



USA Triathlon
Multisport Competition Rules

PREFACE

The USA Triathlon Multisport Competition Rules are maintained by USA Triathlon. This document is to be read in conjunction with USA Triathlon Bylaws and all applicable policies and procedures as established by USA Triathlon.

Any difficulty in the interpretation of application of these Multisport Competition Rules should be referred to the head of the USA Triathlon Officials Program.

Green highlight – Content amended in this edition.

Membership in USA Triathlon is available to all persons in good standing with USA Triathlon who submit a completed application, pay the required membership fee and comply with all the requirements determined by USA Triathlon to be applicable to the specific category of membership desired. No person shall be denied membership based on race, ethnicity, color, religion, sex, gender identity, national origin or disability.

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1. INTRODUCTION

1.1. PURPOSE

- a) The USA Triathlon Multisport Competition Rules (Multisport Competition Rules) are designed to set forth a standard set of parameters within which athletes can participate in events governed by USA Triathlon and compete in a positive atmosphere of equal opportunity. These rules shall be interpreted and construed in a manner consistent with their purpose.
- b) USA Triathlon has the responsibility to ensure that the technical aspects of Triathlon, Duathlon, Aquabike, Aquathlon, Paratriathlon and any other multisport discipline falling under its authority, are of the highest quality, with emphasis on the safety of each athlete and the fairness of each event.
- c) The Multisport Competition Rules are not designed to establish standards of care for the safety of athletes or other persons. Every participant, official, volunteer and spectator should consider all safety issues and make related decisions prudently without reliance upon the Multisport Competition Rules.
- d) USA Triathlon makes no express or implied warranty, guarantee or representation regarding the degree of safety that may or may not result from compliance with the Multisport Competition Rules. Examinations or inspections of equipment at sanctioned events are undertaken solely to monitor compliance with the Multisport Competition Rules and do not guarantee or ensure safety from personal injury or property damage. The safety of race equipment is the sole responsibility of the athlete.
- e) The rules outlined in this document are underpinned by the World Triathlon (TRI) Competition Rules. **Follow current TRI policies and procedures for field of play when practicable.**

1.2. INTENTION

- a) The USA Triathlon Multisport Competition Rules are intended to:
 - i. Provide for the orderly and consistent administration of events sanctioned by USA Triathlon;
 - ii. Promote and maintain sportsmanship, equal opportunity and fair play;
 - iii. Encourage individual performance and initiative;
 - iv. Protect the health, safety and well-being of participants;
 - v. Promote the integrity of sport;

- vi. Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action;
- vii. Foster the foregoing ideals through the establishment of rules that penalize athletes who seek to gain an unfair advantage.

1.3. APPLICABILITY OF THE RULES

- a) The USA Triathlon Multisport Competition Rules apply to all events that fall within the jurisdiction of USA Triathlon. To that end, throughout these Multisport Competition Rules, unless otherwise specified, the term "triathlon" is used in its generic form to imply any of these multisport events.
- b) These Multisport Competition Rules are binding on all members of USA Triathlon and all persons who enter or participate in any event sanctioned by USA Triathlon.

1.4. EXCEPTIONS TO THE RULES AND AMENDMENTS

- a) Where the USA Triathlon Multisport Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, those laws shall override these Multisport Competition Rules to the extent of the inconsistency, and athletes must be notified of the implications of these laws as early as practicable and not later than prior to the start of the event.
- b) Event Management for a particular event, due to special circumstances, may request from USA Triathlon an amendment to any of these Multisport Competition Rules. If such an amendment is granted by USA Triathlon, Event Management must notify event athletes of the amendment as early as practicable and not later than prior to the start of the event. If the exception or modification is not authorized by USA Triathlon, any existing sanction granted by USA Triathlon may be invalidated. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from state and local authorities.
- c) The designated authority of USA Triathlon's National Events may approve the addition of special rules through amendments for a particular National Event, provided that event athletes are notified of each additional special rule as early as practicable and not later than prior to the start of the event.

1.5. MODIFICATION OF THE RULES

- a) The USA Triathlon Multisport Competition Rules may be changed from time to time by USA Triathlon, at its absolute discretion consistent with the following conditions:
 - i. Any rules changes shall be consistent with the intent and purpose of the World Triathlon Competition Rules and the USA Triathlon Multisport Competition Rules;
 - ii. Any rule changes other than event-specific amendments granted by USA Triathlon shall not take effect until at least 14 days after the changes have been posted on the USA Triathlon website.

2. MULTISPORT ATHLETE CONDUCT

2.1. APPLICABILITY

The rules of this chapter apply to all athletes during all segments of a USA Triathlon sanctioned race. Rules listed in this section may be repeated in additional sections of this rulebook (such as Swimming, Cycling and Running conduct sections), but they apply to all segments of the race.

2.2. GENERAL CONDUCT

- a) While at the event site, all athletes must:
 - i. Be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others;
 - ii. Be responsible for understanding and following the Multisport Competition Rules, which may include any rule exceptions, additions and conditions applicable to the specific race;
 - iii. Obey instructions from event officials;
 - iv. Obey traffic regulations unless otherwise instructed by an event official;
 - v. Self-report violating any of the Multisport Competition Rules to the Head Referee or withdraw from the race.

Penalty for violation: DSQ.

2.3. UNSPORTSMANLIKE CONDUCT

- a) Athletes must practice good sportsmanship at all times, and treat other athletes, officials, volunteers and spectators with respect and courtesy. Verbal or physical abuse of others is not acceptable or tolerated. Athletes shall always refrain from unsportsmanlike conduct while at the event site and during racing, including:
 - i. The use of abusive language;
 - ii. Violent acts;
 - iii. Intentional misconduct;
 - iv. Any intimidating behavior directed towards athletes, officials, event staff, volunteers and spectators.
 - v. Efforts by members of a team to abandon their ambition during a race.

Penalty for violation: DSQ and report to USA Triathlon for possible suspension.

2.4. RACE CONDUCT

2.4.1. Health

Multisport events are strenuous activities, and the health and welfare of athletes is of paramount importance.

Athletes must withdraw immediately from a race if deemed and informed by the event medical personnel that the athlete appears to present a danger to the health or welfare of the athlete and/or to others.

Time limits for the swimming segment, cycling segment and overall finish may be established for a race to ensure safe conduct. **These time limits are not required by USAT Multisport Competition Rules.**

2.4.2. Race Numbers

Athletes shall always plainly display their race numbers and shall maintain the race number in an unaltered and viewable state at all times on the course and at the finish.

However, an athlete is subject to removal from the course and the event venue if there is any belief that the athlete did not register for the race. This belief may be caused by failing to display an athlete race number or displaying an altered number at any time while on the course.

Penalty for violation: Warning and amend. If intentional and not corrected: Time Penalty. If not registered for the race: Removal from the race and report to USA Triathlon for possible suspension.

2.4.3. Mass Starts

A race may begin with a mass or “wave” start, as required by these Multisport Competition Rules or as directed by Event Management.

When the beginning of any race is commenced by starting designated “waves” or groups of athletes at different times, all athletes shall start in and with the proper wave or group. An athlete’s time begins when the start signal is given for the athlete’s prescribed wave or group. Athletes who miss their wave start may only commence the event with the permission of the Head Referee and Event Management, and the start time shall not be adjusted for any athlete who commences the race later than the wave start prescribed.

Penalty for violation: If starting in a wave earlier than prescribed, DSQ. If starting before the starter’s signal within the prescribed wave, Time Penalty.

2.4.4. Entire Course

- a) It is the athlete's responsibility to read all supplied information provided in the event materials and to know and keep on the prescribed course. Athletes must complete the entire course as prescribed by Event Management, including all segments in the correct segment order and all prescribed circuits/laps. Any failure to so complete the entire course shall be deemed to constitute an unfair advantage and may result in disqualification or the assignment of DNF in the race results at the discretion of the Head Referee.
- b) Athletes are responsible for being aware of their own progress on the course and must not solely rely on guidance or lap counting from other persons, including Event Management personnel. Athletes who receive erroneous or incomplete information from Race Management personnel, or technology supplied by Race Management, about their lap count or progress are not relieved of their responsibility to complete the entire prescribed course and the proper number of circuits/laps.
- c) Athletes who depart from the course must reenter at the point of departure before continuing. Athletes who have crossed the finish line prior to completing all segments of the course and could still safely reenter the course at their point of departure may be allowed to complete the course with the concurrence of the Head Referee and Event Management.

Penalty for violation: Warning and re-enter the course at the point of departure. If athlete departed course for safety reasons and gained an advantage: Time Penalty. If not for safety reasons and advantage was gained: DSQ or DNF at Head Referee's discretion.

- d) Adverse effects on race time caused by exceptional conditions, including traffic, accidents, trains, weather, force majeure, or caused by the athlete straying off course, are considered part of the athlete's race time and may not be mitigated by **adjusting the athlete's race time**. See the Race Time section. (Section [14.1.](#))

2.4.5. Unauthorized Assistance

- a) No athlete shall accept assistance from any person other than event personnel, but such assistance is limited to providing nutrition, drinks, mechanical and medical assistance. The receipt of information regarding the progress, split times or location of other athletes on the course shall not be considered the acceptance of unauthorized assistance.

Penalty for violation: Warning and amend to return to the original situation. If not possible to return to the original situation, DSQ.

- b) No athlete shall be accompanied (paced) by any non-athlete on the course.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

- c) Athletes in the same race (multisport and distance) may assist each other with incidental items, such as food and drinks after an aid station, pumps, tubular tires, inner tubes and puncture repair kits. Athletes may not provide any item of equipment to another athlete which results in the donor athlete being unable to continue with their own race.

Penalty for violation: DSQ of both athletes.

- d) An athlete **shall** not physically assist the forward progress of another athlete on any part of the course.

Penalty for violation: DSQ of the assisting athlete. DSQ of the assisted athlete if the assistance is solicited or accepted. No penalty to the assisted athlete if avoiding or refusing the assistance.

2.4.6. Unauthorized Equipment

- a) No athlete shall use any equipment prohibited by these rules, or any equipment which the Head Referee determines to be improper, including equipment that might provide an unfair advantage or endanger other persons.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

- b) No athlete shall wear headphone(s) or headset(s) in any manner. This includes bone-conducting headphones and earphones inserted or covering the ears.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

- c) No athlete shall use **any device during the race, including a communication device**, in a distractive manner that **inhibits the athlete** from paying full attention to **the** surroundings. A distractive manner includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Devices include but are not limited to cell phones, smart watches and two-way radios. Possession and use of communication devices for navigation, tracking or data recording purposes is permitted.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

- d) No athlete shall wear, use or carry items deemed to be a hazard to oneself or others, such as a hard cast or jewelry.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

- e) No athlete shall utilize any glass bottles or glass containers at any time during the race.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

2.4.7. Obstruction and Impeding

- a) Athletes may sportingly maintain their own space during all segments of the race. An athlete is entitled to any position on the course, provided **the athlete gets** 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 overtaking.
- i. Where athletes make accidental contact and then immediately afterwards move apart, no penalty shall be incurred.
 - ii. Where athletes make contact, and an athlete continues to impede the progress of the other athlete without moving apart, this action may result in a time penalty.
 - iii. Where an athlete deliberately targets another athlete to impede their progress, gain unfair advantage and potentially cause harm, this action may result in disqualification and may be reported to USA Triathlon for potential suspension.

*Penalty for violation: Accidental and incidental contact: Possible Warning.
Sustained impeding: Time Penalty. Targeting: DSQ and report to USA Triathlon for possible suspension.*

2.4.8. Trash and Littering

No athlete shall intentionally discard any equipment or trash on the course, or relieve **themselves** on the course, except at approved, dedicated locations.

Penalty for violation: Warning and amend if possible, or Time Penalty.

2.4.9. Endangerment

No athlete **or their agent** shall commit any dangerous act that, in the opinion of the Head Referee, threatens or purports to threaten bodily harm to any person, including **themselves**, officials, event staff, volunteers and spectators. Such acts may include severe or consequential violations of these Multisport Competition Rules.

Penalty for violation: DSQ.

2.4.10. Timing Devices and Burden of Proof

Failure to return non-disposable timing chips to timing or Event Management after the race or upon withdrawing from the race, or failure to pay the replacement cost of a lost timing chip may result in disqualification from the race and may result in suspension from future USA Triathlon sanctioned events.

If an athlete fails to wear or loses a timing device during the race, the burden of proof for completion of the course must necessarily lie primarily with the athlete. The athlete is responsible for making every effort to obtain a replacement device per the guidelines and instructions of the athlete guide and pre-race briefings. Athletes are encouraged, but not required, to wear a personal timing device capable of providing GPS data which may be used to validate results if necessary.

Where electronic timing is used and an athlete loses a timing device and the athlete cannot provide personal electronic data to validate race time, and a manual backup system is used, the athlete may be given a race time using that manual backup system, provided the athlete recorded a time on at least one point of the course sufficient in the view of the Head Referee and Head Timer to validate results.

Where no timing point is recorded or validated by the Head Referee, the athlete shall be recorded in the results as DNF. Photographic evidence is insufficient to confirm completion.

2.4.11. Acts of Agents

The conduct of any agent acting with apparent authority on behalf of an athlete shall constitute grounds for penalizing the athlete if such agent's conduct violates any of these Multisport Competition Rules.

2.5. DOPING CONTROL

USA Triathlon is opposed to the practice of doping in sport and fully supports and complies with the policies, protocols, and rules set forth by the U.S. Anti-Doping Agency (USADA) as the independent, non-profit anti-doping organization in the United States. Athletes are bound by the National Anti-Doping Policy of the United States Olympic & Paralympic Committee (USOPC) and by the USADA Protocol.

3. SWIMMING CONDUCT

3.1. GENERAL CONDUCT

- a) Athletes must follow the prescribed swim course.
- b) Athletes may use any stroke to propel **themselves** through the water. They may also tread water or float.
- c) Athletes are allowed to push off the bottom or stand on the bottom of the swim course.
- d) Athletes are allowed to rest by holding an inanimate object, such as a buoy or stationary boat.
- e) Athletes may not push, pull or use an inanimate object in order to make forward progress.

Penalty for violation: Time Penalty.

- f) **Athletes may not make forward progress by running along a shoreline except at designated water entry, re-entry and exit locations.**

Penalty for violation: Warning and re-enter the course at the point of departure from swimming. If advantage was gained: DSQ or DNF at Head Referee's discretion.

- g) In an emergency, an athlete should raise an arm overhead and call for assistance. If further assistance is rendered to the athlete, beyond the use of an object on which to rest, the athlete must withdraw from the race. No athlete shall return to the race if the official rendering assistance requests that the athlete withdraw from the race or receive medical assistance.
- h) 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 shall 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 may result in a time penalty.
 - iii. Where athletes deliberately target another athlete to impede progress, gain unfair advantage and potentially cause harm, this action may result in disqualification and be reported to USA Triathlon for potential suspension.

Penalty for violation: Accidental and incidental contact: No Penalty. Sustained impeding: Time Penalty. Targeting: DSQ and report to USA Triathlon for possible suspension.

3.2. PERMITTED SWIMMING EQUIPMENT

3.2.1. Wetsuits

- a) Unless a variance is posted on the [USA Triathlon Multisport Rules](#) web page, the use of wetsuits in any USA Triathlon sanctioned race is governed in Section [3.4.](#), Water Temperatures and Wetsuit Use.
- b) Wetsuits may not exceed 5mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5mm thickness limit.
- c) A wetsuit may cover any part of the body except the face, hands and feet. When use of wetsuits is mandatory for a race, the wetsuit must cover at least the torso and the back.
- d) All components of the wetsuit, except a zipper cord, shall fit to the athlete's body tightly while swimming.

Penalty for violation (any portion of this section): Warning and amend if possible. DSQ if not corrected.

3.2.2. Swim Cap

- a) All athletes must wear the official swim cap, if provided, during the swim segment. It is recommended that Event Management provide numbered swim caps to each athlete. If an athlete chooses to wear two caps, the second swim cap must be worn beneath the official swim cap and should be unbranded as to not obscure the markings on the official swim cap. If the use of wetsuits is permitted for a race, neoprene hoods and caps are permitted to be worn underneath the official swim cap.

Penalty for violation: Intentionally not wearing or altering the official swim cap, Warning and amend if possible. DSQ if not corrected.

- b) Athletes who are observed by a Technical Official intentionally discarding their swim cap between the swim exit and transition may receive a penalty.

Penalty for violation: Age-Group: Warning and Amend if possible. Time Penalty if not corrected. Elite and Paratriathlon: Time Penalty.

- c) In an Aquathlon race, athletes may carry the official swim cap and goggles during the first run segment and may wear them in the transition area.

3.2.3. Uniforms and Swimskins – When Wetsuit Use is Prohibited

- a) Swimwear 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).
- b) Swimwear may contain a zipper.
- c) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees. Additional clothing may not cover at or above the neck, at or below the elbows, or at or below the knees. Athletes with a verified medical condition or athletes with a religious reason may request an exemption from this rule by notifying the Head Referee.
- d) Athletes may wear multiple race suits or pieces of swimwear, provided that all suits and swimwear meet the specifications of this section.
- e) Wetsuit (neoprene) shorts / bottoms (buoyancy shorts) are prohibited.

Penalty for violation (any portion of this section): Warning and amend if possible. DSQ if not corrected.

3.2.4. Boots and Socks – When Wetsuit Use is Permitted

Neoprene boots and socks are allowed when wetsuits are permitted for the race, but they must not aid in propulsion (no webbed boots / socks, or web-like construction between the toes).

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

3.2.5. Gloves – When Wetsuit Use is Mandatory

Gloves may be worn when wetsuit use is mandatory for the race or when the Head Referee has granted a medical exemption, but they must not aid in propulsion (no swim resistance gloves, hand paddles, webbed gloves or web-like construction between the fingers).

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

3.3. PROHIBITED SWIMMING EQUIPMENT IN COMPETITIVE RACES

The following are prohibited for use or wear in USA Triathlon competitive races (waves):

- a) Artificial propulsion devices.

- b) Buoyancy or flotation devices (personal swim buoys), if deployed. The athlete must withdraw from the race if the inflatable device is deployed.
- c) Snorkels.
- d) Wetsuits with thickness in any part exceeding 5mm.
- e) Any wetsuit, part of a wetsuit or clothing containing rubberized material (polyurethane or neoprene) when they are forbidden by water temperature.
- f) Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

3.4. WATER TEMPERATURES AND WETSUIT USE

3.4.1. Wetsuit Use Determination

Wetsuit use is governed by the following tables:

Elite, U23 and Developmental High Performance races:

SWIM LENGTH	PROHIBITED	MANDATORY
1500m and shorter	20.0 °C (68.0 °F) and above	15.9 °C (60.6 °F) and below
Longer than 1500m	22.0 °C (71.6 °F) and above	15.9 °C (60.6 °F) and below

USA Triathlon National Championships and World Triathlon qualifying races for Age-Group athletes:

SWIM LENGTH	PROHIBITED	MANDATORY
All distances	24.6 °C (76.2 °F) and above	15.9 °C (60.6 °F) and below

All other races and waves*:

SWIM LENGTH	PROHIBITED	ALLOWED**	PERMITTED	MANDATORY
All distances	84.0 °F (28.9 °C) and above	78.1 to 84.0 °F (25.6 to 28.8 °C)	60.7 to 78.0 °F (16.0 to 25.5 °C)	60.6 °F (15.9 °C) and below

*Athletes in a non-competitive race or wave are not eligible to have results submitted for rankings.

**Athletes who choose to wear a wetsuit in a competitive non-National Age-Group race or wave when the water temperature is at or above 78.0 °F are not eligible to have results submitted for rankings or Age-Group awards unless a variance is permitted.

3.4.2. Water Temperature Measurement

Water temperature measurements should be taken one hour prior to the start of the race. It is strongly recommended that the temperature be taken at a depth of 24 inches, **at** the middle of the swim course and in two other areas on the swim course. When the average measured temperature is 27.0 °C (80.6 °F) or below, the lowest measured temperature is considered the official water temperature. When the average measured temperature is above 27.0 °C (80.6 °F), the highest measured temperature is considered the official water temperature.

3.4.3. Adjustment to Water Temperature Measurement

If the measured water temperature is at or below 22.0 °C (71.6 °F), the air temperature is at or below 15.0 °C (59.0 °F), and the air is colder than the water, the measured water temperature may be adjusted according to the following tables and formulas:

Official water temperature adjusted value with cold air present (°C)

		Measured air temperature (°C)									
		15	14	13	12	11	10	9	8	7	6
Measured water temperature (°C)	22	18.5	18	17.5	17	16.5	16	15.5	15	14.5	14
	21	18	17.5	17	16.5	16	15.5	15	14.5	14	13.5
	20	17.5	17	16.5	16	15.5	15	14.5	14	13.5	13
	19	17	16.5	16	15.5	15	14.5	14	13.5	13	12.5
	18	16.5	16	15.5	15	14.5	14	13.5	13	12.5	12
	17	16	15.5	15	14.5	14	13.5	13	12.5	12	x
	16	15.5	15	14.5	14	13.5	13	12.5	12	x	x
	15	15	14.5	14	13.5	13	12.5	12	x	x	x
	14	14	14	13.5	13	12.5	12	x	x	x	x
	13	13	13	13	12.5	12	x	x	x	x	x
	12	12	12	12	12	x	x	x	x	x	x
11	x	x	x	x	x	x	x	x	x	x	

*This adjustment formula is Measured Water Temperature (°C) minus half the difference between Measured Water Temperature (°C) and Measured Air Temperature (°C).

x = cancel swim

Official water temperature adjusted value with cold air present (°F)

		Measured air temperature (°F)										
		59	58	56	54	52	50	48	46	44	43	42
Measured water temperature (°F)	71.6	65.3	64.8	63.8	62.8	61.8	60.8	59.8	58.8	57.8	57.3	x
	70	64.5	64	63	62	61	60	59	58	57	56.5	x
	68	63.5	63	62	61	60	59	58	57	56	55.5	x
	66	62.5	62	61	60	59	58	57	56	55	54.5	x
	64	61.5	61	60	59	58	57	56	55	54	x	x
	62	60.5	60	59	58	57	56	55	54	x	x	x
	60	59.5	59	58	57	56	55	54	x	x	x	x
	59	59	58.5	57.5	56.5	55.5	54.5	x	x	x	x	x
	58	58	58	57	56	55	54	x	x	x	x	x
	56	56	56	56	55	54	x	x	x	x	x	x
	54	54	54	54	54	x	x	x	x	x	x	x
	53	x	x	x	x	x	x	x	x	x	x	x

*This adjustment formula is half the sum of Measured Water Temperature (°F) and Measured Air Temperature (°F).

x = cancel swim

3.4.4. Modification to Wetsuit Use Determination and Swimming Segment

- a) The Head Referee, following consultation with Event Management or medical staff, may amend the wetsuit use determination, shorten the swimming course distance, or cancel the swimming segment for athlete safety reasons. Factors that may be considered include water quality, waves, currents, winds, precipitation, humidity, and regional adaptation.
- b) As a further guide, the swim distance may be shortened or cancelled according to the following:
 - Cancel the swim if the measured air temperature is below 6.0 °C (42.8 °F).
 - Cancel the swim if the adjusted water temperature is below 12.0 °C (53.6 °F).
 - Cancel the swim if the measured water temperature is at or above 32.0 °C (89.6 °F).
 - Maintain original swim distance if the adjusted water temperature is between 15.0-30.9 °C (59.0-87.7 °F).
 - Swim no greater than 3000m if the adjusted water temperature is between 14.0-14.9 °C (57.2-58.9 °F).
 - Swim no greater than 1500m if the adjusted water temperature is between 13.0-13.9 °C (55.4-57.1 °F).
 - Swim no greater than 750m if the adjusted water temperature is between 12.0-12.9 °C (53.6-55.3 °F) or between 31.0-31.9 °C (87.8-89.5 °F)

4. CYCLING CONDUCT

4.1. GENERAL CONDUCT

- a) Each registered athlete may use only one bicycle during the race and may only check one bicycle into transition.
- b) An athlete is not permitted to make any forward progress without the bicycle and all its component parts. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other athletes.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

- c) All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by persons with authority for traffic control, such as law enforcement officials or licensed traffic control personnel. In no case may a cyclist cross a solid or dashed yellow line separating opposite-direction traffic lanes unless specifically directed to by persons with authority for traffic control, such as law enforcement officials or licensed traffic control personnel.

*Penalty for violation: Unintentional violation: Warning and amend, if possible.
Intentional violation: Time penalty or Endangerment DSQ.*

- d) Athletes must complete the entire cycling course as prescribed by Event Management. It is the sole responsibility of each athlete to know and follow the prescribed cycling course. No adjustments in times or results shall be made, for any reason whatsoever, for athletes who fail to follow the proper course. Athletes leaving the cycling course must return to it at the point of departure before continuing.

Penalty for violation: Warning and re-enter the course at the point of departure. If athlete departed the course for safety reasons and gained an advantage: Time Penalty. If not for safety reasons and advantage gained: DSQ or DNF at Head Referee's discretion.

- e) Dangerous riding may result in a penalty. This includes but is not limited to:

- i. Blocking that impedes the progress of another athlete or makes contact with another athlete.

Penalty for violation: Time Penalty (Yellow Card)

- ii. An athlete riding recklessly to threaten the safety of themselves, another athlete, event official, volunteer or motorist. Any cyclist who deliberately targets another athlete or recklessly presents a danger to any athlete.

Penalty for violation: DSQ (Red Card).

- f) Efforts to add devices or engage in practices intended to circumvent the prohibition against fairings to the bicycle are prohibited. Any additional equipment that has the effect of reducing wind resistance is prohibited during the cycling segment, whether such equipment is worn under the athlete's clothing, over the athlete's clothing, or is otherwise attached to the athlete's body or the athlete's bicycle. Specifically, the following items are not allowed while cycling:
 - i. Bottles / hydration or any other insert located in the front of an athlete's race suit.
 - ii. Any insert in an athlete's calf sleeves or arm sleeves.

Penalty for violation: DSQ (Red Card).

4.2. CYCLING RACE NUMBER

Athletes must always display their race number on the cycling course. The number itself must remain visible and unaltered.

Bicycle race number stickers and helmet race number stickers, provided by Event Management, must be placed on the bicycle and helmet as instructed. There must be a clearance around the official helmet number sticker to ensure the number is clearly visible.

Penalty for violation: Warning and amend, if possible. Time Penalty if not corrected. If not registered for the race: Removal from race and report to USA Triathlon for possible suspension.

4.3. BICYCLE HELMETS

- a) Bicycle helmets are compulsory, and helmets must be approved by a testing authority that is recognized by any national federation that is an affiliate of World Triathlon. Any alteration or addition to any part of the bicycle helmet, including the chin strap, or the omission of any part of the helmet is prohibited, unless the alteration is also approved by the testing authority. The helmet may be any color or design.
- b) Helmets must be used in all official activities when the athlete rides the bike: Racing, familiarization, and training sessions.

Penalty for violation: Riding without a helmet during the race: DSQ and removal from the race. Riding without a helmet during other official activities: Warning and amend.

- c) 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, which means from the moment the athlete removes the bicycle from the rack at the start of the cycling segment, until after the athlete has placed the bicycle on the rack at the conclusion of the cycling segment.

Penalty for violation: Age-Group: Warning and amend, if possible. DSQ and removal from the race If not corrected. Elite and Paratriathlon: Time Penalty. If not corrected: DSQ.

- d) If an athlete moves the bicycle off the cycling course for any reason, the athlete may not unfasten or remove the helmet until after the athlete has moved outside the boundary of the cycling course and has dismounted the bicycle. The athlete must fasten the helmet securely on the head before returning onto the cycling course and before mounting the bicycle.

Penalty for violation: Age-Group: Warning and Amend, if possible. If not corrected, DSQ. Elite and Paratriathlon: Time Penalty. If not corrected: DSQ.

4.4. CYCLING EQUIPMENT

This section shall be read in conjunction with the Bicycle Specifications section (Section [4.7.](#)) where applicable.

4.4.1. Permitted Cycling Equipment

All aspects of the bicycle must be safe to the user and to other participants in the event. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels. There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary.

All bicycles that are unusual in design must be approved for use in writing by USA Triathlon. The request to use such a bicycle must be submitted to USA Triathlon for approval at least 30 days before the event in question for a decision.

Any equipment or devices carried during the cycling segment or added to the bicycle are subject to approval by the Head Referee before the race, must be securely mounted, not endanger any athlete, or give unfair advantage.

4.4.2. Prohibited Cycling Equipment

The following are prohibited for use in any USA Triathlon sanctioned race:

- a) Headphone(s), headset(s), technical earplug(s) or smart helmets. This includes headphones that are bone-conducting or inserted on the ears.
- b) Communications devices of any type when used in any distracting manner. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking

photographs or using in a one- or two-way radio communication. Devices include but are not limited to cell phones, smart watches and two-way radios. Possession and use of communication devices for navigation, tracking or data recording purposes is permitted.

c) Mirrors. Athletes with a verified medical condition may request an exemption from this rule.

d) Glass containers.

e) Recumbent bicycles.

f) Bicycles or bicycle parts that do not comply with the Bicycle Specifications section. (Section [4.7.](#))

g) Fairings. Fairings are any devices or materials (including duct tape) added, attached or blended into the structure of the bicycle that fundamentally alter or enlarge the general shape of the structure and that have the effect of reducing the resistance to air penetration.

h) Hydration bottles or hydration systems exceeding the following volume limits:

- i. Front-mounted: Bottles or systems mounted to components that rotate around the steering axis (e.g. cockpit extensions, base bar) have a combined maximum capacity of 2 liters. (Note: Water bottles may not be placed on handlebars in Draft-Legal races. See Sections [4.7.1.1.h.](#) / [4.7.2.1.h.](#))
- ii. Rear-mounted: Bottles or systems not mounted inside the triangle bicycle frame may not contain more than two bottles and may not exceed a capacity of 1 liter per bottle. (Note: Water bottles may not be placed behind the saddle in Draft-Legal races. See Sections [4.7.1.1.h.](#) / [4.7.2.1.h.](#))

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

4.5. DRAFT-ILLEGAL RACES

Drafting means for an athlete to remain within the draft zone of another athlete or vehicle for a period of time longer than designated. Drafting during draft-illegal races is prohibited and subject to time penalties.

4.5.1. Mounted Riding Position

The mounted riding position in draft-illegal races requires that the only points of support are the following: The feet on the pedals, the hands or forearms on the handlebars and the seat on the saddle.

Penalty for violation: Time Penalty (Yellow Card). If repeated or not corrected, DSQ.

4.5.2. Course Positioning

- a) Athletes must ride single file on the far-right side of the cycling course (or far-left side when designated due to traffic flow) except when passing another athlete. Athletes may not impede the forward progress of other athletes by moving left into the traffic lane to ride solo or ride side-by-side.

Penalty for violation: Time Penalty (Yellow Card).

- b) Athletes must remain outside of the draft zone of other athletes, motorcycles and vehicles, except:
 - i. When the athlete is in the process of legally overtaking another athlete, motorcycle or vehicle.
 - ii. For safety reasons.
 - iii. Within the vicinity of an aid station.
 - iv. When departing or approaching a transition area.
 - v. When making an acute turn.
 - vi. When the Head Referee or Event Management exempts a section of the course from these position rules because of narrow lanes, construction, detours, or for similar reasons.

4.5.3. Drafting Zone Distances and Times

- a) The bicycle draft zone is 12 meters (39.3 feet) long, extending backward from the leading edge of the front wheel of the leading cyclist (approximately six bicycle lengths between cyclists) and includes the entire width of the road. Athletes have 25 seconds to complete an overtake through this zone.
- b) The draft zone behind motorcycles is 15m and behind all other motorized vehicles is 35m. The front edge of the vehicle defines the start of the draft zone. Athletes must not gain or attempt to gain an unfair advantage from any motor vehicle. A maximum of 90 seconds shall be allowed for athletes to overtake through the draft zone of any motor vehicle.

4.5.4. Overtaking

- a) When overtaking, an athlete may enter the draft zone of another athlete and must continually progress through the draft zone. The overtaking athlete's front wheel must pass the leading edge of the front wheel of the athlete being

overtaken within the allotted time period. The overtaking athlete may not back out of a draft zone or hold a static position after entering into it.

- i. Athletes in Age-Group races may slipstream the athlete to be overtaken.
- ii. Athletes in Elite races must move to the side of the athlete to be overtaken prior to entering the draft zone.

Penalty for violation: Drafting Time Penalty (Blue Card).

- b) Athletes shall move left in order to overtake on the left (unless athletes are designated to ride to the far left). An athlete making an illegal pass on the incorrect side may receive a penalty.

Penalty for violation: Time Penalty (Yellow Card).

4.5.5. Overtaken

- a) An overtaken athlete must immediately begin to make rearward progress out of the draft zone of the overtaking athlete to allow the overtaking athlete to move to the far-right side of the course, and the overtaken athlete must continuously make rearward progress until exiting the draft zone to the rear.

Penalty for violation: Drafting Time Penalty (Blue Card).

- b) Re-passing by the overtaken athlete prior to dropping back out of the draft zone, or failure to continuously make rearward progress out of the draft zone shall result in a blue-card penalty.

Penalty for violation: Drafting Time Penalty (Blue Card).

4.5.6. Penalty for Drafting

- a) Technical Officials shall notify athletes that they are subject to a time penalty by showing a blue or yellow card as appropriate. Drafting violations and position violations (e.g. blocking and illegal pass) may not be protested.
- b) After notification, it is the responsibility of the athlete to stop at the next cycling course penalty box.

Penalty for violation: DSQ.

- c) The athlete must stop at the penalty box for a specific time, according to the number and color of the card(s) shown and the distance of the cycling course. The athlete may resume racing only when directed by penalty area personnel.

Penalty for violation: DSQ for not adequately serving the full penalty time.

- d) While serving a penalty, the athlete may consume only the food / water that is on the athlete's bicycle or person. Athletes are prohibited from making adjustments to equipment, performing any type of maintenance on the bicycle, or using the restroom.

Penalty for violation: DSQ for any of the misconduct listed. If the matter is urgent, officials have discretion to pause the penalty time count while the athlete uses a restroom facility.

- e) The duration of the time penalty shall vary according to the length of the cycling course.
- i. Blue Card (Drafting) violations:
 - 3 minutes in cycling courses longer than 90km (Long Distance)
 - 2 minutes in cycling courses 80km to 90km (Middle Distance)
 - 1 minute in cycling courses more than 20km but less than 80km (including Standard distance)
 - 30 seconds in cycling courses 20km or less (Sprint Distance and shorter)
 - ii. Yellow Card (Other infringements) violations:
 - 1 minute in cycling courses longer than 90km (Long distance)
 - 30 seconds in cycling courses 80km to 90km (Middle distance)
 - 15 seconds in cycling courses more than 20km but less than 80km (including Standard distance)
 - 10 seconds in cycling courses of 20km (Sprint Distance) or for all Multisport relays, regardless of course distance.
 - 5 seconds in cycling courses less than 20km (including Super Sprint Distance)
- f) An athlete who receives multiple penalties must serve those penalties and may complete the race. For races with a cycling course less than 80km, two or more blue card penalties may result in the athlete being disqualified by the Head Referee at the completion of the race. For races with a cycling course 80km or longer, three or more blue card penalties may result in the athlete being disqualified by the Head Referee at the completion of the race.

4.6. DRAFT-LEGAL RACES

4.6.1. Draft-Legal Race Conduct

In Draft-Legal races, it is forbidden to draft off:

- a) Athletes of a different gender, except when explicitly allowed by USA Triathlon for reasons of logistics.

- b) (Age-Group) Athletes on a different lap of the cycling course.
- c) Motorcycles or other motor vehicles. The draft zone behind motorcycles is 15m and behind all other motorized vehicles is 35m. The front edge of the vehicle defines the start of the draft zone. Athletes must not gain or attempt to gain an unfair advantage from any motor vehicle.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

4.6.2. Mounted Riding Position

The riding position in Draft-Legal races 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.

Penalty for violation: Time Penalty. If repeated or not corrected, DSQ.

4.6.3. Draft-Legal Lap Out

Elite, U23 and **High Performance** Development athletes who have been lapped during the cycling segment **of an Elite or High Performance Development race** shall be withdrawn from the competition by the Technical Officials. Technical Officials may anticipate this decision, for safety reasons, if the Official is totally sure that the overlapping will happen. This “Lap out” rule may be modified with the approval of the Commissioner of Officials or **a** designee.

4.6.4. Draft-Legal Bicycle Check

- a) A bike check may include all items listed in the Bicycle Specifications section (Section [4.7.](#)).
- b) A visual bike check shall take place upon arrival to the transition area before the competition. Technical Officials shall check that bicycles comply with the draft-legal competition rules.
- c) After the athlete briefing, athletes may request approval from the Head Referee on whether their bicycle is legal.

4.7. BICYCLE SPECIFICATIONS

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 consisting of pedals and a chain. Bicycles are referred to as bikes and shall have the following characteristics in the following sections.

4.7.1. Specifications for Elite, U23 and Developmental High-Performance Draft-Legal Races

4.7.1.1 Frames

- a) The frame of the bike shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements, (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section) such that the form of each element encloses a straight line. The elements of the frame shall be laid out such that the joining points shall follow the following pattern: the top tube connects the top of the head tube to the top of the seat tube; the seat tube (from which the seat post shall extend) shall connect to the bottom bracket shell; the down tube shall connect the bottom bracket shell to the bottom of the head tube. The rear triangles shall be formed by the chain stays, the seat stays and the seat tube with the seat stays anchored to the seat tube at points falling within the limits laid down for the slope of the top tube. The maximum height of the elements shall be 8 cm and the minimum thickness 2.5 cm. The minimum thickness shall be reduced to 1 cm for the chain stays and the seat stays. The minimum thickness of the elements of the front fork shall be 1 cm; these may be straight or curved. The maximum ratio of any two dimensions in a cross section of any tube is 1:3.
- b) The bike shall be no more than 185 cm long and 50 cm wide.
- c) The bike shall measure between 24 cm and 30 cm from the ground to the center of the chain wheel axle.
- d) There shall be no less than 54 cm and no more than 65 cm between a vertical line passing through the center of the chain wheel axle and a vertical line through the center of the front wheel axle.
- e) There must be a brake on each wheel.
- f) Bicycles provided with the UCI Road Race homologation label (Code RD) are always allowed in draft-legal races, even if they contravene any other specifications in this section.
- g) Saddle Position (Elite and U23 races, not applicable for Developmental races):
 - i. There shall be a vertical line touching the front-most point of the saddle which shall be no less than 5 cm for the men, and 2 cm for the women, behind a vertical line passing through the center of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.
 - ii. Individual athlete exceptions to this rule must be granted by World Triathlon after a request by the National Federation of the athlete.

Exceptions are valid for four years from the calendar year the request has been made. Following that date, the athlete/NF must resubmit the request along with all the supporting documents.

h) Water bottles and holders must be placed on the frame of the bicycle. They may not be placed behind the saddle or on the handlebars in Draft-Legal races.

i) Electric bicycles are prohibited, including pedal electrics (“pedelecs”) that may be permitted in UCI and USA Cycling competitions, and incapacitated e-bikes (bicycles designed as e-bikes but without battery installed).

4.7.1.2 Wheels

a) No wheel may contain any mechanisms that are capable of accelerating it.

b) Wheels are allowed to be used if they are included in the current UCI approved non-standard wheel lists. Wheels not on this list must comply to the following (standard) criteria:

- A diameter between 70 cm maximum and 55 cm minimum, including the tire.
- Both wheels must be of equal diameter.
- Wheels shall have at least 20 metal spokes.
- The maximum rim dimension (depth) shall be 25mm on each side.
- The rim must be alloy.
- All components must be identifiable and commercially available.

USA Triathlon may amend these wheel specifications through the appropriate and most current TRI guidance.

4.7.1.3 Handlebars

a) Only traditional drop handlebars are permitted. The handlebars must be plugged.

b) Clip-on aerobars are prohibited.

c) Water bottles and bottle holders may not be mounted onto the handlebars.

d) The brake controls attached to the traditional drop handlebars shall consist of two supports with levers. It must be possible to operate the brakes by pulling on the levers with the hands on the lever supports in a safe manner, in accordance with the maximum inward inclination of 10° of the brake levers as described in UCI Technical Regulations. Any extension to or reconfiguration of the supports to enable an alternative use is prohibited. A combined system of brake and gear controls is authorized.

4.7.2. Specifications for Draft-Illegal Races, Paratriathlon Races and Age-Group Draft-Legal Races

4.7.2.1 Frames

- a) The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable.
- b) The bike shall be no more than 185 cm long and 50 cm wide.
- c) The bike shall measure between 24 cm and 30 cm from the ground to the center of the chain wheel axle.
- d) There shall be no less than 54 cm and no more than 65 cm between a vertical line passing through the center of the chain wheel axle and a vertical line through the center of the front wheel axle.
- e) There must be a brake on each wheel.
- f) Bikes provided with the UCI Time Trial homologation label (Code TT) are always allowed in draft-illegal races, even if they contravene any other specifications in this section.
- g) Saddle Position: There shall be a vertical line touching the front-most point of the saddle which shall be no more than 5 cm in front of, and no more than 15 cm behind, a vertical line passing through the center of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.
- h) For Age-Group Draft-Legal races, water bottles and holders must be placed on the frame of the bicycle. They may not be placed behind the saddle or on the handlebars in Draft-Legal races.
- i) Electric bicycles are prohibited, including pedal electrics (“pedelecs”) that may be permitted in UCI and USA Cycling competitions, and incapacitated e-bikes (bicycles designed as e-bikes but without battery installed).

4.7.2.2 Wheels

- a) No wheel may contain any mechanisms that are capable of accelerating it.
- b) For Draft-Illegal races, a disc wheel or covers are allowed on the rear wheel. However, this provision may be changed by the Head Referee in the interest of safety, i.e. high winds.

- c) For Age-Group Draft-Legal races, wheels shall have at least 12 spokes. Disc wheels are not allowed.

4.7.2.3 Handlebars

- a) For Draft-Illegal races, handlebars and clip-on bars not extending beyond the leading edge of the front wheel are permitted. Aerobars 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 behind the saddle, provided they comply with the volume limits of Section [4.4.2.h](#).
- b) For Age-Group Draft-Legal competitions, only traditional drop handlebars are permitted. The handlebars must be plugged. Aerobars are not allowed.

4.8. NON-TRADITIONAL OR UNUSUAL BICYCLES

Non-traditional or unusual bicycles or equipment shall be illegal unless approved for use in writing by World Triathlon or USA Triathlon. The request to use such a bicycle must be submitted to World Triathlon or USA Triathlon for approval at least 30 days before the event in question for a decision.

5. RUNNING CONDUCT

5.1. GENERAL CONDUCT

- a) An athlete may run or walk.
- b) An athlete may not crawl.

Penalty for violation: DSQ and removal from the race.

- c) An athlete may run barefoot or without footwear on any part of the run course.
- d) An athlete may not run while wearing or possessing a bicycle helmet.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

- e) An athlete may not use posts, trees or other fixed elements to assist in maneuvering curves.

Penalty for violation: Time Penalty.

- f) An athlete must always display **the** run bib number, if provided, on the run course. The number itself must remain visible and unaltered.

Penalty for violation: Warning and amend, if possible. If intentional and not corrected: Time Penalty. If not registered for the race: Removal from the race and report to USA Triathlon for possible suspension.

- g) An athlete may not be accompanied on or alongside the running course by any pacemakers or other non-competing persons.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

- h) An Elite, U23, Developmental High Performance and Paratriathletes may not run alongside or take pacing from any athlete on a different lap of the run course.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

5.2. PROHIBITED RUNNING EQUIPMENT

The following are prohibited for use in any USA Triathlon sanctioned race:

- a) All equipment unauthorized throughout the race, including headphone(s) and headset(s) worn in any manner, communications devices of any type when used in any distracting manner, and glass containers.

- b) Crutches, canes, poles or any other devices to help the progress by pushing or pulling with the arms, except for adaptive athletes granted an exception in accordance with the Adaptive Triathlon (AT) section. (Section [11.](#))
- c) Shoes that do not comply with Shoe Specifications. (Section [5.3.](#))

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

5.3. SHOE SPECIFICATIONS

USA Triathlon follows World Athletics' Shoe Regulations applicable to road events for all triathlons and its other related multisports. For the avoidance of doubt: Running shoes with a stack height sole thickness as defined in World Athletics Shoe Regulations of greater than 40mm are prohibited and shall result in disqualification. Shoes containing more than one plate rigid structure as defined in World Athletics Shoe Regulations are prohibited and shall result in disqualification.

- a) Customized shoes, as defined in the World Athletics' Shoe Regulations, are permitted to be worn in USA Triathlon races.
- b) Developmental shoes, as defined in the World Athletics' Shoe Regulations, are permitted to be worn in USA Triathlon races with the conditions that:
 - i. The specific shoe is already on the list of shoes approved by World Athletics as a development shoe.
 - ii. The multisport race where the shoes are to be used is held within the approved dates as on the list of shoes approved by World Athletics.

The shoes used by an athlete may be subject to random shoe control or may be the subject of a protest. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) shall be required to be sent to USA Triathlon for verification. If the shoe is confirmed as prohibited, the athlete shall be disqualified.

5.4. FINISH AREA CONDUCT

- a) Athletes participating in USA Triathlon sanctioned races are reminded that any activity during a race judged by the Head Referee to constitute endangerment may result in disqualification, including activity in the finish chute.
- b) An athlete shall be judged **only by a race official** as finished the moment any part of the torso crosses a vertical line extending from the leading edge of the finish line **or as determined by timing device when a race official is not present**.
- c) At USA Triathlon National Events and World Triathlon qualifying events only, the following athlete conduct is prohibited:

- i. An athlete may not be accompanied by any non-competing person in the finish chute.

Penalty for violation: DSQ.

- ii. Uniforms with a front zipper should be fully zipped before crossing the finish line.

Penalty for violation: Warning and amend for athletes in the final 100m wearing a front zipper undone.

6. TRANSITION CONDUCT

6.1. EQUIPMENT PLACEMENT

- a) Each registered athlete may only check one bicycle into transition. All athletes must rack **the** bicycle before the transition area closes. Any athlete unable to do this must inform the Head Referee.
- b) Only equipment to be used in the race should be placed in the transition area. All other belongings and equipment should be removed before the start of the race unless otherwise allowed by Event Management. Marking by an athlete of a position in the transition area is prohibited. Marks and objects (including race equipment) used for marking purposes may be removed and the athletes may not be notified. Age-Group Draft-Illegal athletes may use a towel or mat to stage race equipment on the ground at their transition position.

Penalty for violation: Before competition: Warning and amend, if possible. If not corrected, marking and objects used for marking purposes shall be removed from the transition area.

- c) An athlete must always rack **the** bicycle at **the athlete's** designated bicycle rack location only and leave it in a stable position. If Event Management assigns discrete transition positions for each specific athlete, athletes must place their equipment on the side of the rack where the athlete's race number is displayed. If discrete transition positions are not assigned, athletes must place their equipment (bicycle and gear) together, on **one side** of any rack used.
 - i. For Draft-Illegal races, the bicycle must be racked:
 - When using a traditional (horizontal bar) rack: By either the seat or by both brake handles or by both sides of the handlebar, as determined by Event Management. The bicycle must be racked so that the majority of the bicycle is on the athlete's designated side of the rack.
 - When using an individual (wheel-holding) rack: By either of the wheels, as determined by Event Management.
 - ii. For Draft-Legal races, the bicycle must be racked:
 - When using a traditional (horizontal bar) rack: In the first transition, in an upright position with the front of the saddle hooked over the horizontal bar so that front wheel is pointing to the middle of the transition lane. In the second transition, in any direction, with both sides of the handlebar, both brake levers or the saddle, within 0.5m of the race number or name plate. The Head Referee may apply exceptions.

- When using an individual (wheel-holding) rack: In the first transition by the rear wheel, and in the second transition by either of the wheels.

Penalty for violation: Before competition: Warning and amend, if possible. Age-Group: If not corrected before competition, Event Management may remove and place equipment in the proper location and orientation before the first transition. If during competition: Warning and amend, if possible. Elite and Paratriathlon during competition: Time Penalty.

- d) Unless an equipment bin is provided, athletes must place equipment within their transition space, between the rack and the forward edge of the bicycle wheel.
- e) An athlete must not interfere with another athlete's equipment. In Age-Group races where accidental interference occurs, the offending athlete must replace the equipment in its former position and state before resuming racing. Interference that prevents another athlete from continuing in the race may result in disqualification. Misplaced equipment may be moved by the athlete affected.

Penalty for violation: Age-Group: Warning and amend by replacing the offended athlete's equipment in its former state. If the interference prevents another athlete from continuing in the race, DSQ to the offending athlete. Elite and Paratriathlon: Time Penalty. If the interference prevents another athlete from continuing in the race, DSQ to the offending athlete.

6.2. GENERAL CONDUCT

- a) Athletes must not impede the progress of other athletes in the transition area by stopping in the flow zones of the transition area.

Penalty for violation: Age-Group: Warning and amend. Elite and Paratriathlon: Time Penalty.

- b) Nudity or indecent exposure is forbidden.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

6.3. HELMET CHIN STRAP

- a) The cycling helmet chin strap must be securely fastened at all times when the athlete is in possession of the bicycle, which means from the time the bicycle is removed from the rack when transitioning to the cycling segment, until the bicycle is placed on the rack after concluding the cycling segment.

Penalty for violation: Age-Group: Warning and amend. Elite and Paratriathlon: Time Penalty.

- b) While the athlete is competing in the first segment of the race, the helmet must be in the transition area with the chin strap unfastened.

Penalty for violation: Age-Group: Technical Official may unfasten the strap. Elite and Paratriathlon: Technical Official shall unfasten the strap, and Time Penalty.

6.4. BICYCLE MOUNTING AND DISMOUNTING

- a) Cycling is not permitted inside the transition area, except during Elite/U23/Developmental Draft-Legal races when the cycling course runs through the transition area.
- b) While in the transition area (before the designated mount line and after the designated dismount line) the bicycle may be pushed only **by** the athlete's hands.

Penalty for violation: Warning and amend.

- c) Athletes must mount **the bicycle** after the designated mount line by having one complete foot contact with the ground after the mount line. Athletes who cycle within the transition area and across the mount line out of the transition area, rather than **attempting to initiate the mount** beyond the mount line, shall be disqualified.

Penalty for improper mounting violation: Time Penalty. Penalty for riding bicycle through and out of transition zone: DSQ.

- d) Athletes must dismount **the bicycle** before the designated dismount line by having one complete foot **in** contact with the ground before **reaching** the dismount line. Athletes who make no attempt to **initiate the** dismount at the dismount line **before crossing it** shall be disqualified.

*Penalty for improper dismount violation: Time Penalty. Penalty for riding bicycle into and **inside** transition zone: DSQ.*

- e) If during the mount or dismount maneuver the athlete loses **a cycling shoe** or other equipment, no penalty shall be applied.

6.5. DRAFT-LEGAL TRANSITIONS USING EQUIPMENT BINS

Personal equipment bins are required, if provided, for Elite, U23 and Developmental High Performance Draft-Legal competitions and permitted for Age-Group Draft-Legal competitions. The purpose of the bin is to discard equipment no longer needed in the competition, reducing interference with other athletes and presenting a professional look.

- a) Each athlete must have an individual bin, marked on an outside wall with the athlete's race number.

- b) The bin must be within 0.5 meters from the athlete's rack number or name placard. It is the athlete's choice to place the bin on either side of the athlete's bicycle or rack number placard.
- c) Only used equipment (that will not be used again) must be deposited in the corresponding numbered bin. Prior to the start of the competition, athletes must place within 0.5 meters of the bin all equipment to be used at a later stage in the competition. Bike shoes, glasses, helmet, and other bike equipment may be placed on the bicycle before Transition 1.
- d) In a competition with repeating segments, athletes who will re-use equipment in a later repeating segment must place that equipment outside the bin within 0.5 meters of the bin. For example, if an athlete wishes to use the same shoes in a duathlon for the second run, these shoes are not placed in the bin during Transition 1. However, only one pair of running shoes may be on the floor at any time during the cycling segment of the competition.
- e) A piece of equipment is considered deposited in the bin when one part of the equipment is inside the bin.
- f) By the end of the last transition, all equipment - regardless of whether used or not - must be removed from the floor. It must either be used or carried into the final race segment or deposited in the athlete's corresponding bin, except:
 - Bike shoes, which may remain fixed on the bike pedals.
 - Bike equipment other than helmet and glasses, if placed on the bike before Transition 1, may remain on the bike.

Penalty for violation: Age-Group: Warning and amend. Elite and Paratriathlon: Time Penalty.

7. PENALTIES

7.1. GENERAL

- a) Failure to comply with USA Triathlon Multisport Competition Rules may result in an athlete being penalized, disqualified, suspended or banned. The nature of the rule violation shall determine the subsequent penalty.
- b) If a Technical Official deems that an unfair advantage has been gained or if an unsafe situation has been created through an infringement not listed in these Multisport Competition Rules, the Technical Official is allowed to assess a penalty (Warning and Amend, time penalty of standard duration, or Disqualification) commensurate with the severity of the infraction, even if the infringement is not listed in these Rules.

7.2. WARNINGS

- a) The purpose of a warning is to alert an athlete about a possible rule violation and to promote a proactive attitude. A Technical Official may administer a warning to an athlete to correct a minor infringement provided an official believes a violation is about to occur, or the violation is unintentional, or no advantage has been gained by the violation.
- b) The Technical Official shall attract the attention of the athlete with a visual and/or aural signal. (A Technical Official may show yellow card as a signal.) The athlete shall be stopped if necessary, asked to amend the behavior, and be allowed to continue the race immediately. Failure to modify the behavior may result in a yellow, blue or red card.
- c) An athlete must not rely upon receiving a warning before correcting an infringement. If a Technical Official observes a minor infringement and is unable to administer a warning to the athlete, the infringement may be reported to the Head Referee, who may disqualify the athlete if the infringement is persistent and/or gives the athlete an advantage.

7.3. ISSUING PENALTIES WITH YELLOW, BLUE, OR RED CARDS

The Technical Official uses the following process when issuing a penalty:

- Gain the attention of the athlete.
- Show the athlete a yellow, blue or red card.
- Call out the race number of the athlete.
- Advise the athlete what action needs to be taken.

- Yellow card: "Time Penalty." and;

- (While cycling) "You have to stop at the next penalty box."

- (On the spot) “Stop here” and the official shall time the penalty.
- Blue card: “Drafting Penalty.” and;
 - (While cycling) “You have to stop at the next penalty box.”
 - (On the spot, when delayed for safety) “Stop here” and the official shall time the penalty.
- Red card: “Disqualified. Do not stop at the penalty area.” and;
 - (If not required to withdraw from the course per Rule 7.9.c.) “You may complete the race and speak to the Referee.”
 - (If required to withdraw per Rule 7.9.c.) “You may speak to the Referee, but you must withdraw from the course.”

The athlete must obey any instruction from the Technical Official. An athlete issued any penalty or penalties may complete the race unless otherwise instructed or as specified in these rules.

7.4. YELLOW CARD PENALTY

This is a warning and amend penalty, stop and go penalty, or a time penalty for a minor infringement that is issued by a Technical Official anywhere on the course. This penalty involves the display of a yellow card by a Technical Official and advisement on how/when/where the athlete is to serve the penalty. The athlete may resume racing only after being instructed to do so by the Technical Official.

For safety reasons, a Technical Official may have to delay issuing a Yellow Card Penalty.

If the athlete is instructed to proceed to a bicycle course penalty area, then the athlete shall be required to stop and attend the next penalty area. Failure to do so may result in disqualification.

7.5. BLUE CARD PENALTY FOR DRAFTING AND OVERTAKEN

This is a time penalty for a drafting, overtaken or re-passing infringement that is issued by a Technical Official on the cycling course. This penalty involves the display of a blue card by a Technical Official and advisement to proceed to the next bicycle course penalty area to stop and attend there to serve the time penalty. Failure to do so may result in disqualification.

For safety reasons, a Technical Official may have to delay issuing a Blue Card Penalty.

7.6. PENALTY SERVICE AT A PENALTY AREA

Athletes serve their penalties at a penalty area according to the following process.

7.6.1. Cycling Course Penalty Area – Draft-Illegal Races

- a) After receiving notification on the cycling course of a penalty, the athlete must stop at the next penalty area **from the point of notification**. Penalty service may not be deferred or delayed to a subsequent penalty area or (on a multi-lap cycling course) a subsequent lap.
- b) The athlete comes to a compete stop at the penalty area, dismounts the bicycle **placing both feet on the ground** and **confirms to the technical official:**
 - a. **The athlete race number**
 - b. **The number of penalties to serve**
 - c. **The color(s) of the card(s) received**

The time penalty starts when the athlete complies with all of those steps, and ends when the official says “Go”, at which time the athlete may continue with the race. If the athlete leaves the area, the official shall pause the time count and ask the athlete to return. Once the athlete returns, the time count shall continue.

- c) While in the cycling course penalty area, the athlete is prohibited from:
 - i. Relieving themselves in the penalty area. The athlete may use an adjacent restroom, but the penalty time count shall be paused.
 - ii. Performing any type of bicycle maintenance or bicycle adjustments.
 - iii. Consuming food and/or beverage other than that which is on the athlete’s bicycle or person.

Penalty for violation (any element of this section): DSQ for failing to properly serve a penalty or performing any of the prohibited acts within the penalty area.

7.6.2. Run Course Penalty Area – Draft-Legal Races

- a) Athletes shall be notified about penalties by displaying the athlete’s race number and a letter code indicating the nature of the infringement on a display board posted at the run penalty box. It is the athlete’s responsibility to check this board if provided.
- b) The athlete comes to a compete stop at the penalty area and **confirms to the technical official:**

a. The athlete race number

b. The number of penalties to serve

The time penalty starts when the athlete complies with all of those steps, and ends when the official says “Go”, at which time the athlete may continue with the competition. If the athlete leaves the area, the official shall pause the time count and ask the athlete to return. Once the athlete returns, the time count shall continue.

- c) After serving a penalty, the penalized athlete’s race number shall be removed from the display board.
- d) The penalized athlete may serve any penalty on any lap of the run course.
- e) Athletes that continue to the finish with unserved penalties shall be disqualified upon crossing the finish line. This disqualification may be protested.

Penalty for violation (any element of this section): DSQ for failing to properly serve a penalty or performing any of the prohibited acts within the penalty area.

7.6.3. Penalty Service In Place – Running Course

A yellow card time penalty may be assessed anywhere on the running course “on the spot” in accordance with these Multisport Competition Rules.

The Technical Official shall hold a yellow card in front of the athlete to be assessed a time penalty. The athlete shall be ordered to stop safely by the side of the running course. If the athlete moves forward, the time count shall be paused. Once the athlete stops again, the count shall continue. When the penalty time has been completed, the Technical Official shall say “Go” and the athlete may continue with the race.

7.7. TIME PENALTY DURATION

The duration of the time penalty (except for Multisport Relays) shall vary according to the length of the cycling course or (for multisports without a cycling segment) the distance of the race. The time penalty for Multisport Relays is fixed at 10 seconds per infringement.

- a) Blue Card (Drafting/Overtaken) violations:
 - 3 minutes in cycling courses longer than 90km (Long Distance)
 - 2 minutes in cycling courses 80km to 90km (Middle Distance)
 - 1 minutes in cycling courses more than 20km but less than 80km (including Standard Distance)
 - 30 seconds in cycling courses 20km or less (Sprint Distance and shorter)

b) Yellow Card (other infringements):

- 1 minute in cycling courses longer than 90km (Long Distance)
- 30 seconds in cycling courses 80km to 90km (Middle Distance)
- 15 seconds in cycling courses more than 20km but less than 80km (including Standard Distance)
- 10 seconds in all Multisport Relays (9.2.1.a.vii.) or in cycling courses of 20km (Sprint Distance)
- 5 seconds in cycling courses less than 20km (including Super Sprint Distance)

7.8. MULTIPLE TIME PENALTIES

An athlete who receives multiple time penalties during the entire race must serve those penalties and may complete the race. For races with a cycling course less than 80km, two or more blue card penalties may result in the athlete being disqualified by the Head Referee at the completion of the race. For races with a cycling course at or longer than 80km, three or more blue card penalties may result in the athlete being disqualified by the Head Referee at the completion of the race.

7.9. DISQUALIFICATION (DSQ) PENALTY

A disqualification may be issued for a violation that is a major infringement. This penalty removes an athlete as a finisher from the results of a race. The Head Referee rules on all violations that warrant disqualification.

- a) If time and conditions permit, a Technical Official shall assess a potential disqualification by showing a red card. For safety reasons, a Technical Official may have to delay issuing a potential disqualification. Technical Officials must provide a violation report to the Head Referee when:
 - i. Issuing a Red Card.
 - ii. Unable to issue a Red Card in person due to circumstances.
 - iii. An athlete did not properly serve a time penalty.
- b) When the Head Referee's decision is to disqualify an athlete during the race or immediately following completion of the race, the Head Referee must post the ruling in a prominent location that athletes can access, such as the on-line results or a notice board at the athlete recovery area. The Head Referee may wish to personally meet with a disqualified athlete to discuss the ruling, but this is not mandatory.
- c) An athlete may continue to finish the race if a Technical Official issues a potential disqualification, except the athlete must withdraw from the course when:

- i. The athlete fails to meet any time limits established by Event Management or by these Multisport Competition Rules.
- ii. The athlete in an Elite, U23 or Developmental Draft-Legal race is overlapped on the cycling course.
- iii. An official rendering assistance requests that the athlete withdraw from the race or receive medical assistance.

7.10. SUSPENSION AND EXPULSION FROM USA TRIATHLON

- a) Suspension and/or Expulsion from USA Triathlon may be issued for a violation that is a severe infringement. Severe infringements include, but are not limited to:
 - Conduct of an unusual, protracted, violent or severe nature
 - Fraud
 - Participating while ineligible
 - Violation of USA Triathlon's Anti-Doping Policy
- b) Penalties, including suspension and expulsion from USA Triathlon, may be imposed upon event participants and members of USA Triathlon who violate any of these Multisport Competition Rules or who solicit, encourage, or assist in a violation of these rules. Except as otherwise provided in these Multisport Competition Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee or USA Triathlon.
- c) The Head Referee shall refer the details of the infringement to the relevant authority. The relevant authority may issue a suspension or expulsion from USA Triathlon in accordance with USA Triathlon Bylaws and the USA Triathlon Grievance and Disciplinary Policy.

8. MULTISPORTS

8.1. TRIATHLON

8.1.1. Format of Triathlon

Triathlon is multisport that combines swimming, cycling and running segments.

The typical triathlon is one segment each of swimming, cycling and running, in that order. Competition formats and distances for standardized races and championship events are listed in [Appendix B](#).

Event Management has discretion to determine the order of the segments and number of segments in a triathlon multisport race in all cases except when wetsuits are mandatory for the swimming segment. When wetsuit use is mandatory, the swimming segment must be the first segment of the race and may not be repeated.

Event Management must inform athletes of the order and format of the race prior to the start of the race.

8.1.2. Applicability of Competition Rules

The Multisport Competition Rules for General Athlete Conduct, Swimming Conduct, Cycling Conduct, Running Conduct and Transition Conduct apply to the corresponding segments of Triathlon.

Cross (MTB) Triathlon, Gravel Triathlon, Winter Triathlon and Indoor Triathlon have supplemental rules elsewhere in these Multisport Competition Rules.

8.2. DUATHLON

8.2.1. Format of Duathlon

Duathlon is multisport that combines cycling and running in three segments. The first segment is running, followed by cycling and finishing with running.

Competition formats and distances for standardized races and championship events are listed in [Appendix B](#).

8.2.2. Applicability of Competition Rules

The Multisport Competition Rules for General Athlete Conduct, Cycling Conduct, Running Conduct and Transition Conduct apply to the corresponding segments of Duathlon.

Cross (MTB) Duathlon, Gravel Duathlon and Winter Duathlon have supplemental rules elsewhere in these Multisport Competition Rules.

8.3. AQUABIKE

8.3.1. Format of Aquabike

Aquabike is multisport which combines swimming and cycling in two segments. The first segment is swimming, and the finishing segment is cycling.

Aquabike may be included and combined with triathlon events, with the same swimming and cycling distances as the triathlon(s) programmed into the aquabike race(s). Aquabike may also be a stand-alone race.

8.3.2. Applicability of Competition Rules

The Multisport Competition Rules for General Athlete Conduct, Swimming Conduct, Cycling Conduct and Transition Conduct apply to the corresponding segments of Aquabike, with the following clarifications:

a) Finish of the Aquabike

- i. Event Management has discretion to determine the finish point of the Aquabike race, considering timing and logistics. Event Management must inform athletes of the finish point of the race prior to the start of the race.
- ii. It is preferred for the finish of the race to be at a finish line on the cycling course that is crossed while athletes are mounted on the bicycle. The finish occurs at the instant that the tire of the front wheel meets the vertical plane rising from the starting edge of the finishing line. The time registered at this point is the athlete's finish time.
- iii. For reasons of timing and logistics, Event Management may declare the finish point of the Aquabike race to be elsewhere, such as:
 - The dismount line of the triathlon event(s). In such case, the time registered by the athlete's timing chip crossing the dismount line is the athlete's finish time. The Transition Conduct rules apply to Aquabike in respect to the dismount from the bicycle, crossing the dismount line and entering transition.
 - The finish line of the triathlon event(s). In such case, all Multisport Competition Rules, including Transition Conduct rules and Running Conduct rules, apply to the Aquabike race as they do to the triathlon event(s).

8.4. AQUATHLON

8.4.1. Format of Aquathlon

Aquathlon is multisport which combines swimming and running in two or three segments.

When wetsuits would be permitted for the swimming segment, Aquathlon is a two-segment event. The first segment is swimming, and the finishing segment is running.

When wetsuits would be prohibited for the swimming segment, Aquathlon is either a two-segment (swimming then running) event or three-segment event. In a three-segment event, the first segment is running, followed by swimming and finishing with running.

8.4.2. Applicability of Competition Rules

The Multisport Competition Rules for General Athlete Conduct, Swimming Conduct, Running Conduct and Transition Conduct apply to the corresponding segments of Aquathlon, with the following clarifications:

- a) In a three-segment Aquathlon, athletes may carry their swimming goggles and official swim cap during the first running segment and may wear them during the first transition.
- b) The Water Temperatures and Wetsuit Use section (Section [3.4.](#)) applies to Aquathlon in all respects. Race organizers should plan for a swim-run Aquathlon when conditions would possibly be wetsuit-permitted.

8.5. MIDDLE AND LONG DISTANCE TRIATHLON AND DUATHLON

8.5.1. Format

This section applies to all Triathlons and Duathlons with a cycling segment of at least 80km (50 miles). By extension, it applies to Middle Distance Triathlon/Duathlon and Long Distance Triathlon/Duathlon, as those formats are defined in [Appendix B](#).

8.5.2. Applicability of Competition Rules

The Multisport Competition Rules for General Athlete Conduct, Swimming Conduct, Running Conduct and Transition Conduct apply to the corresponding segments of Middle and Long Distance Triathlon, with the following clarifications:

- a) Penalties: Details about penalty service and duration are specifically outlined in the Penalties section (Section [7.](#)) and Cycling Conduct section. (Section [4.](#))
- b) Transition Area

- i. In the transition area, event staff may assist athletes by receiving and placing their bicycles and handing out their equipment. This service must be equal for all athletes.
 - ii. 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 in a discrete location provided by race management or that meets community standards.
 - iii. For races where the bag drop system is in place, all equipment must be deposited inside the proper bag provided by Event Management. The only exception is the bike shoes that may remain attached to the pedals at all times.
- c) Personal Needs Stations: Additional stations on the cycling and running courses may be provided for personal needs. Any items given out at these stations shall be handed out **by** event staff.
- d) Permissible Outside Assistance
- i. Medical assistance, food and liquid are permitted at aid stations and personal needs stations. Elite athletes may have designated stations on the cycling and running segments in order to be supplied by coaches or Event Management with their own food and liquid.
 - ii. Bicycle mechanical support may be provided at the aid stations and by approved vehicles at any point on the cycling course.
 - iii. Event Management may provide helpers to remove wetsuits.
 - iv. All other outside assistance (not elsewhere permitted in the corresponding conduct section) is prohibited.

8.6. INDOOR TRIATHLON

8.6.1. Format of Indoor Triathlon

Indoor Triathlon is a triathlon that takes place in a closed space such as a sports pavilion or a recreation center, that has a swimming pool, a cycling track or stationary bicycles, and a running track or treadmills.

8.6.2. Applicability of Competition Rules

The Multisport Competition Rules for General Athlete Conduct, Swimming Conduct, Cycling Conduct, Running Conduct and Transition Conduct apply to the corresponding segments of Indoor Triathlon, with the following clarifications:

- a) Distances: The prescribed distance of each segment is defined by Event Management, with athletes progressing to the next segment upon completion of the actual (or virtual) distance prescribed.
- b) Swimming: A maximum of two athletes are allowed per lane, where each athlete must keep to the same side of the lane at all times.
- c) Transitions: After the swim, there may be a neutralized time period that is compulsory for all athletes, for the purposes of drying athletes to prevent excess water on the bicycles and bicycle track, and/or to safely transfer to the cycling area. Race management may also establish a neutralized time period after the cycling segment, to safely transfer to the running area.
- d) Cycling: When using a cycling track, lapped athletes are not removed from the race, and athletes may draft off each other regardless of whether they are on the same lap.
- e) Running: When using a running track, spike shoes are not allowed.

8.7. CROSS TRIATHLON AND DUATHLON

8.7.1. Format of Cross Triathlon and Duathlon

Cross Triathlon/Duathlon is a triathlon/duathlon with a mountain bike cycling and cross-country running segments. Cross multisport is distinct from Gravel multisport with more specific limitations on bicycles, course types and distances.

8.7.2. Applicability of Competition Rules

The Multisport Competition Rules for General Athlete Conduct, Swimming Conduct, Cycling Conduct, Running Conduct and Transition Conduct apply to the corresponding segments of Cross Triathlon and Duathlon, with the following clarifications:

- a) Distance and Courses
 - i. Competition formats and distances for standardized events and championship events are listed in [Appendix B](#).
 - ii. The course should have demanding hills and challenging technical aspects.
- b) Equipment
 - i. The minimum tire diameter is 26 inches and maximum is 29 inches. The minimum tire cross-section is 1.5 inches.
 - ii. Front and rear wheels may have different diameters.

- iii. Traditional road handlebars are forbidden. Traditional MTB bar ends are authorized. Ends must be plugged.
 - iv. Aero bars are not allowed.
 - v. Athletes must carry out their own mountain bike repairs. They must bring their own tools and/or leave tools and spares at a designated Repair Zone.
- c) Course Progress
- i. Athletes are allowed to push or carry the mountain bicycle over the course.
 - ii. Drafting is allowed for both same gender and opposite gender athletes.
 - iii. Lapped athletes shall not be removed from the race.
 - iv. No-passing zones may be established by Event Management for safety reasons.
- d) Cross-Country Running: Spike shoes are allowed.
- e) Personal Needs Stations: Additional stations on the cycling and running courses may be provided for personal needs. Any items given out at these stations shall be handed out by event staff.

8.8. GRAVEL TRIATHLON AND DUATHLON

8.8.1. Format of Gravel Triathlon and Duathlon

Gravel Triathlon/Duathlon is a triathlon/duathlon with a cycling segment that includes unpaved terrain. Gravel multisport is distinct from Cross Triathlon/Duathlon which mandates mountain biking and cross-country running segments.

8.8.2. Applicability of Competition Rules

The Multisport Competition Rules for General Athlete Conduct, Swimming Conduct, Cycling Conduct, Running Conduct and Transition Conduct apply to the corresponding segments of Gravel Triathlon and Duathlon, with the following clarifications:

a) Distance and Courses

The distances and courses for gravel multisport events shall be determined by Event Management with fair competition and athlete safety as the primary considerations.

When possible, courses should have demanding hills and challenging technical aspects.

b) Equipment

- i. Bicycles with aero bars of any type, including time trial bicycles (defined for this rule as bicycles having fixed aero bars), are prohibited. All other bicycles that are currently allowed in the Cycling Conduct and Bicycle Specifications sections are allowed. Bicycles that are prohibited by the Cycling Conduct and Bicycle Specifications sections (such as recumbents and fixed-gear bicycles) remain prohibited in gravel multisport. See Section [4](#).
- ii. Bicycle bar ends must be plugged.

c) Course Progress

- i. The manner of starting the event (mass/wave start or time-trial start) is at the sole discretion of Event Management.
- ii. Drafting is allowed for both same gender and opposite gender athletes. While gravel multisport is a draft-permitted sport, athletes found to be intentionally abandoning their own ambitions to advance the position of another athlete may be barred from future gravel multisport events. Such a determination is solely a decision of Event Management.
- iii. Athletes are allowed to push or carry their bicycle over the course.
- iv. No-passing zones may be established by Event Management for safety reasons.
- v. Lapped athletes shall not be removed from the race.

8.9. WINTER TRIATHLON AND DUATHLON

8.9.1. Format of Winter Triathlon and Duathlon

Winter Triathlon/Duathlon are multisports conducted primarily on snow or ice surfaces. Winter Triathlon typically combines running, **either** mountain biking or skating, and cross-country skiing. Winter Duathlon typically combines running and mountain biking.

Competition for standardized events and championship events are listed in [Appendix B](#).

8.9.2. Applicability of **Competition** Rules

The Multisport Competition Rules for General Athlete Conduct, Swimming Conduct, Cycling Conduct, Running Conduct and Transition Conduct apply to the corresponding segments of Winter Triathlon and Duathlon, with the following clarifications:

- a) Courses: All segments of the competition shall be primarily on snow or ice. The running and mountain bicycling segments may also include different surfaces such as dirt trails.

b) Weather conditions: The race shall be cancelled if the air temperature is lower than 0 °F (-18 °C).

c) Running

- i. Running shoes with spikes are allowed.
- ii. Running shoes are mandatory for Elite athletes.

d) Mountain Bicycling

- i. The mountain bicycling segment is laid out as a cross-country course over snow and may follow normal roads or paths.
- ii. The minimum tire diameter is 26 inches and maximum is 29 inches. The minimum cross section of the tire is 1.5 inches.
- iii. Spiked tires are allowed, provided that the spikes are shorter than 5mm, measured from the surface of the tire.
- iv. Front and rear wheels may have different diameters.
- v. Traditional road handlebars are forbidden. Traditional MTB bar ends are authorized. Ends must be plugged.
- vi. Aero bars are not allowed.
- vii. Athletes are allowed to push or carry the mountain bicycle over the course.
- viii. Drafting is allowed.
- ix. Lapped athletes shall not be removed from the race.
- x. No-passing zones may be established by Event Management for safety reasons.
- xi. Athletes must carry out their own mountain bike repairs. They must bring their own tools and/or leave tools and spares at a designated Repair Zone.

e) Skating

- i. All types of skates, including Nordic blades, are allowed.
- ii. Athletes are not allowed to change any of the skates during the event.
- iii. Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible.

- iv. Athletes shall wear helmets that comply with the Bicycle Helmets section (Section [4.3.](#)) of these Multisport Competition Rules.

f) Nordic Skiing

- i. The Race Referee may allow testing of equipment (skis) prior to the race on the race course and/or on specially-marked tracks.
- ii. Athletes may ski using their preferred technique. However, the Race Referee may determine that the classic style is mandatory in specific areas.

Penalty for violation: Not using classic skiing style where mandatory: First offense: Time Penalty. Second Offense: DSQ.

- iii. Ski shoes are mandatory for Elite athletes.
- iv. Wearing the cycling helmet during the skiing segment is not allowed. However, due to the effect of cold temperatures on mobility, wearing a helmet could be authorized by the Race Referee.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

- v. Athletes may not be accompanied by team members, team managers or other pacemakers on the course during the race.
- vi. Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible.
- vii. The last straight (50-100m) shall be the finish chute. This zone is normally separated into corridors to avoid athletes impeding the progress of other athletes. The corridors must be clearly marked and highly visible, but the markings must not interfere with the skis. The corridors should be as long as possible. In the finish straight, athletes are not allowed to change from one corridor to another, except to overtake. Athletes must clear the finish line by 10m before stopping to remove their skis.

Penalty for violation: If athlete impedes another while changing finish corridors: DSQ.

- viii. The athlete shall be judged as finished the moment the tip of the front ski boot crosses the vertical plane of the leading edge of the finish line.

g) Transition Area

- i. Athletes must put on and take off their running shoes and skates at the athlete's own space within the transition area. However, if a "Nordic blades changing zone" is provided alongside the edge of the ice, athletes may choose to put the Nordic blades on there.

- ii. Skiing or riding the bicycle inside the transition area is forbidden. Athletes must proceed to a designated area before mounting their equipment and dismount the bicycle before a designated dismount line.

iii. Athletes must have their helmet securely fastened pursuant to mountain biking or skating.

a. Mountain biking: From the time the bicycle is removed from the rack at the start of the mountain bicycling segment until after the bicycle is placed on the rack at the finish of the mountain cycling segment.

b. Skating: From the time the athlete puts on skates at the start of the skating segment until the athlete takes off the skates at the finish of the skating segment.

- iv. Technical Officials may assist athletes by receiving and placing their mountain bicycles and handing out their equipment. This service must be equal for all athletes.

- v. A littering zone shall be placed after the “ski placing line” where athletes may discard shoe covers.

- h) Personal Needs Stations: Additional stations on the mountain cycling and running courses may be provided for personal needs. Any items given out at these stations shall be handed out by event staff.

8.10. INDIVIDUAL MULTISPORT CIRCUIT RACE

8.10.1. Format of Individual Multisport Circuit Race

An individual multisport circuit race is an Age-Group race where an individual athlete covers a complete multisport circuit multiple times, as if one athlete was covering all of the legs of a team relay.

An individual circuit race may consist of multiple circuits of one multisport: Triathlon, duathlon, aquathlon, cross triathlon/duathlon or winter triathlon/duathlon. (Aquabike is not authorized for individual circuit races or multisport relays.)

Each circuit of an individual circuit race must be on the same course, except to modify as necessary for the location of the start and finish. The distances of each segment in each circuit must correspond to the prescribed Multisport/Mixed Relay or Super Sprint distances of the applicable multisport. (See appendix.)

8.10.2. Applicability of Competition Rules

The Multisport Competition Rules for General Athlete Conduct, conduct for the applicable segments of the race, and supplemental rules for the specific multisport

apply to individual multisport circuit athletes as they do Age-Group multisport relay teams, with the following clarifications:

- a) Draft-Legal: Age-Group draft-legal cycling conduct and equipment rules apply, with athletes only permitted to draft other athletes of the same gender.
- b) Athletes Must Complete Assigned Segments/Multisport in Same Order Each Circuit: Athletes must complete each multisport circuit in the correct order, and repeat the same order in every circuit, unless the exception for cold-water swimming applies.
- c) Swimming When Wetsuits Are Mandatory: When wetsuit use is mandatory as determined in accordance with the Water Temperature and Wetsuit Use section (Section [3.4.](#)), all planned swimming segments of the individual circuit race are to be cancelled, except for the first segment of the first circuit of the race.
- d) Swimming When Wetsuits Are Permitted (Not Mandatory): When wetsuit use would be permitted as determined in accordance with the Water Temperature and Wetsuit Use section (Section [3.4.](#)), wetsuits may be used for the first segment of the first circuit of the individual circuit race but are discouraged for use in all succeeding segments.
- e) Time Penalties: An individual circuit athlete assigned a time penalty may serve any penalty on any circuit of the course prior to crossing the finish line.

9. RELAYS

9.1. CORPORATE RELAYS (AGE-GROUP)

A corporate relay team is composed of multiple athletes. One athlete covers each race segment. The total time for the team is from the start of the first team member to the finish of the last team member. Time is continuous and the timing does not stop between athletes.

A typical corporate multisport relay would be a three-athlete team in a triathlon race, with one athlete covering the swimming segment, another athlete covering the cycling segment, and the third athlete covering the running segment.

9.1.1. Applicability of Competition Rules

Corporate relay races are Age-Group races, and the Multisport Competition Rules for General Athlete Conduct, conduct for the applicable segments of the race, and (if applicable) supplemental rules for specific multisports apply to corporate relay teams as they do to Age-Group athletes, with the following clarifications:

- a) Relay Athletes Must Complete Assigned Segments Without Substitution. A corporate relay athlete must solely complete the assigned segment of the race and may not be assisted by a teammate or substituted for a teammate during a race segment. Exchanges between relay athletes may only occur at a location designated by Event Management.
- b) Event Management designates competitive aspects of the corporate relay competition, including:
 - The multisport event, number and order of segments.
 - The gender composition of relay teams. (Same gender or mixed gender)
 - The numerical composition of relay teams. (Whether teams may have fewer athletes than race segments)
 - The manner and location of exchanges between relay team athletes.

9.2. MULTISPORT RELAYS (MIXED GENDER AND SAME GENDER RELAYS)

Multisport relay races are those where relay team athletes each cover a complete multisport event: Triathlon, duathlon, aquathlon, cross triathlon/duathlon or winter triathlon/duathlon. (Aquabike and any other multisport formats are not authorized formats for multisport relays.)

- a) Mixed Relay: Mixed relays include athletes of both genders who each cover a complete multisport event **in alternating order**. The total time for the team is from the start of the first team member to the finish of the last team member. Timing is continuous and does not stop between athletes. **The athlete order aligns with the**

current World Triathlon athlete order and alternates with each Olympic quadrennium.

- i. 4x Mixed Relay: A 4x Mixed Relay team is composed of 4 athletes: 2 women and 2 men, who compete in the following order: woman, man, woman, man.
 - ii. 2x1 Mixed Relay: A 2x1 Mixed Relay team is composed of 2 athletes: 1 woman and 1 man, who compete in the following order: woman, man.
 - iii. 2x2 Mixed Relay: A team is composed of 2 athletes: 1 woman and 1 man, who compete in the following order: woman, man, woman, man. Each athlete twice covers a complete multisport event.
- b) Same Gender Relay: Same gender relays include multiple athletes of the same gender. Each athlete covers a complete multisport event. The total time for the team is from the start of the first team member to the finish of the last team member. Timing is continuous and does not stop between athletes.

9.2.1. Applicability of Competition Rules

Draft-legal multisport relay races are conducted either under Elite competition rules or Age-Group specific competition rules. The Multisport Competition Rules for General Athlete Conduct, conduct for the applicable segments of the race, and (if applicable) supplemental rules for specific multisports apply to multisport relay teams as they do to athletes under corresponding Elite or Age-Group specific rules, with the following clarifications.

- a) Elite Mixed Relay Rules (Applicable to relay competitions with Elite and Developmental High Performance athletes)
 - i. A pre-race briefing for the elite mixed relay is required, and athlete attendance is mandatory. If the relay competition is held in conjunction with an elite individual competition, both individual and relay information may be included in the same briefing.
 - ii. All team members must arrive to race-day check in together, and should each receive an individual timing chip at this check-in.
 - iii. Team members may use (re-use) the same bicycle.
 - iv. Transition spots are located so that all teammates are racked together, with the first athlete's position closest to the transition entry, and the last athlete's position closest to the transition exit. The Draft-Legal Transitions Using Equipment Bins section (Section [6.5.](#)) applies in all respects.
 - v. Athletes in 2x2 relays may access their transition position after their first leg to organize their equipment for the subsequent leg. Athletes may bring

tools or replacement pieces to repair their bicycle but may not replace their bicycle frame.

vi. Relay Exchange

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

vii. Relay Penalties

- Time penalties are 10 seconds long.
- Infringements due to starting before the official start signal shall be served by the first athlete in Transition 1.
- All other time penalties are to be served at the run penalty box. These penalties may be served by any member of the team who has not yet completed their leg of the race.
- Time penalties shall be posted in the notice board of the run penalty box before the deadlines listed below. Notifications posted after these times shall be considered invalid.
 - Infringements committed during the first leg (except early start) shall be notified before the athlete in the second leg finishes the second segment.
 - Infringements committed from the first change over to the end of the second leg shall be notified before the athlete in the third leg finishes the second segment.
 - Infringements committed from the second change over to the end of the third leg shall be notified before the athlete in the fourth leg finishes the second segment.

- Infringements committed from the third change over to the end of the first half of the last segment shall be notified before the athlete in the fourth leg completes half of the last segment.
- viii. Only the last team member is allowed to cross the finish line. The Head Referee may make an exception to this rule when crossing the finish line is required to electronically record athlete split times.

b) Age-Group Specific Mixed Relay Rules

- i. Recommended competitive categories are age-based, considering the sum of the competitive age of the members of the team as follows:
 - 60-75 years (X60)
 - 80-119 years (X80)
 - 120-159 years (X120)
 - 160-199 years (X160)
 - 200-239 years (X200)
 - 240-279 years (X240)
 - 280-319 years (X280)
 - 320 years and above (X320)
- ii. All team members must arrive to race-day check in together, and should each receive an individual timing chip at this check-in.
- iii. Team members may use (re-use) the same bicycle.
- iv. Drafting is permitted between athletes of the same gender.
- v. Relay Exchange: The relay exchange for Age-Group specific mixed relays is the same as for Elite mixed relays.
- vi. Relay Penalties: Age-Group penalty rules apply. Note that most Age-Group penalties are warning and amend, however blocking/impeding on course and relay exchanges outside the designated zone, as examples, do incur time penalties.
- vii. Only the last team member is allowed to cross the finish line. The Head Referee may make an exception to this rule when crossing the finish line is required to electronically record athlete split times.

10. PARATRIATHLON

10.1. GENERAL

USA Triathlon Multisport Competition Rules for Paratriathlon are closely aligned with World Triathlon Competition Rules. This section contains the rules which affect only paratriathlon.

10.2. PARATRIATHLON SPORT CLASSES

World Triathlon has implemented an evidence-based classification system to group impairments into sport classes according to the extent of activity limitation they cause the athlete when performing in the sport of paratriathlon.

There are nine sport classes.

- PTWC1: Most impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment.
- PTWC2: Least impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment.
- PTS2: Severe impairments. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices.
- PTS3: Significant impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- PTS4: Moderate impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- PTS5: Mild Impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- PTVI1: Includes athletes who are totally blind, from no light perception in either eye, to some light perception. One guide is mandatory throughout the race. Must ride a tandem during the bike segment.
- PTVI2: Includes athletes who are more severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.
- PTVI3: Includes athletes who are less severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.

10.3. PARATRIATHLON COMPETITION EVENTS

There are six paratriathlon competition events.

- PTWC: PTWC1 and PTWC2 sport class athletes competing together
- PTS2
- PTS3
- PTS4

- PTS5
- PTVI: PTVI1, PTVI2 and PTVI3 sport class athletes competing together

10.4. CLASSIFICATION

- All paratriathletes competing at a USA Triathlon sanctioned competition must have an international paratriathlon classification to ensure they meet the minimal eligibility criteria for competition and are assigned an appropriate sport class. Paratriathletes requiring classification will need to be available to attend an international classification appointment with a World Triathlon designated classification panel prior to the competition and provide relevant medical documentation at the time of classification.
- Paratriathletes without an international paratriathlon classification competing at a USA Triathlon event where classification is not available will be informed through their National Federation to submit specific medical documentation to World Triathlon no later than six weeks before the competition, so that a provisional classification can be assigned.
- When a paraathlete’s sport class changes from a provisional or previous classification, a revision of past results may be requested. USA Triathlon shall study each request on a case-by-case basis and decide whether the relevant competition results need to be modified.

10.5. ELIGIBLE CLASSES AND COMPETITION FORMATS

- All paratriathletes are allowed to compete in triathlon, duathlon and aquathlon events. Only paratriathletes from sport classes PTS2, PTS3, PTS4 and PTS5 are allowed to compete in winter triathlon, cross triathlon and cross duathlon events.
- Paratriathlon at the USA Triathlon Paratriathlon National Championships take place over the sprint distance, with a time limit of two hours.
- All paratriathletes may start all together or grouped in waves. Athletes from the same sport class and gender must start in the same wave.
- In sprint distance competitions where all paraathletes start together, the relevant compensation time determined by World Triathlon shall be added to the final times of the paraathletes competing in the PTWC and PTVI classes.

	PTWC1 Men	PTWC2 Men	PTWC1 Women	PTWC2 Women
Sprint Triathlon	0:00	+3:00	0:00	+3:38
Sprint Duathlon	0:00	+2:44	0:00	+3:18
Aquathlon 750m + 5km	0:00	+1:17	0:00	+1:33
Aquathlon 1000m + 5km	0:00	+1:29	0:00	+1:48

	PTVI1 Men	PTVI2/PTVI3 Men	PTVI1 Women	PTVI2/PTVI3 Women
Sprint Triathlon	0:00	+2:51	0:00	+3:21
Sprint Duathlon	0:00	+2:35	0:00	+3:02
Aquathlon 750m + 5km	0:00	+2:51	0:00	+3:21
Aquathlon 1000m + 5km	0:00	+3:14	0:00	+3:48

In case a paratriathlon is modified to a paraduathlon, duathlon values shall be used.

- e) Athletes in different classes may compete together in separate waves by using staggered wave start times in an “Interval Start System”. If an Interval Start System is used in a sprint distance race, it should incorporate the relative compensation time intervals above so that PTWC and PTVI athletes reach the finish in the correct order of finish. Refer to World Triathlon Competition Rules for examples of the Interval Start System.
- f) A duathlon event should be organized with at least two wave starts with at least a difference of at least one minute between waves. Unless a recommended Interval Start System is used, PTWC1 and PTWC2 athletes should start in the first wave and the remainder of the athletes in later waves.
- g) If an athlete is reclassified into a different class following observation, **the athlete’s** race time shall be adjusted according to the designated compensation times, if applicable.

10.6. PARATRIATHLETE BRIEFING

- a) A pre-race briefing is required and conducted following World Triathlon procedures.
- b) All athletes, guides and personal handlers must be present at the briefing.
- c) All paratriathletes shall pick up their own race packet following the briefing. The race packet shall include:
 - PTWC athletes: Red swim cap, race number sticker(s) for the helmet, a race number sticker for the handcycle, a race number sticker for the racing wheelchair, a race number sticker for the daily wheelchair, four sets of body markings, a bib number for the athlete and a bib number for the personal handler.
 - PTS athletes: Red, yellow or green swim cap as selected by the athlete, race number sticker(s) for the helmet, a race number sticker for the bicycle, race number sticker(s) for prosthesis/aiding devices, four sets of body markings, and a bib number for the personal handler (if authorized).

- PTVI: Orange swim cap (PTVI1 athlete) or green swim cap (PTVI2/3 athlete), white swim cap for the guide, race number sticker(s) for the cycling helmets, a race number sticker for the bicycle, four sets of body markings, and a bib number for the guide marked "GUIDE".

10.7. PARATRIATHLON PERSONAL HANDLERS

- a) Securing qualified personal handlers shall be the responsibility of the paratriathlete.
- b) Personal handlers are allotted as follows:
 - PTS: Up to one personal handler, as determined for each athlete in the classification process.
 - PTWC: Up to one personal handler.
 - PTVI: No personal handlers. Guides may act as the personal handler for their athlete.
- c) Personal handlers are specifically allowed to assist paratriathletes by:
 - Helping with prosthetic devices or other assistive devices.
 - Lifting paratriathletes in and out of handcycles and wheelchairs.
 - Removing wetsuits or clothing.
 - Racking bicycles in transition.
 - Repairing bicycles and helping paratriathletes with other equipment at the transition area and wheel stations. PTVI guides may help to repair the bicycle at any point along the bicycle course.
- d) Personal handlers are subject to the Multisport Competition Rules, and any additional restrictions deemed appropriate or necessary by the Head Referee.
- e) Any action taken by a personal handler that propels the paratriathlete forward may result in disqualification.
- f) One personal handler may assist a maximum of one athlete.
- g) All personal handlers shall be located within two meters of their athlete's transition spot during the competition. Permission from a Technical Official is required in order to move outside this zone.

10.8. PARATRIATHLETES RACE CHECK IN

- a) Paratriathletes and their guides or personal handlers must check in together. Paraathletes shall not have access to the Field of Play without their personal handler present.
- b) Personal handlers must present themselves with the bib number and the official personal handler's t-shirt, if provided. Once registered, a personal handler may only be replaced in exceptional circumstances and after the approval of the Head Referee.
- c) Equipment for the pre-transition area (such as prostheses and crutches) must have a race number on it, and it shall be checked at the athlete lounge.
- d) All paratriathletes should receive two timing chips.

10.9. SWIM COURSE EXIT

- a) Race Management shall provide swim exit assistants who will be responsible for assisting paratriathletes from the swim exit to the pre-transition area.
- b) During the swim exit, paratriathletes will receive assistance from the swim exit assistants according to their swim cap color:
 - Red swim cap: Paratriathlete needs to be lifted from the swim exit to the wetsuit removal area.
 - Yellow swim cap: Paratriathlete needs to be supported to walk/run from the swim exit to the wetsuit removal area.
 - Green, orange or white swim cap: Paratriathlete does not need any assistance at the swim exit. White caps are used by guides.

10.10. PRE-TRANSITION AREA

- a) Pre-Transition is a zone located at the exit of the swim course where athletes may receive authorized aid and equipment needed to continue to the transition area.
- b) There should be a dedicated space in the Pre-Transition area to set up and display all prosthetic devices/crutches for PTS athletes. Technical Officials shall coordinate the distribution of these equipment devices as **athletes** exit the water.
- c) Adapted cleats and cycling shoes with 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.

Penalty for violation: If cleats are not covered or enclosed, Warning and amend, if possible. DSQ if not corrected.

- d) The closest available area to the swim exit shall be used to line up PTWC day chairs. All PTWC athletes must transfer in a day chair from Pre-Transition to transition. Day chairs for this purpose must have functional brakes.
- e) Only PTWC personal handlers are allowed to assist their assigned paratriathlete in this area but may not 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 the assigned chair or space in pre-transition.
- f) PTWC and PTS athletes may remove their wetsuits in the Pre-Transition area.
- g) Athletes approved in classification may leave running shoes in the Pre-Transition area.
- h) PTS athletes absent a lower limb must use a prosthesis or crutches between Pre-Transition and transition. Hopping on one leg is not permitted.
- i) No athlete equipment may be left in the Pre-Transition area after the athlete exits it. PTWC personal handlers are allowed to carry their athlete's equipment.

10.11. TRANSITION AREA

- a) PTVI positions in the transition area must be the closest to the mount line, followed by the rest of the sport classes PTS5, PTS4, PTS3, PTS2 and PTWC.
- b) Mobility equipment areas before the mount line and after the dismount line should be provided for athletes who do not wish to hop a long distance in transition to drop off prosthetic legs. Equipment dropped off at the mount area shall be moved to the dismount area by authorized personnel. Athletes shall not be penalized if they do not collect their equipment in the dismount mobility area.
- c) Mobility equipment does not go into the athlete's equipment bin but must remain within the athlete's assigned transition space. Used swim caps, goggles, wetsuits, swim tethers and helmets must go into the equipment bin.

10.12. PARATRIATHLON SWIMMING

10.12.1. General Conduct

- a) For safety reasons, categories shall be presented during the paratriathletes presentation at competition start in the following order: PTVI1, PTVI2, PTVI3, PTS5, PTS4, PTS3, PTS2, PTWC1 and PTWC2. For safety reasons, PTWC1 and PTWC2 paratriathletes should always enter the water after all other Paratriathletes are in place.

- b) The swim start shall be an “in-water” start.
- c) If the swim portion consists of multiple laps, Paratriathletes shall 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 shall result in disqualification.
- e) Any sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful are not allowed during the swimming segment.

10.12.2. Paratriathlon Water Temperature, Wetsuit Use and Modifications

- a) Official water temperature is determined according to the procedures in the Water Temperature and Wetsuit Use section (Section [3.4.](#)).
- b) For paratriathlon, wetsuits are prohibited when the official water temperature is 24.6 °C (76.2 °F) and above, and mandatory when the official water temperature is 18.0 °C (64.4 °F) and below.
- c) The swimming segment may be cancelled if the official water temperature is 32.0 °C (89.6 °F) and above, or 15.0 °C (59.0 °F) and below.
- d) If the official water temperature is between 30.1-32.0 °C (86.1-89.6 °F), the maximum stay in the water is 20 minutes. Otherwise, the maximum stay in the water is determined by the swimming segment length as follows:

SWIM LENGTH	MAXIMUM STAY IN WATER
750m	45 minutes
1500m	1h 10min
3000m	1h 40min
4000m	2h 15min

- e) If any paraathlete has not completed the swimming course within this time limit and is more than 100m short of the swim exit, the athlete shall be immediately removed from the water.

10.12.3. Paratriathlon PTWC Swimming

- a) The use of wetsuit bottoms is always permitted, with a maximum thickness of 5 mm.
- b) Athletes may only use up to 3 bindings made of non-floating material around their legs in any position. The bindings shall be a maximum of 10cm in width.

- c) The use of a knee brace is permitted, provided:
- It is specifically approved for the athlete by World Triathlon.
 - It provides neither flotation nor propulsion.
 - It must be PVC plastic or carbon-fiber with no floatability or propulsion capacity, may not have any space or chamber that traps air or any other kind of gas, and is limited to a maximum thickness of 5mm.
 - If a wetsuit is worn, the knee brace shall be fitted to the outside of the wetsuit. The knee brace may cover half of the leg's surface as a maximum. The length may not surpass the upper half of the thigh or the bottom half of the calf and must be holding the knee/s area.

10.13. PARATRIATHLON CYCLING

10.13.1. General Conduct

- a) Paratriathlon competitions are draft-illegal races. Winter Triathlon, Cross Triathlon and Cross Duathlon are draft-legal races for paratriathletes.
- b) No cycling course shall have a maximum gradient over 12%.
- c) In paratriathlon, the term "bike" shall include bicycles, tandems or handcycles.
- d) All bikes shall be propelled by human force. Arms or legs may be used to propel the bike, but not both. Any violation shall result in disqualification.
- e) Bikes must have two independent braking systems. Bicycles and tandems must have an independent brake on each wheel. Both brakes on the handcycle must act on the front wheel.
- f) Disc brakes are allowed.
- g) Protective shields, fairings or other devices which have the effect of reducing air resistance are not allowed.
- h) Paratriathletes with one upper limb impairment may use a splitter in the braking system, and it is not considered as a bike adaptation.
- i) Artificial hand grips and prosthetics may be fixed to the bike or to the athlete's body, but not both simultaneously.
- j) Paratriathletes 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.

- k) Except for handcycles, a rider's position shall be supported solely by the pedals, the saddle and the handlebars.
- l) Bike adaptations must be specifically approved for the athlete by World Triathlon.

10.13.2. Paratriathlon PTWC Cycling

- a) The helmet must be fastened before getting onto the handcycle and it must remain fastened until the finish of the race.
- b) PTWC athletes must stop completely at the mount line exiting transition and at the dismount line on entering transition. Once stopped, the Technical Official shall say "Go" and the athlete may continue the competition. The handcycle 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 shall be applied.

10.13.3. Paratriathlon PTWC Handcycle Specifications

Paratriathletes must use an arm powered handcycle in a recumbent position. Specifications of a recumbent position handcycle are as follows.

- a) 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 (except that the chassis frame tubes need not be straight). For the seat or backrest construction, the maximum frame tube diameter may exceed the maximum defined by the general principles of UCI.
- b) 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.
- c) The Paratriathlete must have clear vision. As such, the horizontal of the Paratriathlete's eye line must be above the center of the crank housing/crank set, when **the athlete** is sitting with hands on the handlebars facing forward at full extent, the tip of **the athlete's** shoulder blades in contact with the backrest and **the athlete's** head in contact with the headrest, when applicable.
- d) 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.
- e) The athlete must have the feet positioned in front of the knees during the cycling segment.
- f) Adjustments to handcycle may not be made during the competition.

- g) Wheels of the handcycle may vary in diameter between a (ERTRO) 406 mm minimum and a 622 mm maximum, excluding the tire. Modified hub attachments may be used if necessary.
- h) The width of handcycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the center of each tire where the tires touch the ground.
- i) Disc wheels are allowed.
- j) Disc brakes are allowed.
- k) A handcycle shall not measure more than 250 cm in length or 75 cm in width.
- l) The shifting device may be either within the extremities of the handlebars, or on the side of the paratriathlete's body.
- m) The largest chain ring shall have a guard securely fitted to protect the paratriathlete. 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.
- n) Any fillets, or ribs, inserted at joints between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition.
- o) A quick release body harness is permitted.
- p) **The paratriathlete** must ensure that lower limbs have enough support/bracing/footrest to prevent dragging or making contact with the ground during the race.
- q) The bib number shall be placed at the back of the handcycle and shall be visible from the back.

10.14. PARATRIATHLON RUNNING

10.14.1. Paratriathlon PTWC Running

- a) No run course shall have a maximum gradient of over 5%.
- b) Paratriathletes shall wear the approved bike helmet at all times while seated in the chair.
- c) Propulsion by any other method except the paratriathlete pushing on the wheels or push-rims shall result in disqualification.

- d) It is forbidden to draft off a motorbike (15m) or vehicle (35m) during the running segment.

Penalty for violation: Warning and Amend, if possible. If not corrected: Drafting (Blue Card) Time Penalty.

- e) A PTWC athlete attempting to overtake another PTWC carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The paratriathlete being overtaken has the responsibility not to obstruct or impede the passing PTWC athlete once the front wheel(s) of the passing chair is ahead of the front wheel(s) of the chair being overtaken.
- f) PTWC athletes shall be judged as finished, the moment in which the center of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line.

10.14.2. Paratriathlon PTWC Racing Wheelchair Specifications

All paratriathletes perform the run portion in a “racing wheelchair”. The specifications of a “racing wheelchair” (hereafter referred to as “the chair”) are as follows:

- a) The chair shall have two large wheels and one small wheel.
- b) There should be a brake at the front wheel.
- c) No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm.
- d) The maximum diameter of the large wheel, including the inflated tire, shall not exceed 70 cm. The maximum diameter of the small wheel, including the inflated tire, shall not exceed 50 cm.
- e) Only one plain, round, hand rim is allowed for each large wheel. No mechanical gears or levers that propel the chair shall be allowed.
- f) Only hand operated, mechanical steering devices shall be allowed.
- g) Paratriathletes must be able to turn the front wheel manually to the left and right.
- h) No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.
- i) Paratriathletes must ensure that their lower limbs have enough support/bracing to prevent them from dragging or making contact with the ground during the race.
- j) The bib number shall be placed at the back of the chair and visible from the back.

10.14.3. Paratriathlon PTS2, PTS3, PTS4 and PTS5 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. The effective need/use of prostheses, orthoses or other special adaptive equipment must be approved during the classification evaluation.
- b) The use of running blades is only allowed as long as **the blades** are mounted on a prosthesis.
- c) Athletes shall wear a bib number or four sets of body decals, which shall be visible from the front.

10.15. PARATRIATHLON PTVI

The following additional rules apply to all visually impaired (PTVI1, PTVI2 and PTVI3) paratriathletes and their guides.

10.15.1. General PTVI Conduct

- a) No guide dogs shall be allowed at any time.
- b) Each athlete must have a guide of the same gender and nationality. Both athlete and guide shall hold a license from the same National Federation.
- c) Each athlete is allowed a maximum of one guide during a race.
- d) An athlete may not act as a guide until a period of twelve months has passed since the athlete's last sprint or standard distance elite triathlon race.
- e) The minimum competitive age for guides is 16 (Sprint Triathlon, Sprint Duathlon and all Aquathlon) or 18 (Standard or longer Triathlon/Duathlon).
- f) In the event of a documented injury or illness, a guide may be replaced up to 24 hours before the official start of the competition. No changes shall be allowed after this deadline.
- g) Guides are not allowed to pull, push or propel the athlete in order to gain unfair advantage.
- h) 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.
- i) Contact between the guide and PTVI athlete is allowed for safety reasons in a Free Leading zone. Free Leading zones include 10m before and after an aid station, a sharp turn, a penalty box or any other section of the running course as

determined by the Head Referee. The swim exit, pre-transition and transition areas are also considered Free Leading zones.

- j) Guides may not use paddle craft on the swimming segment, bicycles on the running segment or any other mechanical means of transport.
- k) All PTVI1 athletes must wear blackout eyewear throughout the entire competition. Swim blackout goggles may be removed only after the athlete and guide have reached their transition spot. The bike/run blackout glasses must be used until the athlete and guide cross the finish line. Both the blackout goggles and glasses shall be checked at registration, and the athlete must ensure they do not allow light to enter through the main patched or painted area, nose piece, sides or bottom.

10.15.2. Paratriathlon PTVI Swimming

- a) A PTVI athlete must be tethered to the guide, except during pool swims, during the swimming segment. The tether must be elastic rope with bright or reflective color and up to 80cm long, measured with no tension. It may be fixed at any point of the athlete's body.
- b) The guide must swim next to the athlete within a maximum separation distance of 1.5m from the athlete's head to the guide's head.

10.15.3. Paratriathlon PTVI Cycling

All PTVI athletes and guides must use a tandem bicycle. The specifications of the tandem bicycle are as follows:

- a) A tandem is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider. Both riders shall face forward in the traditional cycling position, and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains; the maximum sizes shall be 2.70 meters long and 0.5 meters wide.
- b) The tandem top tube, and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.

10.15.4. Paratriathlon PTVI Running

- a) Each PTVI athlete must be tethered to the guide while in motion during the running segment. The tether shall be made from non-elastic material and not store energy and/or offer a performance gain to the athlete.
- b) The PTVI athlete may use an elbow lead during the running segment.

- c) A guide may assist the PTVI athlete to regain footing or orientation after having tripped or fallen, as long as such assistance does not provide the athlete any forward advantage.
- d) As the PTVI athlete crosses the finish line, the guide must be beside or behind the PTVI athlete but not further apart than the required 0.5m maximum separation distance.

10.16. OUTSIDE ASSISTANCE

Assistance may be provided to a paratriathlete to allow the paratriathlete to get back into the handcycle/racing wheelchair or onto the bike following an incident. Such assistance may only be provided by a Technical Official, event staff, or another athlete (including a guide) in the same race. Any mechanical repair must be done by the paratriathlete (or guide) without external assistance.

10.17. HYGIENE

It is mandatory for all paratriathletes who use catheters or other urinary diversion devices to prevent spillage by using a catheter bag at all times, including during competition.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

11. ADAPTIVE TRIATHLON (AT)

11.1. PREFACE

Not all athletes with Americans with Disabilities Act defined impairments fit into a Paratriathlon medical classification or can follow the strict equipment usage rules of Paratriathlon. This section defines the currently approved acceptable accommodations for the various needs of adaptive athletes for participation in multisport events.

While not completely comprehensive in terms of allowable accommodations for accessibility, these rules, defined accessibility divisions, and included recommendations are intended to provide direction for participation for adaptive athletes.

Athletes requiring accommodations for participating in multisport that are not represented in these Multisport Competition Rules should reach out to USA Triathlon and formally request those additional accommodations for consideration and approval, as well as inclusion in future versions of the Adaptive Triathlon category at rulesandofficials@usatriathlon.org.

Note: AT includes all multisport formats.

11.2. AT ELIGIBILITY

Participation in the Adaptive Triathlon division is available to all athletes with a medically verified physical, visual, neurological or intellectual impairment that limits one or more major life activities. Formal classification into Paratriathlon classes is not required for participation in the Adaptive Triathlon division, nor does an approved Paratriathlon classification exclude an athlete from participating in the Adaptive Triathlon division.

Adaptive Triathlon divisions may be offered in agreement with Event Management at any accessible USA Triathlon sanctioned event, including being offered alongside Paratriathlon at USAT Paratriathlon Championships and USAT Paratriathlon Development Series events. However, the ATMI division is not offered at USAT National Championship events.

11.3. AT GENERAL CONDUCT

The Multisport Competition Rules for General Athlete Conduct, conduct for the applicable segments of the event, and (if applicable) supplemental rules for specific multisports apply to athletes in Adaptive Triathlon divisions, except for equipment restrictions and as otherwise stated in this section.

11.4. AT PARTICIPATION ASSISTANCE

- a) The Multisport Competition Rules regarding the conduct and standards for handlers and guides as presented in the Paratriathlon section (Sections [10.7.](#)

and [10.15.](#)) apply to athletes in Adaptive Triathlon divisions, except that guides are not required to be the same gender as the visually impaired athlete.

b) Roles of allowable personal assistance:

- i. Handler: Handler: A person who provides assistance to an adaptive athlete who requires physical assistance in transition or at the water.
- ii. Guide: Strictly referring to a person who accompanies a visually impaired athlete throughout the race. The guide and athlete shall be tethered together and shall use a tandem bicycle to complete the competition.
- iii. Co-athlete: A person who races alongside an athlete to ensure a safe competition for the athlete and fellow athletes.

11.5. AT EQUIPMENT

Athletes participating in an Adaptive Triathlon division will often require unique equipment adaptations and accommodation needs for accessibility. As a result, rules and accommodations for these athletes shall remain necessarily flexible in most areas.

a) Permissible exceptions for equipment use accommodations and accessibility in Adaptive Triathlon divisions include, but are not limited to:

- Athletes with any impairment that may affect balance may choose to use stabilizer wheels on the bicycle. The BIKE USA, Inc. Stabilizer Wheel Kit is an adult training wheel kit approved for use.
- Recumbent style tricycles are allowed for use by ATD1 Ambulatory, ATD1 Wheelchair, ATD2, ATD3 and ATTMI categories.
- Handcycles are allowed, including those that do not meet the Paratriathlon measurement restrictions for length, wheel size, seat angle, or have no safety bars.
- Athletes may use any of the allowed adaptive equipment in combinations that would not be permitted in Paratriathlon.

b) Requests to use any equipment that allows for participation within the AT divisions should be made to USA Triathlon (rulesandofficials@usatriathlon.org) at least 14 days prior to the competition.

11.6. AT RECOMMENDATIONS FOR RACE STARTS

- a) Based on the logistics required for a safe and orderly competition, Adaptive Triathlon divisions may be started with a wave start or time-trial start.

- b) For wave starts, Adaptive Triathlon divisions may be started distinct from other Age-Group waves, in either a single wave (combining all AT divisions) or in separate waves.
- c) For time-trial starts, Adaptive Triathlon athletes may be started with a time gap prior to the start of Age-Group athletes.

11.7. AT DIVISIONS

11.7.1. AT Division 1 (ATD1) – Physical and Visual Impairments

11.7.1.1 ATD1 Eligibility

This division is open to athletes with physical and visual impairments that are not able to be classified into Paratriathlon competition categories, or that choose not to do so.

This division is open to athletes who choose not to strictly adhere to the World Triathlon Paratriathlon rules or the Paratriathlon section (Section [10.](#)) of these Multisport Competition Rules. For example, athletes using equipment not allowed in Paratriathlon, or having a guide of a different gender than the athlete, may participate in the ATD1 division.

11.7.2. ATD1 Sub-Divisions

ATD1 consists of three main sub-divisions:

- ATD1 Ambulatory
- ATD1 Wheelchair
- ATD1 Visually Impaired

11.7.3. AT Division 2 (ATD2) – Intellectual Impairments

11.7.3.1 ATD2 Eligibility

This division is open to athletes with medically verified intellectual impairments, such as Down Syndrome and autism. Intellectual impairment athletes are those athletes with certain limitations in cognitive functioning and other skills, including communication and self-care. These limitations can cause a person to develop and learn more slowly or differently.

11.7.3.2 ATD2 Recommendations

The following recommendations will be used to make final determinations on various aspects of accommodations and accessibility decisions for participation in the ATD2 division.

- a) ATD2 Mandatory Clinic and Race Briefings: ATD2 athletes are required to attend the race-specific clinic and race briefing prior to the event. During the clinic, an assessment will be held to determine the pace and time of each athlete with respect to the race distance in which the athlete will participate.
- b) ATD2 Age-Group Ranges and Determination: Intellectually impaired athletes may have a chronological age that does not necessarily represent their intellectual age. Often, ATD2 athletes are chronologically older than 18, but intellectually some fit better at the youth and junior level. Judgment should be used to determine which athletes should compete in the Age-Group appropriate to their abilities. ATD2 athletes that are chronologically older than racing age may be permitted, based on the pre-race assessment, to participate in a non-age-specific category within a standard ATD2 division. Otherwise, ATD2 athletes should be allowed to compete in a division among athletes within their own Age-Group range. In some cases, chronologically older athletes may be a better fit to race at Age-Group Sprint Nationals.
- c) ATD2 Recommended Race Distances: 200m swim, 10km bicycle (No tandem bicycles unless visually impaired), 2km run.

11.7.3.3 ATD2 Transitions

ATD2 athletes and their co-athletes shall be racked side-by-side. Parents are allowed in the transition area only if their presence is determined (during the mandatory pre-race clinic) to be mandatory. In some cases, if the need for parental presence is determined on event day due to unforeseen circumstances, allowance should be made in this area.

11.7.3.4 ATD2 Co-Athletes

ATD2 co-athletes must be athletes that can maintain appropriate pace with the ATD2 athlete throughout the entire race. They may be either gender, must be age 15 or older and must be able to effectively assist the athlete to safely complete the course. Co-athletes support the ATD2 athlete by:

- a) Swimming beside the ATD2 athlete (without tether).
- b) Cycling beside or behind the ATD2 athlete, or together on a tandem bicycle if the ATD2 athlete is also visually impaired.
- c) Running beside or directly behind the ATD2 athlete.

For the cycling and running segments, Co-athletes should be clearly identifiable as Co-athletes.

11.7.4. AT Division 3 (ATD3) – Conditional Impairments

This division is open to athletes with medically verified conditions such as, but not limited to, TBI/PTSD, chronic diseases, congenital conditions, and neurological conditions.

ATD3 athletes require adaptation and/or accommodations to be able to race multisport but can do so with limited assistance or equipment adaptations.

11.7.5. AT Division 4 (ATD4) – Tandem Team

This division is open to athletes who race with a co-athlete that pulls, pushes or propels the AT athlete through the race course.

11.7.6. AT Temporary Mobility Impairment Division (ATTMI)

This division is a participatory category that allows athletes with some form of medically verified, significant and temporary injury that would require accommodations for participation in multisport.

Athletes wishing to participate in this category may request suitable accommodations from Event Management, which may be granted without prior approval from USA Triathlon. However, the athlete's results are not eligible for rankings or awards that may be available to athletes in competitive categories.

12. SUPPLEMENTAL RULES

Certain designated races, or waves within race events, have supplemental Multisport Competition Rules apply. In these designated races, the conduct and equipment rules of Multisport are materially different through added rules, differences in standards and differences in enforcement.

12.1. NATIONAL CHAMPIONSHIPS AND WORLD CHAMPIONSHIP QUALIFICATION RACES

USA Triathlon Multisport Competition Rules are closely aligned with World Triathlon Competition Rules for multisport races that are USA Triathlon National Championships and multisport races where USA Triathlon directly qualifies participating athletes to the corresponding World Triathlon World Championship multisport race.

12.1.1. Supplemental Rules

In addition to the Multisport Competition Rules for General Athlete Conduct and conduct for the applicable segments of the race, the following supplemental rules apply for USA Triathlon National Championship races and qualifying races for World Triathlon Championships:

a) Water Temperatures and Wetsuit Use

Wetsuits are prohibited when the water temperature is at or above 24.6 °C (76.2 °F). The official determination of water temperature and wetsuit use is subject to the Water Temperature and Wetsuit Use section. (Section [3.4.](#))

b) Uniform

- i. The uniform, except during the swimming segment, must cover the torso in the front. The back may be uncovered from the waist up. The midriff is allowed to be exposed.
- ii. Athletes may wear uniforms with sleeves that extend toward the elbow and not covering the elbow. Long sleeves and long pants are allowed in Winter Triathlon/Duathlon events.
- iii. Athletes may wear uniforms without zipper or with zipper located either at the front or at the back. Zipper shall not be longer than 40cm (15.75 inches).
- iv. During competition, a front zipper may be undone to the end but may not be disconnected at the bottom. During the last 100 meters of the race, the zipper must be connected and should be zipped up.
- v. The uniform must be worn over both shoulders while the athlete is on the Field of Play and competing, except when competing in the swimming segment.
- vi. Rain jackets (with long sleeves) worn over the prescribed uniform are allowed for middle- and long-distance races or when the Head Referee authorizes it.

- vii. For reasons of religion, athletes are allowed to have the body totally covered (except the face) provided that:
- If the race has a wetsuit-prohibited swim, the uniform material is textile.
 - The uniform shall not interfere with the bicycle mechanisms.
- viii. The Head Referee may authorize individual or exceptional deviations from these uniform rules for safety or healthy reasons. (i.e. skin cancer), however hands and feet shall be uncovered during the swim segment without exception.

Penalty for violation of any of the Uniform rules: Warning and amend, if possible. If not corrected, DSQ at discretion of Head Referee.

c) Finish

An athlete may not be accompanied by any non-competing person in the finish chute.

Penalty for violation: DSQ.

d) Relays

Specific Mixed Relay rules (Section [9.2.1.](#)) apply in all respects.

e) Protests And Competition Jury

The procedures in the Protest section (Section [15.](#)) are compulsory. The Competition Jury is chaired by the Head Referee, and appointed members should include members of the Event Management staff and/or the USA Triathlon Board of Directors.

12.2. CLYDESDALE AND ATHENA (CA)

USA Triathlon sanctioned events that are governed by Age-Group competition rules may include Clydesdale and Athena competitive weight class categories. This section describes the administrative procedures that govern eligibility and classification within this competitive category.

The Multisport Competition Rules apply in all respects to athletes competing in Clydesdale and Athena categories.

12.2.1. CA Eligibility and Qualification

- a) To be eligible for weight class categories at the USA Triathlon National Championships, athletes must weigh-in at or above the minimum weights:
 - Men (Clydesdales) 220 pounds.
 - Women (Athenas) 165 pounds.
- b) To qualify for the Sprint and Olympic Distance National Championship races through placement in a USA Triathlon sanctioned event, athletes may race in either the Clydesdale/Athena category (if offered) or their respective Age-Group category. Event Management should submit race results of C/A athletes in both the C/A category as well as the respective Age-Group category. However, only the athlete's respective Age-Group category results shall be used by USA Triathlon for reporting rankings and calculating qualifications. A first-place finish in a C/A category at a sanctioned race does not qualify an athlete for the National Championships. However, if that performance meets the National Championships qualification criteria within **the athlete's Age-Group**, the athlete would qualify for the Sprint and Olympic Distance National Championships.

12.2.2. CA Weigh-in Procedure

- a) The official weigh-in for eligibility at the USA Triathlon National Championships shall take place at packet pickup. The weigh-in shall occur within designated timeframes in a discrete location communicated well in advance. Weigh-ins shall only be permitted prior to the race start at the designated times and locations.
- b) Athletes competing in multiple races in a multi-day event are only required to weigh in before their first race.
- c) The weigh-in shall be administered by assigned Technical Officials and recorded electronically. Validation of eligibility to compete in the Clydesdale and Athena category shall be completed and recorded via electronic entry. The Technical Official shall provide a submission to the timer in advance of the race of all athletes eligible for the C/A category to ensure that results appear in any tracking application for both their Age-Group category and the C/A category.

- d) When weighing-in, athletes must wear only a standard multisport race kit or similar attire consistent with the definition of a race suit contained in the Multisport Competition Rules. No other gear or items shall be permitted on the scales. Any outer garments, including but not limited to boots, jackets or similar over garments designed for protection from the weather, must not be worn for the weigh-in. For Winter Triathlon/Duathlon, wearing a winter base triathlon kit for the weigh-in is permissible.
- e) Athletes who record a weight within five pounds of the minimum category weight shall have the option of a race-morning weigh-in to validate their eligibility or forgo entry into the C/A category. That weigh-in shall be conducted in a designated area prior to the race by an assigned Technical Official.
- f) If it is discovered that an athlete has made efforts to artificially increase **bodyweight** prior to the weigh-in for the purpose of achieving a qualifying weight, the athlete shall be disqualified from the event and shall be reported to USA Triathlon for possible suspension from USA Triathlon and possible lifetime exclusion from competing in USA Triathlon weight class categories.

12.2.3. CA Age Groups

The following age-based subdivisions in the C/A category shall be in effect for National Championship events:

- Clydesdale 39 and under
- Athena 39 and under
- Clydesdale 40-59
- Athena 40-54
- Clydesdale 60 and over
- Athena 55 and over

For purposes of awards at National Championships, all C/A athletes shall have their results entered for Age-Group rankings in their respective standard Age-Group category.

Supplemental Recommendations – Non-National Sanctioned Events

In recognition that many sanctioned events do not have sufficient resources to follow the strict Clydesdale and Athena category procedures, the following recommendations help to ensure a more inclusive experience for athletes who typically participate in Clydesdale and Athena categories.

- a) Event Registration
 - i. Athletes shall register in their standard Age-Group category.

- ii. The registration system should provide a means for **an athlete to identify themselves** as a C/A athlete. Example: “Check this box if you wish to be identified as a Clydesdale or Athena athlete. All athletes with this identification must weigh-in prior to the event at either packet pickup or on race morning in a designated area. Clydesdales (males) must weigh 220 pounds or greater. Athenas (females) must weigh 165 pounds or greater.”

b) Recommended Weigh-In Procedure

- i. All C/A athletes must weigh-in prior to the event at either packet pickup or on race morning in a designated area. Weigh-ins shall only be permitted prior to the race start at the designated times and locations.
- ii. Clydesdales must weigh 220 pounds or greater. Athenas must weigh 165 pounds or greater. When weighing-in, athletes may only wear their race kit or similar attire. No other gear or items shall be permitted on the scales.
- iii. An official or event staff member will need to manage the weigh-in process and either record the athletes’ names and weight or provide an alternative means of indicating an eligible weigh-in such as a wristband or handstamp.
- iv. At the close of weigh-ins, timing is to be provided a list of those eligible for C/A categories.

c) Age Groups and Awards

- i. Timing should be provided a list of athletes who checked the C/A box at registration, and after weigh-in a list of those confirmed eligible for the C/A category.
- ii. It is strongly recommended to issue two timing devices to each C/A athlete to facilitate accurate timing results in both the Age-Group and C/A categories, one device for the Age-Group results and one device for the C/A results.
- iii. The age-based subdivisions of the C/A category shall be:
 - Clydesdale 39 and under
 - Athena 39 and under
 - Clydesdale 40-59
 - Athena 40-54
 - Clydesdale 60 and over
 - Athena 55 and over

- iv. All C/A athletes shall also remain eligible in their standard Age-Group category and be eligible for Age-Group category awards.
- v. If the resources are available and a results tracker application is available, C/A athletes should show in the results and any accompanying tracker application in both their C/A and Age-Group categories.

12.3. YOUTH EVENTS

The supplemental rules of this section pertain to specifically designated and sanctioned races open only to young athletes, known as a “Youth Event”. This is distinct from Age-Group races that may have a category for young athletes in addition to adult competitors.

The Multisport Competition Rules for General Athlete Conduct, conduct for the applicable segments of the event, and (if applicable) supplemental rules for specific multisports generally apply to athletes in Youth Events.

12.3.1. Youth Membership and Eligibility

- a) Youth athletes must be Youth members of USA Triathlon. Youth membership is available to all persons ages 17 and under, in good standing with USA Triathlon, **that with a parent or guardian** submits a completed application, pays the required membership fee, and complies with all the requirements determined by USAT to be applicable to Youth membership.
- b) The minimum age for Youth competition is 6 years of age and the maximum is 15 years of age, as of December 31st of the year of the race.
- c) Race officials reserve the right to require proof of age from each Youth athlete in the form of a birth certificate or other official proof of age document. Failure to produce a proof of age document may result in disqualification from the event.

12.3.2. Penalties in Youth Events

The type of penalty for violating a specific rule is listed at the end of the rule as either “T” for Time or “DQ” for disqualification. Time penalties are added to the athlete’s race time and shall be administered per this table:

OFFENSE	TIME PENALTY
1 st offense	1:00 minute
2 nd offense	2:00 (additional) minutes
3 rd offense	disqualification

12.3.3. Youth General Conduct

- a) Unsportsmanlike conduct on the part of athletes or their parents and supporters shall not be allowed. Participants (including parents) must treat others with courtesy and respect. No rude, abusive or discourteous language or behavior shall be tolerated. (At official’s discretion: T or DQ)
- b) Athletes must complete the prescribed course in its entirety. (DQ)

- c) No personal audio devices or headsets may be used or carried during any portion of the race. (T)
- d) No unauthorized assistance is allowed. Unless otherwise permitted by Event Management, parents or other non-athletes may not accompany athletes, nor may they provide athletes any food, fluid or equipment aid during the race. (T)
- e) Race numbers must be displayed at all times. Swimmers must be clearly body-marked, cyclists must display their bicycle number and runners must wear their bib number. (T)

12.3.4. Youth Swimming Conduct

- a) Proper swimwear must be worn. (DQ)
- b) No flotation devices of any kind may be used during the swim. (DQ)
- c) No artificial propulsive devices such as fins, paddles, or gloves may be used. (DQ)
- d) Swimmers must be able to complete the entire course using any stroke. Swimmers may not make forward progress by pulling on lane ropes, swim gutters or any other inanimate object. (T)
- e) Goggles or face masks may be worn but are not required.
- f) If provided by Event Management, swimmers must wear the provided swim cap throughout the swim. (T)
- g) Athletes must follow instructions given by lifeguards and officials, including prohibitions against running on the pool deck or diving in restricted areas. (At official's discretion: Warning, T or DQ)

12.3.5. Youth Cycling Conduct

- a) The helmet must be securely fastened prior to mounting the bicycle and at all times while riding the bicycle. The helmet may not be unfastened and removed until the athlete has completely dismounted. (DQ)
- b) Athletes shall wear shoes at all times while on the bicycle. (DQ)
- c) Athletes shall ride in a safe manner, including:
 - Riding on the right side of the lane. (T)
 - Riding no closer than two bike lengths distance behind a leading cyclist (T)
 - Passing on the left of the slower cyclist. (T)

- Riding in a straight line without swerving, veering or blocking the forward progress of other cyclists. (DQ)
- Race officials may remove and disqualify any cyclist who appears to ride or behave in an unsafe manner.

d) Cycling Equipment

- Race officials reserve the right to disallow any bicycle deemed unsafe. Any unusual bicycle must be approved by race officials prior to the race.
- The bicycle must be road worthy and in safe operating condition. (DQ)
- The bicycle shall have two wheels. Training wheels are allowed. (DQ)
- There must be at least one working brake on each of the two wheels, unless the bicycle was manufactured with only one brake, in which case, the working brake shall be on the rear wheel. (DQ)
- The bicycle may be on-road, off-road or youth style. No recumbent style bicycles are allowed. (DQ)
- Aerobar extensions are prohibited.** All handlebar ends shall be solidly plugged. (DQ)
- No disc wheels or wheel covers are allowed. (DQ)

12.3.6. Youth Running Conduct

- Athletes shall run or walk the entire course. (DQ)
- Athletes shall wear shoes at all times while on the run course. (T)

12.3.7. Youth Transition Conduct

- The transition area is open **only to participating athletes and race officials, unless Event Management allows parents to enter the transition area.** When transition closes for the race to begin, only athletes and race officials may enter transition. Finishers may not retrieve gear until all athletes still racing have left the transition area to begin the final segment. (At official's discretion: T or DQ)
- Competition apparel (shoes, socks, shirts) must be placed next to the bicycle and may not be taken to the pool or swim start area. (T)
- Bicycles must be racked according to the directions given by race officials. Bicycles may be racked in the assigned area by the handlebars, by the seat or by using the kickstand. Bicycles placed on kickstands must be in the designated area in line with other bicycles and may not extend out into the lane of travel. (T)

- d) Participants (including parents) may not interfere with the gear of other participants. (At official's discretion: T or DQ)
- e) After completing the cycling segment, athletes must return bicycles to an upright position in the same assigned location before beginning the running segment. (T)
- f) No riding bicycles in transition. Athletes must walk or run with their bicycles and may not mount until out of transition and in the designated mount zone. (T)

12.4. RECREATIONAL NON-COMPETITIVE (NC) GUIDELINES

For any USA Triathlon sanctioned event, Event Management may note as part of **the application for** USA Triathlon sanction that **a** race or an associated race wave will be deemed as recreational, rather than governed by the full set of Multisport Competition Rules.

The recreational guidelines in this section are offered as a concise document for those Event Managers who wish to have a race or wave focused on non-competitive athletes. The consideration of the athlete's safety remains the highest priority.

The use of these participatory guidelines does not mean that the Multisport Competition Rules are not to be integral to the race, but rather that the manner of their enforcement is focused on proactive education rather than punitive in nature. These guidelines are intended to give greater latitude to Event Management seeking to encourage participation at new developmental races and for novice multisport athletes.

The purposes of these recreational rules are identical to the purpose of these Multisport Competition Rules, fostering the ideals expressed in the Purpose section (Section [1.1.](#)) through the appropriate enforcement and education of the Multisport Competition Rules to novice and non-competitive athletes.

12.4.1. Supplemental Rules for NC Athletes, Waves and Events

The Multisport Competition Rules for General Athlete Conduct and conduct for the applicable segments of the event, and (if applicable) supplemental rules for specific multisports apply to non-competitive athletes in all respects, with the following clarifications:

a) Identification

Athletes racing in a recreational wave must be clearly identified as such for the duration of the race, to allow for appropriate enforcement of the Multisport Competition Rules.

b) Proactive Warning and Amend Enforcement

Warning and amend all infractions of the Multisport Competition Rules, other than violations that warrant disqualification.

c) Swimming Conduct and Permitted Equipment

These guidelines presume that recreational multisport races with swimming are only compatible when swimming is the first segment of the race and not repeated.

Allow the use of the following, at any water temperature, in a recreational-only wave as the last wave(s) of a race:

- Snorkel
- Swim vest
- Buoyancy pants
- Artificial (foam or inflated) flotation devices
- Escort person to swim alongside the non-competition athlete as a “swim buddy” having the express permission of Event Management.
- Allow paddling (hand-propelled watercraft) as an alternative to swimming, in a recreation-only wave that does not encroach on any swimmers. Paddlers must possess all safety equipment legally required of the local jurisdiction.

d) Cycling Conduct

Warning and amend for infractions of the cycling position rules. Non-competitive athletes are encouraged to abide by position rules and not obstruct competitive athletes by riding side-by-side or poorly positioned in the roadway, but they shall not receive time penalties for violations. Non-competitive athletes who cannot complete an attempted pass in the allotted time are allowed to back out of the draft zone without a time penalty.

e) Results and Awards

Athletes in a recreational wave/race are eligible for participatory awards from Event Management, and results that include non-competitive athletes should be submitted to USA Triathlon for participation-tracking purposes. Non-competitive athletes are not eligible for any competitive category placement or rankings.

13. EXCEPTIONAL CONDITIONS

Responsibility for the organization and conduct of the event lies with Event Management.

13.1. MODIFICATIONS TO THE RACE

If exceptional circumstances exist, Event Management may modify the planned race(s) in any of the following ways:

13.1.1. Modifications Prior to the Start Signal

- a) Cancel the race(s).
- b) Postpone the start of the race(s).
- c) Reroute a race course segment.
- d) Modifying a planned triathlon to a different multisport race of equivalent distance to the planned event: Duathlon, Aquathlon, or another two-segment multisport.
- e) Modifying a planned multisport race to have fewer/shorter segments, retaining a minimum of two segments.
- f) Shortening or cancelling a swimming segment, in accordance with the Swimming Conduct section (Section [3.](#)).
- g) Changing the manner of the race start.

13.1.2. Modifications While the Race Is in Progress

- a) A race course may be rerouted to avoid a temporary obstruction, road closure or dangerous areas.
- b) A race in progress may be suspended, resumed to completion, or terminated before completion.
- c) A race may be suspended by Event Management before completion, in either of two ways:
 - i. Full course suspension, stopping all athletes still on the course. The race may only be resumed from each athlete's position on the course when stopped at the time of suspension. Athletes delayed by a full course suspension do not receive an adjustment of their race time.
 - ii. Point suspension, due to blockage of the course (e.g. train crossing, temporary road closure), stopping athletes at the point of the course

blockage. The race may only be resumed when the course is safely reopened, or if Race Management reroutes the race course to detour the blockage. Athletes delayed by a point suspension do not receive an adjustment of their race time.

- d) Athletes shall only resume a suspended race from the point where they are stopped on the course. Athletes shall not resume a suspended race from any previous point of the course, including the start or any section of the course already completed. The Multisport Competition Rules remain in effect during the suspension of the race, including the prohibition on outside assistance.
- e) A race that is terminated before completion may be rescheduled and restarted from the beginning only with the concurrence of Race Management and the Head Referee. In such a case, any disqualifications from the terminated race may be adjudicated and applied to the rescheduled race. Any other penalties from the terminated race are cancelled and do not carry over.

13.2. RESULTS UNDER EXCEPTIONAL CONDITIONS

If Race Managements acts upon exceptional conditions, the procedures for determining whether and how Official Results are produced are found in the Official Results Under Exceptional Conditions section. (Section [14.4.](#))

14. TIMING AND RESULTS

14.1. RACE TIME

- a) An athlete's race time is the period from the athlete's start signal to when the athlete is judged as finished, according to the applicable definition at the conclusion of the appropriate running segment, skiing segment (Winter Triathlon/Duathlon) or cycling segment (Aquabike).
- b) The Head Referee may use all available official evidence (from Technical Officials, Event Management and Timing assets) to determine whether an athlete completed the entire course and the athlete's race time. See Entire Course (Section [2.4.4.](#)) and Timing Devices and Burden Of Proof (Section [2.4.10.](#)) sections.

14.2. PLACEMENTS

- a) A competition shall be won by the athlete who has the completed the entire prescribed course in the shortest race time.
- b) When athletes have the same start signal, their relative placement and race time may be modified by the Head Referee based on visual observation or evidence at the finish line. The Head Referee may rely on photo finish photography, personal observation, or witness from another Technical Official to determine the correct order of finish and/or whether athletes are tied.
- c) In the event that the Head Referee exchanges the timed placements of athletes (who had the same start signal) based on visual evidence of the finish, the athletes should be awarded the same race time as the faster of the recorded times.
- d) In the event that two or more athletes tie for a place, and their performances cannot be separated, they shall be awarded the same place and should be listed by ascending race number.

14.3. OFFICIAL RESULTS

- a) The official results shall list each athlete's competition category (or concurrent categories if applicable) and shall rank the athletes according to their finish time or list the athlete's incomplete finish state. It is recommended that the official results be displayed and submitted to USA Triathlon, in the following manner:
 - Finishers in a competitive category with a valid race time (ranked from fastest/winner to slowest)
 - Athletes who cross the finish line but do not have a valid race time or otherwise are not ranked [NC – Non-competitive or Not Classified]. This code

is available in consultation with Race Management to designate athletes that, for instance:

- Participated in the race under the recreational non-competitive guidelines (Section 12.4.).
 - Failed to meet a time cutoff for any segment but were allowed by Race Management to rejoin the course.
 - Voluntarily withdrew, or were removed from the course for medical reasons, and were allowed by Race Management to rejoin the course.
 - Athletes who do not finish the competition [DNF]. If more than one athlete is DNF, the athletes may be ranked from fastest time at the farthest point of progress, to slowest time at the shortest point of progress.
 - [Draft-Legal events] Athletes who are lapped-out [LAP]. If more than one athlete is LAP, the athletes may be ranked from fastest time at the farthest point of progress, to slowest time at the shortest point of progress.
 - Disqualified athletes [DSQ].
 - Athletes that reach the finish line and disqualified by the Head Referee shall first be coded DSQ. If the athlete's DSQ was not for unsportsmanlike conduct, intentionally gaining an advantage, or using prohibited equipment in competitive categories, Race Management may change this code to NC.
 - Athletes that are shown a red card or subject to disqualification, and subsequently DNF or LAP, should be listed as DNF or LAP in the results, but the conduct resulting in the potential disqualification may be reported to the relevant authority.
 - Athletes registered but not starting [DNS].
- b) Results shall be official once the Head Referee approves them with signature. Once approved, official results may only be initially modified by the Competition Jury at the race site (as a result of a protest), or if there is no Competition Jury, by the Head Referee within 48 hours of the completion of the race. Following this, results may only be modified as a result of a successful appeal to USA Triathlon in accordance with the Protests and Appeals section.

14.4. OFFICIAL RESULTS UNDER EXCEPTIONAL CIRCUMSTANCES

- a) If a race is modified prior to starting, from a planned multisport to a different multisport, and/or changing the length of any segment(s), the official results

submitted to USA Triathlon should state the actual multisport and segment distances contested.

- b) If a planned race is modified once started, by shortening (or cancelling) no more than one segment, official race results shall be produced and submitted to USA Triathlon as long as either:
 - i. All competitive athletes were able to race the same course and distances, or,
 - ii. If some competitive athletes completed the originally prescribed course and other athletes were diverted to a modified segment, official race results shall be valid only for the finishers of the original course.
- c) If a planned race is modified once started, by shortening (or cancelling) multiple segments, no official race results shall be produced and submitted to USA Triathlon.
- d) If a suspended race is not resumed, official results shall be produced and submitted to USA Triathlon only if:
 - i. In races of Standard distance and shorter, if the lead athlete has completed more than 50% of the final segment. Athletes (including corporate relays) shall be ranked according to their position at the last available recorded data.
 - ii. In races of Middle distance and longer, athletes (including corporate relays) that have completed at least two segments shall be ranked according to their position at the last available recorded data. Athletes not completing at least two segments shall be listed as NC.
 - iii. For team relays and individual multisport circuit athletes, teams (or circuit athletes) that have completed at least two legs (circuits) shall be ranked according to their position at the last available recorded data. Teams (circuit athletes) not completing at least two legs (circuits) shall be listed as NC.

15. PROTESTS AND APPEALS

15.1. PROPER SUBJECT OF A PROTEST

- a) An athlete may file a protest against decisions made by the Head Referee (including the decision to disqualify the athlete), the conduct of another athlete (including the equipment used), or competition results.
- b) Matters which may be the subject of a protest include:
 - i. Error in competition results.
 - ii. Conduct of an athlete.
 - iii. Equipment used by an athlete.
 - iv. Decisions taken by the Head Referee, except:
 - A “judgment call”.
 - A decision to issue a time penalty if the penalty was served by the athlete.
- c) “Judgment call” includes but is not limited to:
 - Any purported violation of the cycling position rules.
 - Any purported violation of blocking, obstruction, interference or endangerment.
 - Allegations of unsportsmanlike conduct.
- d) Protests against a disqualification for not serving a time penalty shall be determined according to the correctness of the violation which resulted in the time penalty and not the disqualification itself.
- e) Some matters that are not subject to protest and resolution by the Competition Jury may be resolvable with Event Management or in accordance with the USA Triathlon Grievance and Disciplinary Policy.

15.2. STANDING TO FILE PROTEST

Protests may only be filed by athletes entered in the race who directly observed the subject of the protest, who were directly and personally involved in any incident relevant to the protest, and who possess direct, detailed and personal knowledge of the subject of the protest. Non-athletes (e.g. coaches, parents and agents) may represent and file a protest on behalf of an injured athlete.

15.3. PROTEST INITIATION, CONTENTS AND DEADLINES (AGE-GROUP)

All protests for Age-Group events must be announced by the protestor to the Head Referee within 15 minutes after the athlete (or athlete respondent) finishes the race, whichever is later, and must be submitted in writing on the official protest form within a further 30 minutes. The contents of the written protest must contain the following:

- The specific Multisport Competition Rules alleged to have been violated.
- The location and approximate time of the incident.
- The person(s) involved in the incident and/or witnessing the incident.
- A detailed statement of the specific facts of the incident.
- The signature of the person filing the protest, which shall constitute an affirmation that the facts stated therein are true.
- The protest filing fee of \$50 USD must accompany the written protest and may be provided as cash or check.

15.4. PROTEST INITIATION, CONTENTS AND DEADLINES (ELITE, U23, DEVELOPMENTAL HIGH PERFORMANCE)

All protests for Elite, U23 and Development events are submitted in accordance with World Triathlon Competition Rules.

15.5. PROTEST ACCEPTANCE OR SUMMARY DISMISSAL

- a) With respect to each protest filed, the Head Referee shall make an initial determination as to whether the protest complies with all the provisions of this section and whether the protest is factually sufficient to support a ruling by the Competition Jury. If the protest is improper or deficient in any respect, the Head Referee shall summarily reject and dismiss the protest and shall not be required to submit the matter to the Competition Jury. If the defect is curable in the opinion of the Head Referee, the Head Referee may allow the protest to be resubmitted within a reasonable time, even if the time limits for submission have expired.
- b) The Head Referee shall inform Event Management if any protest is referred to the Competition Jury. The official results of any race shall not be announced, and no prizes for that race shall be awarded, until all outstanding protests are decided or withdrawn.

15.6. COMPETITION JURY

- a) The Competition Jury shall be comprised of the Head Referee and two judges appointed by the Head Referee. For National Events, the members of the

Competition Jury may include members of USA Triathlon staff or Board of Directors, and members may be appointed before the start of competition.

- b) The Head Referee shall serve as chairperson of the Competition Jury and shall have full authority to conduct the protest and maintain order.
- c) The chairperson of the Competition Jury decides if any judge has a conflict of interest and may replace a judge deemed to have a conflict. The chairperson of the Competition Jury is deemed not to have a conflict of interest.

15.7. PROTEST HEARING

In hearing a protest, members of the Competition Jury shall weigh the evidence and testimony impartially and shall render a decision in accordance with their best judgment. During all protests:

- a) The protester must be present. The respondent (if any) must be notified before the hearing of the protest and afforded the opportunity to be present (or represented if injured).
- b) The hearing shall not be open to the public. No spectators or partial observers shall be allowed to participate in the hearing.
- c) The chairperson shall read the protest, and the Competition Jury shall determine if the protest is admissible.
- d) The chairperson presents the submitted evidence.
- e) The Competition Jury shall hear from each party. The protester and respondent shall be given adequate time to give their accounts of the incident.
- f) If permitted by the chairperson, the protester and the respondent may call witnesses who may speak for up to three minutes each.
- g) After the protester, respondent and any witnesses have been heard, the Competition Jury may call other interested or affected parties to speak for up to three minutes each. The Competition Jury may invite any expert to speak.

15.8. PROTEST DECISION AND EFFECT

- a) After dismissing all parties, the Competition Jury shall review the evidence and render a prompt decision. The decision to uphold or impose a penalty shall be based upon the standard of a comfortable satisfaction of the majority of the members of the Competition Jury that the alleged violation has occurred.
- b) Competition Jury decisions made in accordance with these Multisport Competition Rules are Field of Play decisions.

- c) The decision shall be announced immediately. The chairperson of the Competition Jury must file written minutes and decisions with USA Triathlon.
- d) The summary dismissal of a protest by the Head Referee or the decision of a Competition Jury shall be final, and official race results shall reflect those determinations. Official results and the decision of any Head Referee or Competition Jury may be subsequently modified only by USA Triathlon pursuant to an appeal.

15.9. APPEALS

- a) USA Triathlon has established processes for hearings and filing an appeal through a grievance process in line with the USOPC grievance process. The USA Triathlon Grievance and Disciplinary Policy can be found at the following link: <https://www.usatriathlon.org/about/governance>
- b) No person may file an appeal of a Field of Play decision absent proof of bias, malice, bad faith, arbitrariness or legal error.
- c) USA Triathlon members may appeal punitive action affecting their membership in USA Triathlon, or any other matter involving an interpretation of the Multisport Competition Rules of which an appeal is not otherwise prohibited.
- d) Any appeal filed through the grievance process that is not the proper subject of an appeal may be summarily dismissed, and any filing fee retained by USA Triathlon.

APPENDIX A – DEFINITIONS

Amend	To correct the fault.
Appeal	A request to the relevant authority for a review of a decision made by the Competition Jury.
Appellant	An athlete submitting an appeal.
Aid	Any kind of material support or personal assistance received by an athlete. Depending on its nature, it may be allowed as aid if provided by an authorized or official source or prohibited (Outside Assistance) if provided by an unauthorized or unofficial source.
Athena	Competitive category in Age-Group races for women weighing 165 pounds or greater.
Athlete	The individual who registers for and participates in the race.
Bicycle	The bicycle is a human powered vehicle used during the cycling segment of a multisport race. A bicycle may also be referred to as a bike.
Blocking (draft-illegal cycling)	The action when athlete on the cycling course is not keeping to the appropriate side of the road, obstructing the progress of trailing athletes.
Blue Card	This is shown by a Technical Official to an athlete who has committed a drafting infringement.
Clydesdale	Competitive category in Age-Group races for men weighing 220 pounds or greater.
Competition	A multisport race that determines results. This also includes formats of multiple races (such as semi-finals and finals) that determine a result.
Competition Jury	The appointed panel responsible to determine the eligibility and merits of a protest.
Crawl	The action by an athlete of bringing three or more limbs in contact with the ground, either together or in sequence, to enable forward propulsion.
Cycling Course	That part of the race route over which it has been defined in the race brief that the bicycle is to be ridden, walked or carried. The cycling course begins at the bicycle mount line and concludes at the bicycle dismount line.
Did Not Finish (DNF)	The athlete's result when the athlete started the race but did not complete the prescribed course and cross the finish line.
Did Not Start (DNS)	The athlete's result when the athlete is registered for the race but does not start it.
Disqualification (DSQ)	The penalty for a major infringement that removes the athlete as a finisher of the race. The Head Referee makes a final ruling on all potential disqualifications at the completion of the race.
Draft-illegal (cycling)	Describes multisport races with cycling segments that prohibit drafting through cycling position rules.

Draft-legal (cycling)	Describes multisport races with cycling segments that are not restricted by cycling position rules.
Drafting	Drafting means for an athlete to remain within the draft zone of another athlete or vehicle for a period of time longer than designated.
Endangerment	To commit a dangerous act that could cause injury to any participant, including another athlete, official, event staff, volunteers and spectators.
Elite athletes	<p>Athletes who are licensed or permitted by their World Triathlon member federation to participate in Elite multisport competitions. To participate in USA Triathlon sanctioned Elite multisport competitions, Elite athletes must be members of USA Triathlon or must have a USA Triathlon foreign elite permit.</p> <p>When an athlete is licensed in a particular multisport at a particular distance in that multisport as Elite, the athlete may not compete within Age-Group competitive categories at that multisport and distance during the same calendar year.</p> <p>The Elite condition is synonymous to the professional condition used by various commercial organizations.</p>
Elite competition	A competition restricted to Elite athletes and governed by Elite competition rules.
Event	A single multisport race or group of multisport races usually occurring at the same venue on the same day.
Event Management	The organizing entity of a sanctioned multisport event. Synonymous to the Local Organizing Committee (LOC) of a World Triathlon sanctioned event.
Field of Play (FOP)	The course on which the competition will take place, along with areas associated with the competition venue such as preparation, recovery, ceremony and briefing areas.
Field of Play Decision	The application and interpretation of the Multisport Competition Rules by the Technical Officials and (if applicable) the Competition Jury.
Finisher	An athlete who completes the entire race course and crosses the finish line within the Multisport Competition Rules.
Head Referee	A Technical Official who is responsible to make final decisions on all rule infringements.
Impede	The deliberate obstruction of the progress of one athlete by another.
Judgment Call	Any assessment of circumstances or the race environment by a Technical Official. A judgment call is, but is not limited to, a determination that an athlete did or did not commit a violation of cycling position rules (drafting, overtaken, illegal pass), blocking, impeding, endangerment or unsportsmanlike conduct. A judgment call may not be the subject of a protest.

Lapped Out (LAP)	The athlete's result when the athlete (in Elite draft-legal events) is overlapped on the cycling course and removed from the race.
Leg (of a Relay)	A leg is one athlete's portion of a multisport relay race.
Overtake (draft-illegal cycling)	When the leading edge of the front wheel of the overtaking bicycle moves in front of the leading edge of the front wheel of the bicycle being passed.
Outside Assistance	Any attempt by an unauthorized or unofficial source to help or to stabilize an athlete.
Pass (draft-illegal cycling)	When an athlete enters another athlete's cycling draft zone, makes continual forward progress through that zone, and advances the front wheel of the bicycle forward of the front wheel of the bicycle of the other athlete, within the maximum period of time specified by these rules.
Penalty Area	One or more designated areas on the course where athletes may be required to serve a time penalty.
Protest	A formal complaint by an athlete against a decision taken by the Head Referee or of another athlete's eligibility, conduct or equipment used. A protest may only be made by an athlete entered in the race. Protests are resolved at the race site and before the announcement of official results.
Race	The single and continuous sport action from start to finish, with a prescribed progression through segments of sport disciplines governed by these Multisport Competition Rules. Participants in the race are competitive athletes and/or (if permitted by sanction) non-competitive athletes.
Race Time	An athlete's race time is the period from the athlete's start signal to when the athlete is judged as finished, according to the applicable definition at the conclusion of the appropriate race segment. A competition shall be won by the athlete who has the completed the entire prescribed course in the shortest race time.
Red Card	This is shown by a Technical Official to an athlete who has committed a major infringement subject to disqualification from the race. Athletes shown a red card are permitted to complete the race, unless a rule specifically requires that an athlete be removed from the race course.
Relay (race)	A relay is a race among teams whose athletes individually cover a specific multisport segment or a complete multisport. Unless otherwise specified, the term "athlete" in these Multisport Competition Rules is used in a generic form to include relay teams.
Results	The timed finish positions and final state (Finished, DNS, DNF, LAP or DSQ) of all athletes, after violations have been ruled upon, penalties assessed, and protests/appeals have been heard.

Running Course	That part of the race route over which it has been defined that the athlete is to run or walk. The running course commences at the exit from the transition zone and concludes at the finish line or (when there are succeeding segments of the race) the entry to the transition zone.
Sanction	A permit issued by the authority of USA Triathlon for the conduct of a multisport event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and provide the greatest potential for the conduct of a safe and fair event.
Segment	A stage of the race. For example, a standard triathlon consists of five segments: Swimming, Transition 1, Cycling, Transition 2, and Running.
Stop and Go	A penalty where the athlete stops forward progress, corrects the fault (amends) and continues the race.
Swimming Course	That part of the race route over which it has been defined that the athlete is to swim. The swimming course commences at the start line or (in aquathlons that begin with a running segment) at the water's edge and concludes at the water's exit prior to entry to the transition area.
Technical Official	An accredited race official, qualified and appointed by USA Triathlon, responsible for observing, assessing and reporting on the performance of athletes in sanctioned events in relation to the Multisport Competition Rules.
Team	A group of athletes who compete as a competitive unit in a relay event.
Time Penalty	A penalty where the athlete stops forward progress for a certain amount of time.
Torso	The human body excluding the neck, the head and the limbs.
Transition Area	A location with a defined boundary that is not part of the swimming, cycling or running courses, within which each athlete is allocated an area for the storage of individual items and equipment.
Warning	A caution from a Technical Official 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.
Yellow Card	This is shown by a Technical Official to an athlete who has committed a minor infringement. It can be shown pursuant to a warning, stop and go penalty or time penalty.

APPENDIX B – MULTISPORT FORMATS AND DISTANCES

USA Triathlon sanctioned multisport races may have segments of any length, may have segments in any order, and may have repeating segments. A multisport race may follow the defined formats and distances listed here, but it may also receive sanction approval from USA Triathlon for any proposed number, order and length of segments, so long as the segment disciplines (e.g. swimming, cycling, running) are conducted in accordance with these Multisport Competition Rules.

Prescribed multisport formats and distances mirror those defined by World Triathlon. World Triathlon also defines the minimum age for an athlete to participate in World Championships at the prescribed format and distance. USA Triathlon National Championships endeavor to meet these prescribed formats and distances.

For a multisport race to meet the definition of prescribed format(s) and distance(s) listed here, the race must be conducted in the prescribed order of segments (reading left to right on the table), and the actual lengths of those segments must meet the minimum length listed (if only one value is listed), not exceed the maximum length listed (if “Up to ...”), or fall within the range of lengths listed. For cycling segments, a tolerance of +/- 5% (Middle and Long Distance Triathlon/Duathlon and all Cross Triathlon/Duathlon) or +/- 10% (Shorter than Middle Distance Triathlon/Duathlon) from the prescribed distance to the actual distance is acceptable, due to limitations on available roadways and routing.

TRIATHLON

	SWIMMING	CYCLING	RUNNING	WORLD CHAMPIONSHIPS MINIMUM AGE
Super Sprint Distance	250m to 500m	6.5km to 13km	1.7km to 3.5km	15
Sprint Distance	750m	20km	5km	16
Standard Distance (“Olympic Distance”)	1500m	40km	10km	18
Middle Distance	1900m to 2999m	80km to 90km	20km to 21km	18
Long Distance	3000m to 4000m	91km to 200km	22km to 42.2km	18
Multisport Relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15

DUATHLON

	RUNNING	CYCLING	RUNNING	WORLD CHAMPIONSHIPS MINIMUM AGE
Super Sprint Distance	1.7km to 3.5km	6.5km to 13km	0.85k to 1.75km	15
Sprint Distance	5km	20km	2.5km	16
Standard Distance	5km or 10km	30km or 40km	5km	18
Middle Distance	10km	60km	10km	18
Long Distance	10km or 20km	120km or 150km	20km or 30km	18
Multisport Relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15

AQUABIKE

	SWIMMING	CYCLING	WORLD CHAMPIONSHIPS MINIMUM AGE
Standard Distance	1500m	40km	18
Middle Distance	1900m to 2999m	80km to 90km	18
Long Distance	3000m to 4000m	91km to 200km	18

AQUATHLON

	RUNNING	SWIMMING	RUNNING	WORLD CHAMPIONSHIPS MINIMUM AGE
Sprint Distance (Wetsuit prohibited)	1.25km	500m	1.25km	16
Sprint Distance (Wetsuit permitted or Paratriathlon)		500m	2.5km	16
Standard Distance (Wetsuit prohibited)	2.5km	1000m	2.5km	16
Standard Distance (Wetsuit permitted or Paratriathlon)		1000m	5km	16
Long Distance (Wetsuit prohibited)	5km	2000m	5km	18
Long Distance (Wetsuit Permitted or Paratriathlon)		2000m	10km	18
Multisport Relay (Wetsuit prohibited)	1.25km	500m	1.25km	15
Multisport Relay (Wetsuit permitted)		500m	2.5km	15

CROSS TRIATHLON

	SWIMMING	MOUNTAIN CYCLING	CROSS-COUNTRY RUNNING	WORLD CHAMPIONSHIPS MINIMUM AGE
Sprint Distance	500m	10km to 12km	3km to 4km	15
Standard Distance	1000m to 1500m	20km to 30km	6km to 10km	16
Multisport Relay (Distances per leg)	200m to 250m	4km to 5km	1.2km to 1.6km	15

CROSS DUATHLON

	CROSS-COUNTRY RUNNING	MOUNTAIN CYCLING	CROSS-COUNTRY RUNNING	WORLD CHAMPIONSHIPS MINIMUM AGE
Sprint Distance	3km to 4km	10km to 12km	1.5km to 2km	15
Standard Distance	6km to 8km	20km to 25km	3km to 4km	16
Multisport Relay (Distances per leg)	1.2km to 1.6km	4km to 5km	0.6km to 0.8km	15

WINTER TRIATHLON

	CROSS-COUNTRY RUNNING	MOUNTAIN CYCLING	CROSS-COUNTRY SKIING	WORLD CHAMPIONSHIPS MINIMUM AGE
Sprint Distance (Age-Group)	3km to 4km	5km to 6km	5km to 6km	16
Standard Distance (Age-Group)	4km	8km	8km	18
Sprint / Standard Distance (2 circuits: R-C-S-R-C-S)	2km	4km	4km	16
2x2 Mixed Relay (Distances per leg)	1km	m	2km	15
3x Same Gender Relay or 4x Mixed Relay (Distances per leg)	2km to 3km	4km to 5km	3km to 4km	18

WINTER DUATHLON

	CROSS-COUNTRY RUNNING	CROSS-COUNTRY SKIING	WORLD CHAMPIONSHIPS MINIMUM AGE
Sprint Distance (Age-Group only: Run + Ski)	6km	12km	16
Sprint Distance (Run + Ski + Run + Ski) (Distances per segment)	2km	4km	16
4x Mixed Relay (Distances per leg)	1km	2km	15

APPENDIX C – MEMBERSHIP, COMPETITION AND PARTICIPATION CATEGORIES

C.1. MEMBERSHIP / PERMIT REQUIREMENTS

All participants in events sanctioned by USA Triathlon must be members of USA Triathlon and be able to present a valid annual membership card or must purchase a USA Triathlon single event permit. Any athlete who intentionally participates in an event despite (a) Lack of membership, or (b) Ineligibility for the relevant membership class, shall be suspended from membership in USA Triathlon and suspended from participation in any sanctioned event for a period of up to one year.

C.2. MEMBERSHIP ELIGIBILITY

Membership in USA Triathlon is available to all persons in good standing with USA Triathlon who submit a completed application, pay the required membership fee, and comply with all the requirements determined by USA Triathlon to be applicable to the specific category of membership desired. No person shall be denied membership based on race, color, religion, sex, national origin, or disability.

C.3. ATHLETE MEMBERSHIP RIGHTS

In accordance with USA Triathlon Bylaws, all athletes shall be entitled to due process with respect to any action revoking or suspending the athlete's membership in USA Triathlon.

Due process shall include:

- Reasonable notice (usually in writing) of the charges or allegations made against the athlete;
- A reasonable time within which to prepare a defense and to answer the charges or allegations;
- The opportunity to respond to the charges and the ability to have the assistance of legal counsel in the preparation of any defense;
- A hearing before an impartial and disinterested decision-making body; and,
- The ability to appeal an adverse decision and notice of the proper procedure for making such an appeal.

No person shall be suspended from USA Triathlon or declared ineligible to participate in USA Triathlon sanctioned events without fair notice of the allegations against such person and the opportunity for a hearing.

C.4. SINGLE EVENT PERMITS

At the discretion of USA Triathlon, persons who are not members of USA Triathlon may be allowed to participate as an athlete in certain sanctioned events through the issuance of a single event permit. Any person obtaining a single event permit shall be subject to all the Multisport Competition Rules and policies of USA Triathlon.

USA Triathlon shall determine the fee and establish the requirements necessary to obtain a single event permit. Athletes who have been suspended from USA Triathlon membership or expelled from USA Triathlon membership may be excluded from obtaining a single event permit.

C.5. COMPETITION CATEGORIES

USA Triathlon-sanctioned competitive events can include the following categories and are subject to the following requirements:

- Age group
- Open (eligible for overall)
- Accessibility
- Weight class
- Youth
- Closed
- Recreational

In addition, the USA Triathlon High Performance team manages eligibility and participation in the following categories **in consultation with Event Management**:

- Elite
- Junior and U23
- Youth
- Paratriathlon

For more information about the high performance eligibility and participation guidelines, see the [USA Triathlon Elite Development](#) website.

C.5.1. Age-Group Categories

The age-based categories are defined in the chart below and are required (for results reporting purposes) for all USA Triathlon sanctioned competitive races governed by Age-Group competition rules.

AGE-BASED CATEGORIES (WOMEN, MEN AND NON-BINARY)
ATHLETE AGE AS OF DECEMBER 31 OF THE YEAR OF THE RACE

15-19 years	45-49 years	75-79 years
20-24 years	50-54 years	80-84 years
25-29 years	55-59 years	85-89 years
30-34 years	60-64 years	90-94 years
35-39 years	65-69 years	95-99 years
40-44 years	70-74 years	100 years and above

C.5.2. Additional Categories

Event management may, at its sole discretion, offer additional competitive categories (and/or a participatory non-competitive division) in USA Triathlon sanctioned races that are governed by Age-Group multisport competition rules. Age-Group athletes are eligible to compete in their age-based category and concurrently in any additional offered categories to which they are eligible, unless specifically restricted below.

C.5.3. Open Category

The Open category is outside the structure of age-based competitive categories and is eligible to all athletes, including Elite athletes (who are required to be categorized in the Open category for Age-Group rules races). Athletes competing in the Open category are not eligible to compete in any other category in the race. They are eligible for overall awards placement, including monetary prizes, if offered by Event Management.

C.5.4. Accessibility Categories

In accordance with the requirements of the ADAPTIVE TRIATHLON (AT) section. (Section 11.)

C.5.5. Weight Class Categories

In accordance with the requirements of the CLYDESDALE AND ATHENA (CA) - SUPPLEMENTAL RULES section. (Section [12.2.](#))

C.5.6. Youth (under age 15)

Athletes between the ages of 6 and 14 may be categorized in Age-Group competition rules races that are not sanctioned as “Youth events.”

C.5.7. Closed Categories

Event Management may create categories for closed groups of athletes (examples: Celebrity, Military, First Responders, club members) and define the eligibility of athletes to compete in such categories.

C.5.8. Recreational (Non-Competitive) Athletes

A participatory category for non-competing athletes, in accordance with the **Error! Reference source not found.** section. (Section [12.4.](#))

ATHLETE CATEGORIES IN AGE-GROUP RULES EVENTS (WOMEN, MEN AND NON-BINARY)

AGE-BASED (required*) *These age-group 5-year categories are mandatory for results reporting and recommended for presenting awards.	15-19 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 100 years and above
OPEN (optional in consultation with Event Management eligible for overall awards)	For more information about elite eligibility and participation guidelines, see the USA Triathlon Elite Development website.
ACCESSIBILITY (optional)	See Adaptive Triathlon (AT) section.
WEIGHT CLASS (optional, except for national championships)	See Clydesdale and Athena (CA) – Supplementary Rules section.
YOUTH (optional, age-based)	Athletes ages 6 to 14, in a sanctioned Age-Group rules race that is not a stand-alone “Youth Event.”
CLOSED (optional)	Closed categories defined by Event Management (e.g. Celebrity, club member, Military, First Responder).
RECREATIONAL (optional, non-competitive)	Participatory category for athletes in a recreational experience. See Recreational Non-Competitive (NC) Guidelines section.

C.5.8. Age-Group Race Awards Recommendations

Race management has discretion, unless otherwise restricted by USA Triathlon policy, to present awards of any size and depth within age-based categories that it defines (e.g. 10-year age categories) and optional categories offered, provided that:

- Awards based on defined 5-year age-based groups listed in this section are recommended for all events, and compulsory for National Events.
- The awards are of equal depth and breadth between all genders, in the same multisport and distance, across each age-based category.
- The awards are of equal depth and breadth between all genders, in the same multisport and distance, independently within each additionally offered race category.

C.6. PRIZE MONEY

Distribution of prize money shall comply with the following standards:

- When prize money is available in any race, no restrictive rules or conditions that have the effect of impeding performance may be placed upon any one category of members or group of athletes, unless such rules or conditions are imposed equally upon all those athletes that are eligible for prize money.
- For any event that has an elite race, the entire prize purse of the multisport contested in the elite race may be exclusively reserved for the elite competition.
- Prize money for any sanctioned event shall be distributed equally between men and women (and non-binary athletes when such a category is offered) in both amount and depth. For more information on the eligibility to participate in the non-binary category, see the USA Triathlon Gender Inclusion Policy.
- For each placing where prize money is offered for one gender, including any bonus for swim, bike or run placing, there must be a corresponding and equal place for the other gender offering the same amount of prize money.
- Where the depth of prize places exceeds the number of finishing athletes in any category, that segment of prize money designated for the places for which there are no finishers shall not be distributed.

APPENDIX D – INFRINGEMENT EXAMPLES

This list is a summary of common infringements and penalties in competitive races. This list is intended as a guide only and is not intended to be all-inclusive. Each athlete is responsible for knowing and understanding all Multisport Competition Rules (including without limitation **any supplemental rules and event-specific approved modifications**).

In case of different interpretations of the text in this appendix and the main body of the Multisport Competition Rules, the main body of the rules shall be applied.

The procedures and the durations of penalties for all categories and distances are outlined in the Penalties section ([Section 7.](#)) of the Multisport Competition Rules.

GENERAL RACE CONDUCT

RULE	PENALTY	REFERENCE
GENERAL CONDUCT Refusing to follow the instructions of Technical Officials or event official.	- DSQ	2.2.a.iii.
INTENTIONAL MISCONDUCT Fraud by entering under an assumed name or age, falsifying an affidavit, giving false information or participating when not eligible.	- DSQ, removal from race and report to USA Triathlon for possible suspension or expulsion	2.3.a.iii.
UNSPORTSMANLIKE CONDUCT Using abusive language or behavior toward any official.	- DSQ and report to USA Triathlon for possible suspension	2.3.a.i.
RACE NUMBERS Failure to properly display the unaltered race numbers (when provided by Event Management).	- Age-Group: Warning and amend if possible, or DSQ. - Elite: Time Penalty - If not registered for the event: Removal from race and report to USA Triathlon for possible suspension	2.4.2.
ENTIRE COURSE Failing to follow the prescribed course.	- Warning and re-enter the course at the point of departure. - If not: DSQ or DNF.	2.4.4.
ENTIRE COURSE Departing the course and re-entering beyond the point of departure (advantage is gained).	- If departure for safety reasons: Time penalty - If departure not for safety reasons: DSQ or DNF.	2.4.4.c.
UNAUTHORIZED ASSISTANCE Accepting assistance from anyone other than a Technical Official, event official or other athlete.	- Warning and amend if it is possible and return to the original situation - If not: DSQ	2.4.5.

RULE	PENALTY	REFERENCE
UNAUTHORIZED ASSISTANCE An athlete physically assists the forward progress of another athlete.	- DSQ of assisting athlete. DSQ of assisted athlete if the athlete accepts the assistance.	2.4.5.d.
UNAUTHORIZED ASSISTANCE To give another athlete essential race equipment, such as a complete bike, frame, wheel(s), helmet or any other item that results in the donor athlete being unable to continue the race.	- DSQ of both athletes	2.4.5.c.
UNAUTHORIZED EQUIPMENT Using unauthorized equipment to provide an advantage or which will be dangerous to others.	- Warning and amend if possible. DSQ if not corrected. Removal from race and report to USA Triathlon for possible suspension at Head Referee's discretion.	2.4.6.a.
UNAUTHORIZED EQUIPMENT Wearing headphones or headsets during competition.	- Warning and amend if possible. DSQ if not corrected.	2.4.6.b. 3.3.f. 4.4.2.a. 5.2.a.
UNAUTHORIZED EQUIPMENT Using any device distracting the athlete from paying full attention to their surroundings.	- Warning and amend if possible. DSQ if not corrected.	2.4.6.c.
OBSTRUCTION Blocking, charging, obstructing, or interfering with the forward progress of another athlete.	- Accidental and incidental: No penalty or warning - Sustained impeding: Time penalty - Targeting: DSQ and report to USA Triathlon for possible suspension	2.4.7.
TRASH AND LITTERING To intentionally litter, or to intentionally dispose of trash or equipment around the course outside clearly identified places, such as aid stations or trash receptacles.	- Warning and amend if possible. Time penalty if not corrected.	2.4.8.
NATIONAL EVENTS – UNIFORM Compete with a bare torso during any segment except swimming.	- Warning and amend if possible. DSQ if not corrected.	12.1.1.b.i.
NATIONAL EVENTS – UNIFORM Wearing a uniform with front zipper disconnected during the competition, except when swimming.	- Warning and amend if possible. DSQ if not corrected.	12.1.1.b.iv.

START

RULE	PENALTY	REFERENCE
Starting in a wave earlier than the one the athlete is assigned to.	- DSQ	2.4.3.
Starting before the starter's signal.	- Time penalty	2.4.3.

SWIMMING

RULE	PENALTY	REFERENCE
Not wearing the official swim cap	- Intentionally: Warning and amend - If not corrected: DSQ	3.2.2.a.
PROHIBITED EQUIPMENT Using snorkels, artificial propulsion or flotation, deployed inflatable devices, wetsuits thicker than 5mm, or other prohibited equipment.	- Warning and amend if possible. DSQ if not corrected.	3.3.
Using neoprene booties and/or socks.	- Permitted when wetsuits are permitted, provided the items are not propulsive (webbed) - Otherwise: DSQ	3.2.4.
Using gloves	- Permitted when wetsuits are mandatory, provided the gloves are not propulsive (webbed) - Otherwise: DSQ	3.2.5.
Wearing wetsuit not covering the torso or back.	- If wetsuits are mandatory or prohibited: Warning and amend if possible. DSQ if not corrected	3.2.1.c.
WHEN WETSUITS ARE PROHIBITED Wearing a wetsuit, neoprene, or buoyancy shorts (if prohibited), or any swimwear that is not completely textile material.	- Warning and amend if possible. DSQ if not corrected.	3.2.3.a. 3.2.3.e. 3.3.e.
WHEN WETSUITS ARE PROHIBITED Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee unless an exemption is provided by the head referee.	- Warning and amend if possible. DSQ if not corrected.	3.2.3.c.

CYCLING

RULE	PENALTY	REFERENCE
Make forward progress without the bicycle, during the cycling segment.	- Warning and amend if possible. DSQ if not corrected.	4.1.b.
Dangerous riding during the cycling segment.	- Warning and amend - If impeding: Time Penalty - If intentionally repeated: DSQ and removal from event	4.1.e. 2.4.7.
Riding in a forbidden mounted position.	- Time Penalty - If repeated or not corrected: DSQ	4.5.1. 4.6.2.
Wearing the helmet unfastened or insecurely fastened, during the cycling segment.	- Age-Group: Warning and amend if possible. DSQ and removal from the race if not corrected - Elite and Paratriathlon: Time penalty. DSQ if not corrected.	4.3.c.
Take off the helmet on the bike course, even if stopped.	- Warning and amend if possible. DSQ if not corrected.	4.3.d.
Not wearing a helmet during the cycling segment.	- DSQ and removal from event	4.3.b.
Drafting in a draft-illegal race, by entering the draft zone and not making continuous progress through the zone.	- Drafting (Blue Card) Time Penalty	4.5.4.a.
Drafting in a draft-illegal race, by entering the draft zone and then dropping out the back of the zone.	- Drafting (Blue Card) Time Penalty	4.5.4.a.
Drafting in a draft-illegal race, by entering the draft zone and failing to overtake in the allotted time.	- Drafting (Blue Card) Time Penalty	4.5.4.a.
Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone, in a draft-illegal race.	- Drafting (Blue Card) Time Penalty	4.5.5.a.
Re-passing by an overtaken athlete prior to dropping out of the draft zone, in a draft-illegal race.	- Drafting (Blue Card) Time Penalty	4.5.5.b.
Blocking (riding side-by-side or unnecessarily wide of the edge of the course) in a draft-illegal race.	- Time Penalty (Yellow Card)	4.5.2.a.
Accumulating multiple Blue Card penalties.	- Cycling courses under 80km: DSQ if two Blue Card penalties. - Cycling courses 80km or longer: DSQ if three Blue Card penalties.	4.5.6.f.

RUNNING AND SKIING

RULE	PENALTY	REFERENCE
Crawl during the running segment.	- DSQ and removal from race	5.1.b.
Pacing by being accompanied on or alongside the course by any pacemakers or non-athletes.	- Warning and amend if possible. DSQ if not corrected.	5.1.g. 2.4.5.b.
To use posts, trees, or other fixed elements to assist maneuvering curves.	- Time penalty	5.1.e.
NATIONAL EVENTS – UNIFORM Wearing a uniform with front zipper undone to any degree during the last 200m of the run.	- Warning and amend	12.1.1.b.iv.
NATIONAL EVENTS – FINISH Being accompanied by any non-competing person in the finish chute.	- DSQ	12.1.1.c.
Run or ski while wearing or possessing a helmet.	- Warning and amend if possible. DSQ if not corrected.	5.1.d. 8.9.2.f.iv.
Not use classic style skiing where mandatory.	- First offense: Time penalty - Second offense: DSQ	8.9.2.f.ii.
Changing ski corridors in the finish chute that impeding the progress of other athletes.	- DSQ	8.9.2.f.vii.

TRANSITION

RULE	PENALTY	REFERENCE
Rack the bike improperly, or outside the athlete's own space.	- Age-Group: Warning and amend. - Elite and Paratriathlon: Before competition: Warning and amend; During competition: Time penalty	6.1.c.
Marking of position in transition area.	- Warning and amend - If not corrected, marking and objects used for marking purposes will be removed from the transition area.	6.1.b.
Store or discharge athlete equipment outside the athlete's designated transition spot or bin.	- Age-Group: Warning and amend - Elite and Paratriathlon: Time penalty	6.1.d. 6.5.
Blocking the forward progress of other athletes	- Warning and amend if possible. DSQ if not corrected.	6.2.a.

RULE	PENALTY	REFERENCE
Interfering with another athlete's equipment in the transition area	- Age-Group: Warning and amend - Elite and Paratriathlon: Time penalty - In case the offended athlete is prevented from continuing in the race: DSQ	6.1.e.
To have the helmet strap fastened in T1 while competing in the first segment.	- Age-Group: Technical Official may unfasten the strap - Elite and Paratriathlon: Technical Official shall unfasten the strap, and Time Penalty	6.3.b.
Inside the transition area while in possession of the bicycle, not wearing the helmet or wearing the helmet unfastened or insecurely fastened.	- Age-Group: Warning and amend - Elite and Paratriathlon: Time penalty	6.3.a.
Mount the bicycle before the mount line.	- Time Penalty	6.4.c.
Dismount the bicycle after the dismount line.	- Time penalty	6.4.d.
Cycling in transition zone rather than mounting at the mount line or attempting to dismount at the dismount line.	- DSQ	6.4.c. 6.4.d.

TEAM RELAYS

RULE	PENALTY	REFERENCE
Team relay exchange completed outside of the exchange zone.	- Time penalty	9.2.1.a.vi. 9.2.1.b.v.
Team relay exchange not completed or intentionally completed outside the exchange zone.	- DSQ	9.2.1.a.vi. 9.2.1.b.v.

PARATRIATHLON-SPECIFIC

RULE	PENALTY	REFERENCE
Paratriathletes who use catheters or other urinary diversion devices, have spillage during competition.	- Warning and amend if possible. DSQ if not corrected.	10.17.
Paratriathlete using unprotected sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful.	- Warning and amend if possible. DSQ and removal from competition if not corrected.	10.12.1.e.
Paratriathlete receiving assistance from more personal handlers than allowed or registered.	- DSQ	10.7.b.

RULE	PENALTY	REFERENCE
Any action taken by the personal handler which propels the paratriathlete forward.	- DSQ	10.7.e.
Personal handler repairing a paratriathlete's bike during the competition in an area other than the athlete's transition spot or the wheel station.	- DSQ	10.7.c.
Personal handler for PTS athlete present in the pre-transition area.	- Warning and amend if possible. DSQ of paratriathlete if not corrected.	10.7.g. 10.10.e.
PTS athlete with an absent lower limb not using a prosthesis or crutches to reach from pre-transition to the transition area.	- Warning and amend if possible. DSQ if not corrected.	10.10.h.
PTWC athlete not stopping completely at the mount and the dismount lines or continue before the Technical Official says "Go".	- Time penalty	10.13.2.b.
PTWC athlete drafting off a vehicle or motorbike during the running segment.	- Warning and amend - If not corrected: Drafting (Blue Card) Time Penalty	10.14.1.d.
Athlete leaving equipment in pre-transition after exiting it.	- Warning and amend - If not corrected: Time Penalty	10.10.i.
PTVI athlete not tethered during the swimming segment or while in motion during the running segment.	- Warning and amend if possible. DSQ if not corrected.	10.15.2.a. 10.15.4.a.
PTVI athlete paced, led or being more than 1.5m from the guide during the swimming segment.	- First offense: Time penalty - Second offense: DSQ	10.15.2.b.
PTVI athlete paced, led or being more than 0.5m from the guide after the swim exit.	- First offense: Time penalty - Second offense: DSQ	10.15.1.h.
PTVI athlete pulled, pushed or propelled by the guide.	- DSQ	10.15.1.g.
PTVI athlete crosses the finish line and the guide is further apart than the required 0.5m maximum separation distance.	- DSQ	10.15.4.d.
PTVI1 athlete not wearing blackout goggles or glasses during applicable segments.	- DSQ	10.15.1.k.