20.2 Rounds:

a.) The rounds will be called semi-finals and final;

b.) An event will have two rounds;

c.) Semi-finals and finals will have 30 athletes as a maximum. The number of semi-finals will be as follows:

Athletes entered	Semi-finals
Less than 30	No semi-finals, direct final
31 to 60	2 semi-finals (15 to 30 athletes each)
61 to 90	3 semi-finals (20 to 30 athletes each)
91 to 120	4 semi-finals (22 to 30 athletes each)
121 to 150	5 semi-finals (24 to 30 athletes each)

d.) Every semi-final will qualify a fixed number of athletes for the final. Additionally, a number of athletes will qualify from semi-final heats, based on fastest times:

Athletes entered	Semi-finals	By position in the semi-final	By time
31 to 60	2	14	2
61 to 90	3	9	3
91 to 120	4	7	2
More than 121	5	5	5

e.) Athletes from different heats and with the same time (in seconds), which are tied in the last qualifying position, will all qualify, increasing the number of athletes qualified for the next round;

f.) In case there are fewer finishing athletes from a semi-final than the fixed number, the remaining spots will be filled from the other semi-final heats, based on the fastest times;

- g) Athletes who have not qualified for the final will be sorted by time. In case of athletes withdrawing from the final, replacement will be made by the first athlete who has not qualified. The replacement will happen if the number of athletes in the final drops down to 30 athletes. (a random selection will be made from those athletes who have the same time). The deadline for the replacements will be when registration opens;
- h) In case where an event has a B final, the best 30 athletes from the semi-finals who have not qualified for the A final, will be sorted according to their times and will qualify to the B final. B final will only be held if a minimum 10 athletes qualify for it.

20.4 Distribution of athletes in the semi-finals:

- a.) The TD/HR will compose the heats as follows:

- (i) If there are not any applicable ranking, the athletes will be distributed among the heats in order to have the same number of athletes per semi-final (some semi-finals can have one more athlete than others);
 - (ii) If a ranking is applicable, the ranked athletes will be distributed according to the chart below and the non-ranked athletes will fill the remaining spots and keeping all the heats of equal size.

Chart: Distribution of ranked athletes among the semi-finals (The number in the cells reflects the ranking order):

Semi-final 1	Semi-final 2	Last Semi-final (-1)	Last Semi-final
1			
	2		
		3	
			4
			5
		6	
	7		
8			
9			
	10		
		11	
			12
			13
		14	
	15		
16			
17			
etc...			

20.5 Numbering:

a.) There are two options to number the final:

- (i) The numbers in the final will be assigned as first criteria according to the positions in the semi-finals. The second criteria will be the time in the semi-final, the third, the World Triathlon Points List position, and the fourth a random appointment;
- (ii) The numbers in the final will be the same as in the semifinals. Athletes will be lined up according to position in the semifinals as first criteria and final time as second criteria. However, transition positions will be in numerical order.

20.6 Results:

- a.) The overall results for the event will be the results of the final round;
- b.) If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:
 - (i) To the DNF athletes in the final, according to their times in the semi-finals;

- (ii) To the DNS athletes in the final according to their times in the semi-final;
- (iii) If the event does not have a B final: The athletes who did not qualify for the final, will have points allocated according to their times in the semi-finals. If the event has B final: The results from the B final will determine their points;
- (iv) DSQ athletes will not earn any points.

20.7 Prize money:

- a.) Prize money distribution will follow the general rules and the preceding paragraph if necessary.

21. TRIAL QUALIFYING ROUND FORMAT

21.1 General:

- a.) An event in Time Trial Qualifying Round Format consists of two competitions, the first one (qualifier) conducted as a time trial with athletes starting individually one by one, and the second one (final) conducted as a mass start event, in which the participants are the best ranked in the time trial competition;
- b.) The result of the event is the result of the final.

21.2 Rounds:

- a.) An event will have two rounds;
- b.) The rounds will be called qualifier and final;
- c.) The qualifier will be a time trial with a draft-illegal bike segment, and the final will be mass start with a draft legal bike segment. In both qualifier and final competitions, athletes must use draft legal bikes and bike equipment;
- d.) The TD/HR will determine the time interval between the start of each athlete in the time trial qualifier, which can be between 15 seconds and 3 minutes;
- e.) The final will have 30 athletes. The TD/HR will decide, according to the available technological resources, if a tie will be declared for two or more of the athletes. In this case, the final may have more than 30 athletes.

21.3 Qualification to final:

- a.) The athletes with the best 30 times in the qualifiers will qualify for the final;
- b.) Athletes who have not qualified for the final will be placed according to their time in the qualifiers. In case of athletes withdrawing from the final, replacement will be made by the next fastest athlete who has not qualified. The replacement will only happen if the number of athletes in the final drops down below 30 athletes. The deadline for the replacements will be when registration opens;

c.) Where an event has a B final, the athletes with the best 30 times from the qualifier, who have not qualified for the A final, will be sorted according to their times and will qualify to compete in the B final.

21.4 Numbering and distribution of athletes in the qualifier:

- a.) Race numbers will be allocated to the athletes as regulated in the Rules 2.10;
- b.) Athletes will start one by one starting by the highest number in decreasing order;
- c.) In case of athletes not showing up to the start or if any race number is not assigned, the start sequence will follow as if there was an athlete competing in the time allotted to this unused number;

21.5 Qualifier start system:

- a.) Start system outlined in Rule 4.9 will apply.

21.6 Race number allocation in the final:

- a.) The race numbers in the final will be assigned as first criteria according to the time in the qualifier. The lowest time in the qualifier will receive number 1 in the final. Tied athletes will be numbered randomly.

21.7 Results:

- a.) The overall results for the event will be the results of the final round. Awards, and prize money will be distributed accordingly;
- b.) If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:
 - (i) To the DNF athletes in the final, according to their times in the qualifier;
 - (ii) To the DNS athletes in the final according to their times in the qualifier;
 - (iii) If the event does not have a B final: The athletes who did not qualify for the final, will have points allocated according to their times in the qualifier. If the event has B final: The results from the B final will determine their points;
 - (iv) DSQ athletes will not earn any points.

22. AQUABIKE

22.1 General

- a.) Aquabike consists of Swimming, Transition area 1 and Cycling;
- b.) Aquabike events will be organised only for Age-Group categories;

- c.) Aquabike may be included in the program of an event, which includes a triathlon race. Aquabike will have the same swim and bike distances as the triathlon programmed in the same event;
- d.) Aquabike may happen as a stand-alone event on the distances indicated in Appendix A.

22.2 Specific Rules

- a.) General rules, specific rules and rule exceptions applicable to the triathlon event from which the aquabike event is attached are applicable also for the aquabike event;
- b.) Rules applicable to triathlon are applicable to aquabike in case of stand-alone events.

22.3 Finish

- a.) Athletes will finish the competition at the finish line located between 100 meters and 200 meters before the dismount line at the end of the bike course. 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. The time registered in this point is the final time. Finishing athletes will continue cycling till the dismount.

APPENDIX A: COMPETITION DISTANCES AND AGE REQUIREMENTS

TRIATHLON:

	Swim	Bike	Run	Minimum age required
2x2 Mixed relay (Dist per leg)	250 m to 300 m	5 km to 8 km	1.5 km to 2 km	15
3x Same gender relay (Dist per leg)	250 m to 300 m	5 km to 8 km	1.5 km to 2 km	15
4x relay (Dist per leg)	250 m to 300 m	5 km to 8 km	1.5 km to 2 km	15
Super Sprint Distance	250 m to 500 m	6.5 km to 13 km	1.7 km to 3.5 km	15
Sprint Distance	750 m	20 km	5 km	16
Standard Distance	1500 m	40 km	10 km	18
Middle Distance	1900 m to 2999 m	80 km to 90 km	20 km to 21.9 km	18
Long Distance	3000 m to 4000 m	91 km to 200 km	22 km to 42.2 km	18

DUATHLON:

	Run	Bike	Run	Minimum age required
2x2 Mixed relay (Distances per leg)	1.5 to 2 km	5 to 8 km	0.75 to 1 km	15
3x Same gender relay (Distances per leg)	1.5 to 2 km	5 to 8 km	0.75 to 1 km	15
4x Mixed relay (Distances per leg)	1.5 to 2 km	5 to 8 km	0.75 to 1 km	15
Super Sprint Distance	1.7 to 3.5 km	6.5 to 13 km	0.85 to 1.75 km	15
Sprint Distance	Up to 5 km	Up to 20 km	Up to 2.5 km	16
Standard Distance	5 km	30 km	5 km	18
	10 km	40 km	5 km	18
Middle Distance	10 km	60 km	10 km	18
Long Distance	10 to 20 km	90 to 150 km	20 to 30 km	18

AQUATHLON:

	Run	Swim	Run	Minimum age required
2x2 Mixed Relay (Distances per leg)	1.25 km	500 m	1.25 km	15
2x2 Mixed Relay. Cold waters (Distances per leg)		500 m	2.5 km	15
3x Same gender relay (Distances per leg)	1.25 km	500 m	1.25 km	15
3x Same gender relay. Cold waters (Distances per leg)		500 m	2.5 km	15
4x Mixed relay (Distances per leg)	1.25 km	500 m	1.25 km	15
4x Mixed relay. Cold waters (Distances per leg)		500 m	2.5 km	15
Sprint Distance	1.25 km	500 m	1.25 km	16
Sprint Distance Cold waters and Para triathlon.		500 m	2.5 km	16
Standard Distance	2.5 km	1000 m	2.5 km	16
Standard Distance Cold waters and Para triathlon.		1000 m	5 km	16
Long Distance	5 km	2000 m	5 km	18
Long Distance Cold waters and Para triathlon.		2000 m	10 km	18

WINTER TRIATHLON & DUATHLON:

Winter Triathlon	Cross-Country Run	Mountain Bike	Cross-Country Ski	Minimum age required
2x2 Mixed relay. (Dist per leg)*	1 km	2 km	2 km	15
3x Same gender relay (Dist per leg)	2 km to 3 km	4 km to 5 km	3 km to 4 km	15
4x Mixed relay (Dist per leg)	2 km to 3 km	4 km to 5 km	3 km to 4 km	15
Sprint Distance specific for Age-Groups	3 km to 4 km	5 km to 6 km	5 km to 6 km	16
Sprint/Standard Distance (Run + Bike + Ski + Run + Bike + Ski) Dist per segment*	2 km	4 3 km	4 3 km	16
Standard distance specific for Age-Groups	4 km	8 km	8 km	18

(*) +/- 10 %

S3 Winter Triathlon	Run	Skating	Cross-Country Ski	Minimum age required
Standard Distance	4 km to 6 km	10 km to 14 km	7 km to 9 km	16

Winter Duathlon	Cross-Country Run	Cross-Country Ski	Minimum age required
2x2 Mixed relay. (Dist per leg)*	1 km	2 km	15
Sprint Distance (Run + Ski + Run + Ski) Dist per segment*	2 km	4 km	16
Sprint distance specific for Age-Groups (Run + Ski)	6 km	12 km	16

(*) +/- 10 %

CROSS TRIATHLON:

	Swim	Mountain Bike	Cross-Country Run	Minimum age required
Mixed Relay	200 m to 250 m	4 km to 5 km	1.2 km to 1.6 km	15
Sprint Distance	500 m	10 km to 12 km	3 km to 4 km	16
Standard Distance	1000 m to 1500 m	20 km to 30 km	6 km to 10 km	18

CROSS DUATHLON:

	Cross-Country Run	Mountain Bike	Cross-Country Run	Minimum age required
Mixed Relay	1.2 km to 1.6 km	4 km to 5 km	0.6 km to 0.8 km	15
Sprint Distance	3 km to 4 km	10 km to 12 km	1.5 km to 2 km	16
Standard Distance	6 km to 8 km	20 km to 25 km	3 km to 4 km	18

AQUABIKE:

	Swim	Bike	Minimum age required
Standard Distance	1500 m	40 km	18
Middle Distance	1900 m to 3000 m	80 km to 90 km	18
Long Distance	3000 m to 4000 m	90 km to 200 km	18

APPENDIX B: COMPETITION PROTEST FORM

Protest forms are available on the PSO web site and from the TD/HR.

APPENDIX C: APPEAL CONTENT

- An appeal is a request for a review of a decision made by the Competition Jury or the PSO Executive Committee (Level 2 Appeal).
- Appeals must be submitted in writing to the PSO and will be accompanied by a fee of \$ 500 CAD which will only be refunded if the appeal is successful. There is no specific appeal form. The appeal should contain:
 - Identification of the appellant and the respondent;
 - Decision of the Level 1 protest;
 - Description of facts;
 - Legal background and rules affected;
 - Rationale/summary of the facts.

APPENDIX D: DEFINITIONS

Age	The age of the athlete on the 31st of December of the year of the competition.
Age-Group Team Managers Briefing	Meeting with the Age-Group team manager and coaches in which they are informed by the Technical Delegate about all the specifications of the event.
Aid/Outside Assistance	Any kind of material support or personal assistance received by the athlete. Depending on its nature, it may be allowed or forbidden.
Ambush Marketing	Deliberately using the opportunity of live television and media photographers to expose the sponsor logos larger than the approved sizes, and/or equipment or objects not provided by LOC.
Appeal	A request for a review of a decision made by the Competition Jury or the PSO Executive Committee (Level 2 Appeal), the CADP solely with regard to ineligibility.
Appellant	An athlete submitting an appeal.
Aquabike	Multisport which combines swim and cycle in two segments: the first segment is swimming and finishing with cycling.
Aquathlon	Multisport which combines swim and run in three segments: the first segment is run, followed by swimming and finishing with running.
Assistance	Any attempt by an unauthorised or unofficial source to help or to stabilise an athlete.
Assistant Chief Technical Official	Responsible to the Chief Technical Official for coordinating the employment of the TO assigned to his/her competition course segment or area.
Athletes	Individuals who register for and compete in events.
Athletes' Briefing	Meeting with the athletes in which they are informed by the TD/HR about all the specifications of the event.
Bag Drop System	Conducting transitions by: <ul style="list-style-type: none"> • Taking a pre-prepared bag containing all equipment to be used in the next segment; • Changing the equipment in the designated area;

	<ul style="list-style-type: none"> Put all the used equipment into the same bag and drop it at the designated spot.
Bicycle	The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain. Bicycles are also referred to as bikes.
Bike catchers	LOC personnel located after the dismount line, who take the bikes from the athletes and deliver them to the location from where the athletes can collect them after the competition.
Blocking	The deliberate impeding or obstructing the progress of one athlete by another or an athlete on the bike course, who is not keeping to the appropriate side of the road.
Blue card	Card, which is used to inform athletes when being penalised for drafting infringement during the cycling segment.
Charge	The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.
Check in	Control established at the entrance of the athletes' lounge and at the entrance of the transition area, before the competition. In both places a time of admission is set by the Technical Delegate.
Chief Race Official	Appointed by the Technical Delegate and is responsible for the control and coordination of the deployment of Technical Officials.
Clean Start	All the athletes start after the horn. The competition continues.
Coaches meeting	Meeting with the coaches in which they are informed by the Technical Delegate about all the specifications of the event.
Comfortable satisfaction	Situation, which is greater than a mere balance of probability, but less than proof beyond a reasonable doubt.
Competition	Single and continuous sport action from start to finish. Most cases it fits within the definition of Race, except the semi-final/final or the time trial qualifying format.
Competition Jury	The Competition Jury appointed and chaired by the Technical Delegate. It is held responsible to determine the eligibility of the protest, to hear and to rule on all protests against decisions handed down through the Head Referee.
Conflict of	A set of circumstances that creates a risk that professional

interest	judgement or actions regarding a primary interest will be unduly influenced by a secondary interest.
Continent	Each of the five geographical divisions established in World Triathlon. They are: Africa, The Americas, Asia, Europe and Oceania
Continental TO (CTOs)	The Level 2 TO certified by World Triathlon.
Course	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.
Crawling	The action by an athlete of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.
Cycling Segment	Part of the competition course over which it has been defined in the Athletes' Briefing the bike is to be ridden, walked or carried within distinctive lane boundaries. The bike course commences from the Mount Line and concludes at the Dismount Line.
Development Regional Cup	Event sanctioned by World Triathlon or any of the Continental Confederations, where World Triathlon may allow the participation of athletes only from certain predefined National Federations.
Dismount Before The Dismount Line	An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules.
Dismount Line	A designated line at the entrance of the transition area from the bike course before which athletes are to dismount their bikes fully and proceed to the bike racks. The Dismount Line will normally extend for the width of the entrance to the transition area and be identified by flags/line/Technical Official, or combinations thereof.

Disqualification	A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the competition as a whole, and the athlete's results will appear as DSQ.
Draft Zone. Bicycle	Zone defined by an athlete during the cycling segment which is extended to the whole width of the road and 12 meters long.
Draft Zone. Motorbike	Zone defined by a motorbike during the cycling segment which is extended to the whole width of the road and 15 meters long.
Draft Zone. Vehicle	Zone defined by a vehicle during the cycling segment which is extended to the whole width of the road and 35 meters long.
Drafting	To enter in a drafting zone and not complete the overtake in 25 seconds.
Duathlon	Multisport which combines cycle and run in three segments: the first segment is running, followed by cycling and finishing with running.
Early start	When an athlete's foot crossed the vertical plane of the start line, before the start signal.
Elite Athlete	Athletes competing in World Triathlon Elite competitions. They are limited to compete in the same multisport and in the same distance during the same calendar year. This Elite condition is synonymous to Pro condition used by various commercial organisations.
Elite competitions	Competitions in which elite specific rules are applied. The age limit is determined only by the distance.
Event	Group of Races of the same category usually happening on the same day or on the following days (i.e.: World Championship, Continental Cup).
Event Organisers Manual (EOM)	A document which has been developed to ensure the implementation of consistently high global event management and marketing standards.
Event-weekend	The days when an event is taking place, which may include days other than Saturday and Sunday.
Exceptional	Unusual, adverse, or extreme circumstances that deviate

situation	significantly from the normal expectations of a race. These conditions can affect athlete safety, race logistics, or the fairness of the competition.
Expulsion	An athlete penalised by expulsion will not be permitted, during his or her lifetime, to take part in any PSO, Triathlon Canada, World Triathlon sanctioned event, or any event sanctioned by one of its member associations (National Federation) affiliated with the World Triathlon.
Festival	Group of different multisport events happening in a short period of time (up to ten days) at the same location.
Field of Play (FOP)	The course on which the competition will take place, the start and pre start areas, the finish and post finish areas, the aid stations, the wheel stops, the penalty boxes, the ceremony area and the briefing area. Usually, the field of play is separated from the public by a clear boundary.
Field of Play Decision	The application and interpretation of the PSO Rules by TO and/or Competition Jury.
Final	Last round of an event in qualifying round format. The final decides the winner and the medalist of the event.
Finisher	An athlete who completes the entire competition course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).
Force Majeure	Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, significant transportation delay or any other, event which is not reasonably within the control of the party affected.
Head Referee	A TO, who is responsible to the TD to hear and make final decisions on all rule violations reported by TO's. TD appoints the HR. In PSO sanctioned races these roles may be filled by the same person.
Incapable Athlete	An athlete deemed by race medical staff as not being able to

	continue the event without the likelihood of causing injury to him/herself or another athlete.
Indecent Exposure	The willful uncovering of either or both buttocks, or of the pubic area or of the genital area.
Inland Water	Lakes, lochs, canals and rivers up to the point the tide affects them in terms of changes to their level.
Interference	A deliberate block, charge or abrupt motion, which impedes another athlete.
International TO (ITOs)	The Level 3 TO certified by World Triathlon.
Invalid Start	Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.
Last Biker – First Runner Scenario	This occurs when the bike and run courses are partly common, and the first runner reaches the point where both courses merge and there are still bikers on the course before this point.
Leg	In the relay a leg is one athlete's triathlon race.
Littering Area	Section of the race where the athletes are allowed to dispose of any rubbish or equipment.
Local Organising Committee (LOC)	The organising entity of a PSO event.
Medal Events (Para triathlon)	A competition, which may include athletes from one or more sport classes competing for the same medals.
Mount After the Mount Line	An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules.
Mount Line	A designated line at the exit from the transition area onto the bike course or after which athletes are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit of the transition area and be identified by flags/line/Technical Official, or combinations thereof.
National Technical Officials (NTOs)	The Level 1 TO certified by Triathlon Canada.
Overtake	On the bike course, when the leading edge of the front wheel

	of the overtaking bike moves in front of the leading edge of the front wheel of the bike being overtaken. An athlete can pass another athlete only on the appropriate side.
Panel	A temporary or permanent body composed by minimum three (3) people representing pre-defined stakeholders, which takes decisions or makes proposals in specific tasks.
Pass	When one athlete's bike draft zone overlaps another athlete's bike draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 25 seconds.
Penalty	The consequence on an athlete, who is assessed by a World Triathlon TO to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.
Penalty box	An area on the bike course or the run course, set aside for the implementation of a time penalty for a rule infringement/violation.
Pre-Transition Area	A designated space close to the swim exit that accommodates the specific needs to get the transition area. This area is intended to ensure fairness, accessibility, and safety while allowing para triathletes to manage equipment or perform additional preparatory tasks specific to their classifications. Applies to Para Triathlon events.
Prosthesis	An artificial device used to replace a missing body part.
Protest	A formal complaint for grounds listed in 12.2
Provincial Sport Organisation (PSO)	The Provincial Sport Organisation (the PSO) is the sole governing body, responsible for the Competition Rules for Triathlon, Duathlon and its other related multisports in the province.

Provincial Technical Official Level 1 (PTO 1)	The Level 1 TO certified by the PSO.
Provincial Technical Official Level 2 (PTO 2)	The Level 2 TO certified by the PSO.
PSO Rules	The document that contains all the rules, regulations and policies that govern fair and safe competitions in the province.
Race	A competition or group of competitions, which determine a winner, the medals and a result list. In the case of Para triathlon, this is named as “Medal Event” (i.e.: elite men’s race, 50-54 women).
Red card	Card, which is used to inform athletes about disqualification.
Region	Group of National Federations, from the same or different continents, linked by geographical or cultural reasons.
Registration	Point of control established at the entrance of athletes briefing and coaches meeting. Attendees to these meetings will sign the attendance list.
Results	The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.
Round	Each of the stages of an event with qualifying format. One event in the qualifying round format has two rounds: semi-finals and final.
Run Course	Part of the competition course, which has been defined at the Athletes’ Briefing where the athlete is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the transition area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the transition area; the second run course commences at the exit from the transition area and concludes at the Finish Line.
Sanction	A permit issued by the National Federation for the conduct of an event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with

	the requirements of National Federation operating requirements to provide the greatest potential for the conduct of a safe and fair event.
Sea and Transition Water	Ocean, seas and the part of the river affected by the tides, including river mouths, deltas, estuaries and rias.
Segment	A stage of competition. e.g.: A triathlon competition consists of 5 segments: swim, transition 1, bike, transition 2 and run.
Semi-final	Preliminary round of an event in qualifying round format. The semi-finals determine the athletes qualified to the final.
Smart Helmet	Bike helmet with a built-in sound system covering or not covering the ears.
Sorted Waiting List	A list of athletes not yet included in the start list, ordered according to the specific qualification criteria.
Sport Class	Para triathlon sport class is a category defined by World Triathlon in which athletes are categorised in reference to an activity limitation resulting from impairment.
Sportsmanship	The behaviour of an athlete during competition. Sportsmanship is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.
Standard Bridge Piece	A rigid piece of plastic or metal, which joins both sides of the handlebar clip-on at the ends and is commercially available.
Start List	A list of athletes approved to compete in a competition.
Start Wave	A group of athletes starting together at the same time. A start wave can include different races (i.e.: different Para triathlon Sport Classes, or different Age-Groups), but also a race can be split into different Start Waves (i.e.: Age-Group 20-24A and Age-Group 20-24B).
Stop and Go	Penalty consists of stop, correct the fault and continue the competition.

Suspension	<p>An athlete awarded this penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by the PSO, World Triathlon or its member associations (where determined) affiliated with World Triathlon.</p> <p>For any suspension because of a doping violation, the athlete will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by the CCES, the length of the suspension will be determined by CCES.</p>
Swim Course	Part of the competition course over which it has been defined in the Athletes' Briefing that the athlete is to swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the transition area.
Technical Delegate (TD)	A Technical Official, who is qualified by World Triathlon, and responsible for ensuring all aspects of the World Triathlon Competition Rules and World Triathlon Event Organisers' Manual are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the Technical Delegate will be the Chair of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.
Technical Official (TO)	A member of the joint team of International TO (ITOs), Continental TO (CTOs), National TO (NTOs), Provincial TO Level 2 (PTO2), and, Provincial TO Level 1 (PTO 1) at a PSO Triathlon event.
Time Penalty	Time Penalty requires an athlete to stop for a specified period of time at a specified location.
Torso	The human body excluding the neck, the head and the limbs.
Transition Area	A location within a defined boundary, which is not a part of the swim course, the bike course or the run course and within which each athlete is allocated an area for the storage of individual items of clothing and equipment.
Triathlon	A sport of individual or team character and motivation, which

	combines swimming, cycling and running skills in continuum.
Valid Start with Early Starters	Start in which few athletes started before the signal. Early starters will receive a time penalty in Transition 1.
Venue	All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, including without limitation spectators' area, VIP areas, transition area, finish area and all other areas under control of LOC.
Violation	A rule infringement which results in a penalty.
Waiting List	A list of athletes not yet included in the start list before the creation of the start list.
Warning	A caution issued by a TO to an athlete during the course of a competition. The purpose of a warning is to alert the athlete of the potential for a rule violation to occur and to promote a proactive attitude.
Winter Triathlon	Multisport which combines different winter sports. It may have two different formats, either starting with running on snow, followed by cycling on snow and finishing with cross country skiing, or starting with snowshoeing followed by skating on ice and finishing with cross country skiing.
World Triathlon (TRI)	World Triathlon (TRI) is the sole international governing body, responsible for the international Competition Rules for Triathlon, Duathlon and its other related multisports.
World Triathlon Members	The National Federation(s) which have been admitted to membership of World Triathlon as described in Art 5 of the Constitution, also known as Member National Federations, in accordance with the Constitution
World Triathlon Rules	The World Triathlon Constitution, Codes, Rules and Regulations, directives, and decisions.
Yellow card	Card, which is used to inform athletes about infringements which may result in warning, time penalty or stop and go.

APPENDIX E: PSO RELATED MULTISPORTS

The sports and events managed and sanctioned by the PSO include, but are not limited to the following:

Multisport	Includes:
Triathlon	Triathlon Standard distance Triathlon Sprint distance Triathlon Super Sprint and shorter distances. Triathlon in Qualifying Round format Triathlon in Time Trial Qualifying Round format Triathlon in Eliminator Format Triathlon Team Relay Triathlon Mixed Relay
Aquabike	Aquabike in any distance
Aquathlon	Aquathlon in any distance
Cross Duathlon	Cross Duathlon in any distance
Cross Triathlon	Cross Triathlon in any distance
Duathlon	Duathlon Standard distance Duathlon Sprint distance Duathlon Super Sprint and shorter distances. Duathlon Team Relay Duathlon Mixed Relay
Indoor Triathlon	Indoor Triathlon in any distance
Long Distance Duathlon	Long Distance Duathlon Middle Distance Duathlon
Long Distance Triathlon	Long Distance Triathlon Middle Distance Triathlon
Winter Triathlon	Winter Triathlon in any distance Winter Duathlon in any distance Winter Triathlon Team Relay Winter Triathlon Mixed Relay S3 Winter Triathlon in any distance

APPENDIX K: PENALTIES AND VIOLATIONS

This list is a resumé of the most common penalties and infringements which can be applied at the discretion of the Head Referee. In case of different interpretations of the text in this appendix and the main body of the Rules, the main body of the Rules will be applied.

The procedures and the extent of penalties for all categories and distances are outlined in section 3 of the Rules.

General		
RULES	PENALTIES	REFERENCE
1. An athlete who competes in a category different from his/her age, in a distance in which it is not allowed, or before the 24-hour period;	- DSQ from all the events included in this period	2.5 m.) to 2.5 n)
2. Failing to follow the prescribed course;	- Warning and re-enter the competition by the same point - If not: DSQ	2.1 a.) (xiii) 4.1 b.) 5.1 d.)
3. Departing the course for reasons of safety, but failing to re-enter at the point of departure when advantage is gained;	- If advantage is gained: Time penalty	5.1 d.)
4. Using abusive language or behaviour toward any event personnel or spectator;	- DSQ and report to the World Triathlon Tribunal for possible suspension	2.1 a.) (i) 2.1 a.) (v) 2.1 a.) (vi)
5. For an unusual and violent act of unsportsmanlike behaviour;	- DSQ, removed from competition and inform PSO for a possible suspension	2.1 a.) (i) 3.7 3.8
6. Blocking, charging, obstructing, or interfering the forward progress of another athlete;	- <u>Unintentionally</u> : warning and amend - <u>Intentionally</u> : DSQ	4.1 e.)/5.1 e.) 5.1 f.)/5.1 g.) 5.1 h.)/6.1 d.) 7.1 f.)
7. Accepting assistance from anyone other than a TO, race official or another athlete;	- Warning and amend if it is possible and return to the original situation - If not: DSQ	2.1 a.) (viii) 2.2
8. Not following the instructions of TO's or race officials;	- DSQ	2.1 (a) iv

9. Failure to wear the unaltered race numbers if provided by the LOC, in the proper way ordered by the TD/HR and announced at the Athletes' Briefing;	- Warning and amend if possible, or - DSQ	2.9 (a)
10. Wearing bib number during the swim segment when wetsuits are forbidden;	- Warning and amend if possible, or - DSQ	2.9 b.) (ii)
11. To dispose of rubbish or equipment around the course outside the clearly identified places, such as aid stations or rubbish disposal points;	- Warning and amend if possible, or - Time penalty	2.1 a.) (xi)
12. Using illegal, dangerous or unauthorised equipment to provide an advantage or which will be dangerous to others.	- Warning and amend if possible, or - DSQ and removed from competition	2.1 a.) (ii) 4.11 f.) 5.2 6.4
13. NOT USED		
14. Violating competition-specific traffic regulations;	<u>Unintentionally:</u> - Warning and amend if possible, or - DSQ <u>Intentionally:</u> - DSQ	2.1 a.) (iv)
15. NOT USED;		
16. NOT USED;		
17. Wearing during the competition clothing which doesn't meet the PSO Rules;	- Warning and amend if possible, or - DSQ	2.8 a.)
18. Wearing clothing covering any part of the body when not allowed;	- Warning and amend if possible, or - DSQ	4.11 c.) (ii)
19. Not covering the torso, arms and or legs during the competition following a request from the TD/HR based on the weather conditions;	- Before the competition: Warning and amend - If not corrected: DSQ and removed from competition	2.8 b.)
20. Removing a Trisuit, when worn, except in middle- and long-distance events;	- Warning and amend if possible, or - DSQ	4.11 b.)

21. NOT USED		
22. NOT USED		
23. Displaying any kind of demonstration of political, religious or racial propaganda;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ and removed from competition 	2.1 a.) (x)
24. Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;	<ul style="list-style-type: none"> - DSQ, removed from competition and inform PSO for a possible suspension 	2.5 n.)
25. Participating when not eligible;	<ul style="list-style-type: none"> - DSQ, removed from competition and inform PSO for a possible suspension 	2.5
26. Drug abuse;	<ul style="list-style-type: none"> - Penalties will apply according to the CADP rules 	2.3
27. Compete with a bare 99;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	6.1 a.) (iv)
28. Indecent exposure or nudity;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	7.1 o.)
29. Outside assistance: To give another athlete a complete bike, frame, wheel(s), helmet or any other item equipment which results in the donor athlete being unable to continue with their own competition;	<ul style="list-style-type: none"> - DSQ of both athletes 	2.2 b.)
30. Gain unfair advantage from any vehicle (excluding drafting);	<ul style="list-style-type: none"> - DSQ 	2.1 a.) (xii)
31. Not stopping in the next penalty box being obliged to do so;	<ul style="list-style-type: none"> - DSQ 	3.5 a.) (i)
32. Warming up on the course while another competition is in progress;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	18.2 b.) 19.3 b.)
33. Competing under suspension;	<ul style="list-style-type: none"> - DSQ, removed from competition and reported to the PSO for extending suspension or expulsion. 	2.5 b.)

34. Carrying out ambush marketing in the award ceremony;	- Forfeit the prize money earned in the event.	2.1 a.) (ix)
35 NOT USED		
36. NOT USED		
37. Using any device distracting the athlete from paying full attention to their surroundings;	- Warning and amend if possible, or - DSQ	2.1 a.) (xiv)
38. An athlete physically assists the forward progress of another athlete;	- DSQ	2.2 c.)
39. An athlete do not refuse to receive physically assistance the forward progress of another athlete;	- DSQ	2.2 c.)

BRIEFING (NON-APPLICABLE FOR Age-Group)

RULES	PENALTIES	REFERENCE
40. NOT USED		
41. NOT USED;		
42. NOT USED		

START

RULES	PENALTIES	REFERENCE
43. Starting before the starter's signal;	- Time penalty 4.7 d.) 4.8 m.)	
44. Starting in a wave earlier than the one the athlete is assigned to;	- DSQ 4.7 f.) 4.8 n.) 4.10 f.)	
45. Not moving directly forward before touching the water;	- Time penalty 4.7 b.)	
46. NOT USED		
47. NOT USED		

SWIM

RULES	PENALTIES	REFERENCE
48. NOT USED;		
49. Not wearing the official swim cap from the time of the line-up;	- Intentionally: Warning and amend - If not corrected: DSQ 4.11 a.) (i)	
50. Make contact and continue to impede the progress of the	- Time penalty 4.1 e.) (ii)	

other athlete without making an effort to move apart;		
51. Deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm;	- DSQ and may report to PSO for potential suspension or expulsion;	4.1 e.) (iii) 4.1 e.) (iv)
52. Wearing wetsuit not covering the torso, when the wetsuit is mandatory;	- Warning and amend if possible, or - DSQ and removed from competition	4.11 d.) (iv)
53. Athletes wearing branded second swim cap visible any time from the athletes' line-up till Transition 1;	- Age-Group: Warning and amend	4.11 a.) (iv)

TRANSITION

RULES	PENALTIES	REFERENCE
54. Rack the bike improperly, outside the athletes' own space or blocking the progress of other athletes;	- Before the competition: Warning and amend - During the competition: Warning and amend or - Time penalty	7.1 a.) 7.1 f.)
55. To have the helmet strap fastened in T1 while completing the first segment;	- TO will undo the strap.	7.1 t.)
56. Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike;	- Age-Group: Warning and amend	7.1 s.)
57. Mount the bike before the mount line;	- Warning and amend or - Time penalty	7.1 i.)
58. Dismount the bike after the dismount line;	- Warning and amend or - Time penalty	7.1 k.)
59. Discharge or store the athlete equipment outside the designated area;	- Warning and amend	7.1 b.) 7.1 c.)
60. Marking of position in transition area;	- Warning and amend, or - marking and objects used for marking purposes will be	7.1 r.)

	removed and athlete will not be notified	
61. Failing to deposit all equipment inside the proper bag provided by the LOC on the events where bag drop system is in place; (with the exception of bikes shoes that may remain on the pedals at all times);	- Warning and amend	15.6 d.)
62. Stopping in the flow zone of the transition area;	- Warning and amend if possible, or - DSQ	7.1 p)
63. Interfering with another athlete's equipment in the Transition Area;	- Warning and amend - DSQ in case the fact impedes another athlete to continue in the race	7.1 f.)
64. Remove trisuit and/or swimskin in a different place than athletes' position in TA or dedicated area;	- Warning and amend if possible, or - DSQ	7.1 q.)
65. Lock or unlock Touching the locking mechanism on the helmet while in possession of the bike in transition;	- Warning and amend	7.1 s.)
66. Discarding swim cap between the swim exit and transition, observed by a TO;	- Group: Warning and amend	7.1 d.)
67. Cycling out of transition rather than mounting at the mount line;	- DSQ	7.1 i.)
68. Not attempting to dismount at the dismount line and cycling in Transition;	- DSQ	7.1 k.)
BIKE		
RULES	PENALTIES	REFERENCE
69. Not wearing helmet during bike familiarisation and/or official bike training sessions;	- To be excluded from the specific session	5.2 e.) (ii)

70. Make forward progress without the bike, during the bike segment;	- Warning and amend if possible, or - DSQ	5.1 b.)
71. Drafting in a draft-illegal competition on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) 5.6 e.)
72. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 25 seconds on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) 5.6 e.)
73. Re-passing by an overtaken athlete prior to dropping out of the draft zone on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) 5.6 e.)
74. Drafting in a draft-illegal competition on middle- or long-distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) 5.6 f.)
75. Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 25 seconds on middle- and long- distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) 5.6 f.)
76. Re-passing by an overtaken athlete prior to dropping out of the draft zone on middle- and long-distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) 5.6 f.)
77. NOT USED		
78. NOT USED		
79. Drafting off a vehicle or motorbike in a draft-illegal competition;	- Warning and amend or - Drafting time penalty	5.5 c.)
80. NOT USED		

81. Blocking in a draft-illegal competition;	- Time penalty	5.7
82. NOT USED		
83. Passing another athlete in a no passing zone;	- Time penalty	18.4 .) 19.4 e.)
84. Wearing the helmet unfastened or insecurely fastened, during the bike segment;	- Warning and amend if possible, or - DSQ and removed from competition	5.2 e.) (iv)
85. Take off the helmet on the bike course, even if stopped;	- Warning and amend if possible, or - DSQ	5.2 e.) (iv)
86. Not wearing a helmet during the bike segment;	- DSQ and removed from competition	5.2 e.) (iv)
87. Competing with a different bicycle than the one presented at the check in, or modified after getting the approval at the check-in;	- DSQ	5.1 c.)
88. While in the bike penalty box, athletes consume food and/or water other that is on the athlete's bike or person;	- Warning and amend if possible, or - DSQ	3.5 b.) (iv)
89. Athletes using the restroom while serving a penalty in the bike penalty box;	- Penalty paused	3.5 b.) (v)
90. Making adjustments to equipment or performing any type of bike maintenance while serving a penalty;	- Warning and amend if possible, or - DSQ	3.5 b.) (vi)
91. Make cuts across or make contact with another athlete in a dangerous manner and continue to impede the progress of another athlete without making an effort to move apart.	- Time penalty	5.1 g.)
92. Deliberately target another athlete to impede their	- DSQ and may report to PSO for potential suspension or expulsion;	5.1 h.)

progress, gain unfair advantage and potentially cause harm;		
93. Riding in a forbidden position.	<ul style="list-style-type: none"> - Time penalty - If repeated: DSQ and removed from competition 	5.8

RUN AND SKI

RULES	PENALTIES	REFERENCE
94. Crawl during the running segment;	<ul style="list-style-type: none"> - DSQ and removed from competition 	6.1 a.) (iii) 6.3 a.)
95. NOT USED		
96. Being accompanied by any non- competing athletes, team members, team managers or other pacemakers on the course or along the course;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	6.1 a.) (vii) 18.5 b.)
97. Run or ski wearing a helmet;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	6.1 a.) (v) 18.5 f.)
98. To use posts, trees or other fixed elements to assist manoeuvring curves;	<ul style="list-style-type: none"> - Time penalty 	6.1 a.) (vi)
99. Being accompanied by any non- competing person in the finish chute.	<ul style="list-style-type: none"> - DSQ 	6.3 b.) 18.5. b.)
100. Not use classic style where mandatory	<ul style="list-style-type: none"> - First offence Time penalty, - Second offence DSQ 	18.5. e.)
101. Changing corridors in the finish chute, impeding the progress of other athletes.	<ul style="list-style-type: none"> - DSQ 	18.5. i.)
102. Make contact with another athlete in a dangerous manner and continue to impede the progress of another athlete without making an effort to move apart.	<ul style="list-style-type: none"> - Time penalty 	6.1 c.)
103. Deliberately target another athlete to impede their	<ul style="list-style-type: none"> - DSQ and may report to PSO for potential suspension or expulsion; 	6.1 d.)

progress, gain unfair advantage and potentially cause harm;		
TEAM RELAY SPECIFIC		
RULES	PENALTIES	REFERENCE
104. NOT USED;		
105. Not submitting the team declaration form within the specified time;	- Teams will be removed from the start list of the event and from all start and wait list in the events on the next 30 days	16.7 c.)
106. Relay exchange completed outside of the exchange zone;	- Time penalty	16.10 c.)
107. Relay exchange not completed, or intentionally completed outside the changing zone;	- DSQ	16.10 c.) 16.10 d.)
PARA TRIATHLON SPECIFIC		
RULES	PENALTIES	REFERENCE
108. Para triathletes who use catheters or other urinary diversion devices, have spillage during training, competition or classification;	- Warning and amend if possible, or - DSQ	17.19 a.)
109. Using adapted cleats and bike shoes with exposed cleats that are mounted on prosthetic legs (which are allowed in the pre-transition area) and the cleats are not covered or not surrounded by anti- slip material;	- Warning and amend if possible, or - DSQ	17.9 f.)
110. NOT USED		
111. NOT USED		
112. Para triathletes using unprotected sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful;	- Warning and amend if possible, or - DSQ and removed from competition	17.11 e.)
113. NOT USED		
114. NOT USED		

115. NOT USED		
116. NOT USED;		
117. Guides and personal handlers, who have not registered at the athletes' briefing;	- Access to the FOP removed	17.6 b.)
118. NOT USED		
119. Para-athlete receiving help from more personal handlers that the athlete has registered;	- DSQ	17.7 b.)
120. Any action taken by the personal handler which propels the para-athlete forward;	- DSQ	17.7 e.)
121. Personal handler repairing a Para-athlete's bike in an area other than the athletes' transition spot or the wheel station during the competition;	- DSQ	17.7 c.) (iv) 17.7 g.)
122. NOT USED		
123. NOT USED		
124. Personal Handlers assisting para-athletes before they are placed by the swim exit assistants on the daily chair, or assigned chair or space in pre-transition;	- Time penalty	17.9 a.)
125. Para triathletes with an absent lower limb not using a prosthesis or crutches to reach from Pre- Transition area to Transition 1 and hopping on one leg;	- Warning and amend if possible, or - DSQ	17.9 h.)
126. PTWC athletes doing the transition outside the individual space;	- Time penalty	17.10 h.)
127. PTWC athletes not stopping completely at the mount and at the dismount lines or continue before the TO say "Go";	- Time penalty	17.14 e.)

128. PTWC athletes drafting off a vehicle or motorbike during the run;	- Warning and amend - If not corrected: Drafting time penalty	17.15 d.)
129. Para triathletes leaving equipment in pre-transition after exiting it;	- Warning and amend - If not corrected: Time penalty	17.9 e.)
130. PTVI athletes competing with a guide who is not complying with the requirements;	- DSQ	17.17 a.) (v)
131. PTVI athletes not be tethered during the swim or the run;	- Warning and amend if possible, or - DSQ	17.17 b.) (i) 17.17 d.) (i)
132. PTVI athletes paced, led or being more than 1.5m away from their guide, during the swim;	- First offence: Time penalty - Second offence: DSQ	17.17 a.) (viii)
133. PTVI athletes paced, led or being more than 0.5m away from their guide, during the swim;	- First offence: Time penalty - Second offence: DSQ	17.17 a.) (viii)
134. PTVI athletes pulled or pushed by the guide;	- DSQ	17.17 b.) (ii)
135. PTVI athlete crosses the finish line and the guide is beside or behind the para triathlete but further apart than the required 0.5 meters maximum separation distance;	- DSQ	17.17 d.) (iii)
136. Para triathlete enters the Field of Play with a guide dog;	- Warning and amend if possible, or - Time Penalty	17.17 a.) (i)
137. NOT USED.		

APPENDIX Y: The PSO Youth and Junior Non-Drafting Rules and Regulations

Introduction

This information and rule guide has been prepared for use by parents, Coaches, TO's and Race Directors who are directly involved with young athletes from 4 to 19 years of age. This document includes the essential rules and details of their application, in each age category. These rules have been updated based on the World Triathlon (TRI) publication: [Triathlon and Related Multisport Event Guidance for U19s](#). Additional information is contained in the TRI Guidance that may be beneficial for those involved in planning youth events. As usual the foundations of these rules are: first – Safety; and second – Fairness. The World Triathlon Competition Rules are to be used for draft legal events.

In general, the following groups and ages are addressed:

- **Recreational children and youth:** Ages 4 to 15;
- **Competitive youth – without drafting:** Ages 13 to 15;
- **Recreational and Competitive – Non-drafting:** Age Group ages 16 and older.

1. Maximum Distances

a) In order to ensure a constant progression in the sport of Triathlon and related Multi-sports, in accordance with the approved Long Term Athlete Development Model (LTAD), the race distances must NOT exceed the limits shown in the tables below:

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

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

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

2. Age Categories:

- Age is determined as of 31 December in the year of the race

3. Racing Up:

- a) An athlete may NOT compete in a higher category under any circumstances, unless the distances in the higher category are equal to or less than those in the athlete's proper category.

4. General Rules for All Youth:

- a) All participants **MUST** wear an approved cycling helmet;
- b) The helmet must be fastened at all times the athlete is in possession of the bicycle;
- c) In the transition area, all athletes must rack their bike in the space assigned/first chosen;
- d) A bare torso is forbidden on both the bike and run course;
- e) Drafting is not allowed;
- f) Outside Assistance or external aid is allowed for ages 4 to 9 years. The assistance may only be provided by volunteers or officials assigned by the race organiser;
- g) For athletes 10 to 15 years, all outside assistance or external aid, in any form, may result in disqualification;
- h) Equipment must conform to the rules specific to the age category of the athlete;
- i) A wetsuit may only be worn when the adjusted temperature of the water is less than 24.6°C;
- j) A wetsuit **MUST** be worn when the adjusted temperature of the water is less than 18°C

5. Swim and Temperature Limits

- a) The Table A from the PSO 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
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5
	20	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0
	19	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5
	18	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0
	17	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel
	16	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel
	15	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel
	14	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel
	13	13.0	13.0	13.0	12.5	12.0	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

Open water maximum duration and wetsuit use

Age category	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

6. Bike, Handle Bars and Aerobars

- a) The bike MUST have a brake on each wheel;
- b) Triathlon specific (or time trial) handlebars are NOT permitted in any category, except for non-drafting races in age 16 and up.

7. Pedals

- a) Platform pedals (without a clip or a cage) are permitted in all categories;
- b) Pedal Cages are NOT permitted for ages 15 or under;

- c) All pedal system types (road and mountain) are allowed starting with category 12 – 13 and higher;
- d) For athletes 11 and under, only SPD type pedals are permitted. The cleat must be recessed into the sole of the shoe such that the sole has direct contact with the ground (See ANNEX 1).

8. Wheels

- a) For all Categories age 15 and under:
 - Athletes must use standard wheels meeting the following criteria:
 - Have at least 16 spokes
 - Rims must be metal and their depth shall not exceed 25mm;
- c) Category Age 16 and above – Non-Drafting
 - No restrictions concerning wheels.

9. Gearing ([Cycling Canada 2025 Companion Guide](#))

- a) The gearing shown below are the MAXIMUM recommended for Long-Term Athlete Development. The recommendations apply to both training and racing! The recommendations emanate from Cycling Canada. The numbers refer to the number of teeth on the largest front chainring * smallest rear cog set;

YOUTH CATEGORY GEAR RESTRICTIONS		
CATEGORY	ROAD RACING	Gearing Suggestion
U17	No Gear Limit	
U15	6.71 M rollout	50*16
U13	6.2 M rollout	46*16

- a) Rollout is calculated:

Rollout = Wheel Circumference (m) x (front chainring teeth / rear cog teeth)

$R = (3.14159 \times \text{wheel diameter (m)}) \times (\text{front chainring teeth} / \text{rear cog teeth})$

10. Bib Number

Wearing a bib number is mandatory for all athletes while on the run course.

11. Organising Youth Beginner and Recreation Events;

For reasons of safety all events offering “children beginner” or “recreational youth” categories must follow the standards and practices below.

- a) The chart below suggests the colours for the different categories, no matter the gender of the child. Other colours may be selected. No matter what colour used, the colours shall apply to the swim cap, the bib number and the different placards, notices or directions on the course.

Youth Cap Colours	
Category	Colour
4-5	Pink
6-7	Orange
8-9	Light Blue
10-11	Red
12-13	Yellow / Light Green
14-15	Light Green / Yellow

- b) For starts in a pool, swim caps of different colours can be used in a category to facilitate lap counting
- c) No motorcycles are allowed on a course with athletes age 11 and under
- d) In order to promote participation and a sense of accomplishment, **NO PODIUM POSITIONS ARE ALLOWED FOR ALL CATEGORIES AGE 11 AND UNDER**. Participation awards may be offered (e.g. ribbons, medals, etc.).

ANNEXE 1: Authorised Pedal Systems for Ages 11 and under.

Most manufacturers produce a pedal system that clips in and is usually used for mountain biking or cyclocross. the principal characteristics of these systems are:

1. A Clip set into the sole of the shoe to facilitate walking.
2. A pedal that can be clipped into from both sides of the pedal

These systems are also frequently used in road bike races and are the only ones authorised for ages 11 and under in triathlon. The PSO favours no one company over another, the photos are used for example only.

Photo 1: Note that the cleat is recessed into the shoe so that the sole will come into contact with the ground as if the clip as not there.



Photo 2: An example of a pedal system where the cleat can be clipped into the pedal from either side.



**REPORT
TO
NEXT
PENALTY
BOX**

**REPORT
TO
NEXT
PENALTY
BOX**

