

Triathlon Rule Changes – 2022

Summary

The following is a summary of the most significant rule changes for 2022. For complete details refer to https://www.triathlon.org/uploads/docs/World_Triathlon_Competition_Rules_2022_20220128.pdf
The Triathlon BC rules can be found at: <http://www.tribc.org/wp-content/uploads/2022/01/Provincial-Triathlon-Competition-Rules-2022-fullsize-Posted-Jan-282022.pdf>

Athletes are responsible for ensuring that their equipment is in good condition and meets all safety standards.

1. Arm covers or long sleeves may be used when wetsuits are forbidden, except in the swim.
2. While on the Field of Play (which includes after the finish area) the uniform must be worn over the shoulders (Junior and Youth men please note).
3. Time penalties must be served in the place you were told to. Stopping anywhere else is considered a penalty NOT served.
4. If an athlete is cited for deliberate aggressive swimming twice in a year they will be barred from competition for the remainder of the season.
5. The wetsuit cut off temperatures remain the same EXCEPT, athletes 60 years of age or older will have an upper limit of 24.6°C for all distances.
6. In a rolling start, if an athlete starts outside of their defined time range, they will be disqualified.
7. **NOTE:** For Elite, U23, Junior and Youth draft-legal competitions – clip-on triathlon bars are **NOT** allowed effective **1 January 2023**.
8. It is illegal to have water bottles placed behind the saddle in draft-legal competitions.
9. Several consecutive attempts to overtake with no success, may lead to a drafting penalty.
10. Certain riding positions on the bike are illegal. Please refer to Rule 5.8. Essentially the descending positions of sitting on the cross bar or chest back over the seat or forward on the stem are all banned. In a draft legal race hands must be on or near the hoods. Riding with forearms resting near the stem (as if you had clip-ons) is not allowed.

All athletes, coaches, and officials are strongly recommended to read the rules or at least the 2022 changes.

Requests for additional information and any questions should be addressed to:
officials at tribc.org