



# **CISM Competition Rules**

## **Triathlon**

**2008 Edition**

## **Version 1, 1 October, 2006**

These Competition Rules are the master source document, found on CISM's website at [www.cism.org](http://www.cism.org). The web based document acts as the official (authorized) reference document and is maintained based on authorized amendments in accordance with recommendations by the CISM Sports Commission (CSC) Triathlon, which are accepted by the CISM Executive Board.

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## A INTRODUCTION

### 1. Purpose

- a. The CISM Competition Rules are a blueprint of the International Triathlon Union Competition Rules;
- b. The CISM Competition Rules specify the conduct and behaviour of competitors during CISM competitions. Where the CISM Competition Rules do not specify, the ITU Competition Rules will apply. Where the Competition Rules of the ITU do not specify, the rules of FINA, UCI, FIS and IAAF will apply in their specific segment;
- c. The CISM Event Manual sets safety and logistical standards for Host Nation (HN) and to the Local Organizing Committee (LOC);
- d. The CSC Triathlon certifies CISM Technical Officials;
- e. Authority to sanction and enforce Competition Rules at CISM events is retained exclusively by CISM. The event must be planned and structured to be safe and fair.

### 2. Intention

The ITU Competition Rules are intended to:

- a. Create an atmosphere of sportsmanship, equality, and fair play;
- b. Provide safety and protection;
- c. Emphasize ingenuity and skill without unduly limiting the competitor's freedom of action;
- d. Penalize competitors who gain an unfair advantage;
- e. Endorse the principle that Triathlon is an individual sports and encourage individual performance and initiative.

Definitions of all terms used in these Competition Rules are provided at *Appendix D*. Any difficulty in the interpretation or application of these Rules should be referred to the CSC without delay.

### 3. Modifications

- a. The competitor must not be permitted an advantage not intended by a rule. To implement this, many of the rules are in general terms. This eliminates a multiplicity of rules and provides officials with authority to adapt the rules to fit conditions. Officials base their judgment on whether an advantage, not intended by the rules, has been gained;
- b. CISM Competition Rules will be applicable to all CISM competitions.

#### **4. Exceptions**

These CISM Competition Rules will be applicable to all CISM events and are to be implemented by its appointed Technical Delegate as appropriate. Where the CISM Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, those laws will override the CISM Competition Rules to the extent of the inconsistency, and competitors must be notified of the implications of these laws as early as possible and not later than prior to the start of the event. Exceptions for special circumstances in a particular event may only be gained from CISM with prior approval. A request for an exception to these Rules must be made in writing to the CSC through the Nation to whom the application has been submitted or is being submitted.

#### **5. Special Rules**

The CSC Triathlon may approve the addition of special rules for a particular race, provided that:

- a. Each additional special rule does not conflict with another CISM Competition Rule;
- b. Each additional special rule is made available in written form and is announced to the participants before the event;
- c. Each additional special rule and the reasons for its inclusion are advised to the CSC before the day on which the event is to be conducted. The CSC may invalidate the incorporation of an additional special rule only on the authority of the CISM Executive Board.

#### **6. Unauthorized Exceptions or Additions**

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

#### **7. Rule Updates**

These Competition Rules may be changed from time to time by the CSC in its absolute discretion, under the direction of the CISM. Any such rule change(s) shall be advised in writing to the affiliated Nations at least 14 days before it is to take effect. Updated CISM Competition Rules will be posted on the CISM website ([www.cism.org](http://www.cism.org)).

## **B CONDUCT OF COMPETITORS**

### **8. General Conduct**

Triathlon, Duathlon, Aquathlon, Winter Triathlon and the other related modern multisports involve many competitors. Race tactics are part of the interaction between competitors.

Competitors will:

- a. Practice good sportsmanship at all times;
- b. Be responsible for their own safety and the safety of others;
- c. Understand the CISM Competition Rules, available from their Nation;
- d. Obey traffic regulations and instructions from race officials;
- e. Treat other competitors, officials, volunteers, and spectators with respect and courtesy;
- f. Avoid the use of abusive language;
- g. If they violate the rules knowingly, report the violation to a race official, and if necessary retire promptly from the competition;
- h. Inform race officials after withdrawing from the race.

### **9. Drug Abuse**

- a. CISM condemns the use of substances, which artificially enhance performance;
- b. Competitors will follow the CISM Doping Control Rules and Procedural Guidelines;
- c. All competitors are responsible for familiarizing themselves with the CISM Doping Rules and Procedural Guidelines including medical control tests, testing obligations and procedures, penalties and appeal processes, and forbidden substances;
- d. CISM has adopted the Anti-Doping rules set by the World Anti-Doping Agency (WADA).

### **10. Health**

- a. Triathlons, Duathlon, Aquathlon, Winter Triathlon and other modern multi-sport competitions are strenuous. To be able to compete, competitors should be in excellent physical condition. Their health and welfare is of paramount importance;
- b. Time limits for the swim leg, cycle leg and overall finish time will be established for each competition by the Technical Delegate. These limits may be published in the pre-event registration material.

## **11. Eligibility**

### **a. Elite Triathlon Military World Championships**

- (1) A nation may name a maximum of six (6) men and six (6) women to their National Elite Team.

### **b. Senior Triathlon Military World Championship**

- (1) A nation may name a maximum of three (3) men and two (2) women to their National Seniors Team;
- (2) Age Requirement:
  - (a) Men: 40 years or more on 31 December in the year of the competition;
  - (b) Women: 35 years or more on 31 December in the year of the competition.

## **12. Registration**

### **a. Language and Communication**

- (1) The official language is English;
- (2) Translators will be provided by Nations.

### **b. Team Uniforms**

- (1) For ITU World Championships, each competitor must wear the official team uniform of the country he/she represents. Failure to do so will result in their inability to participate or disqualification;
- (2) All National Team Uniforms must conform with the CISM Uniform Guidelines (Ann F);

### **c. Pre-Race Meeting (Athletes meeting)**

- (1) A compulsory meeting of competitors will be held before all CISM competitions and will be conducted by the PCSC, the Competition Manager and the Race Referee,
- (2) All competitors must be in attendance,
- (3) Each athlete must bring his ID and sign the participants list,
- (4) Absent athletes can participate only by authorisation of the OCR on advise by the CSC.

### **d. Packet Pick-Up**

At Military World Championships, elite and senior competitors will pick up their race packet at Registration and the Race Briefing.

### **e. Packet Contents**

Race packets will contain a minimum of:

- (1) Five (5) official race numbers (one for body, one for bike and three for helmet) and four safety pins;
- (2) Security/Credentials Pass;

- (3) Schedule of Events;
- (4) Start List;
- (5) Course maps;
- (6) Competition Rules specific to the competition. (It is the competitor's responsibility to know the CISM Competition Rules. It is the Nations responsibility to ensure that competitors have a copy of the CISM Competition Rules).

### **13. Timing and Results**

The official results shall include:

- (1) Finish of the swim or first segment;
- (2) Cycle (to include both swim/cycle and cycle/run transitions);
- (3) Run time;
- (4) Overall finish time;
- (5) Results will include disqualifications (DQF) and reasons;
- (6) Results will include athletes who do not finish (DNF) and those athletes who were entered but did not start (DNS).

## **C DISCIPLINE OF COMPETITORS**

### **14. General Rules**

Failure to comply with the CISM Competition Rules may result in a competitor being warned, disqualified, suspended, or expelled.

### **15. Warnings**

- a. It is not necessary for an official to give a warning prior to issuing a more serious penalty;
- b. The purpose of a warning is to alert a competitor about a possible rule violation and to promote a "proactive" attitude on the part of officials.

#### **c. Assessment**

A warning will be given at the discretion of the official. If time and conditions permit a Technical Official will assess a warning by:

- (1) Sounding a whistle or horn;
- (2) Showing a yellow card;
- (3) Calling (in English) the competitor's number and saying "STOP".

**A warning may be given when:**

- (1) A competitor violates a rule unintentionally;
- (2) An official believes a violation is about to occur;
- (3) No advantage has been gained.

**b. Procedure during warning:**

- (1) When assessed a yellow card, the competitor will stop in a safe manner and follow the instructions of the official;
- (2) If on a bicycle, the competitor will stop in a safe manner, dismount to the outside from the course with both feet on one side of the bicycle, and follow the instructions of the Technical Official;
- (3) The official will then say "GO", at which time the competitor will continue in a safe manner.

## **16. Disqualification**

**a. General**

A disqualification is a penalty appropriate for a violation.

**b. Assessment**

If time and conditions permit a Technical Official will assess a disqualification by:

- (1) Sounding a whistle or horn;
- (2) Showing a red card or flag;
- (3) Calling (in English) the competitor's number and saying "STOP".

**c. Procedure after Disqualification**

A competitor may finish the race if an official calls a disqualification. A disqualified competitor may appeal the decision (except in the case of a judgment call) in accordance with the provisions of Appeals of the CISM Competition Rules;

**d. Reasons for Disqualification**

A competitor may be disqualified for, but not limited to the following:

- (1) Failing to follow the prescribed course;
- (2) Using abusive language or behaviour toward any official or unsportsmanlike behaviour (also possible suspension);
- (3) Blocking, charging, obstructing, or interfering with the forward progress of another competitor;

- (4) Unfair contact. The fact that contact occurs between competitors does not constitute a violation. When several competitors are moving in a limited area, contact may occur. This incidental contact between competitors in equally favourable positions, is not a violation;
- (5) Accepting assistance from anyone other than Technical Official;
- (6) Refusing to follow the instructions of race officials;
- (7) Departing the course for reasons of safety, but failing to re-enter at the point of departure;
- (8) Failure to wear the unaltered race number if provided by the Local Organizing Committee in the proper way, which is: during the entire run segment must be worn on the front.
- (9) Leaving equipment or discarding personal articles on the course.
- (10) Tires, plastic bottles, and other discarded items must be placed safely off the course;
- (11) Wearing items deemed a hazard to self or others, i.e., a hard cast, jewellery, headsets, or headphones;
- (12) Using unauthorized equipment to provide an advantage or which will be dangerous to others;
- (13) Violating traffic regulations.

## **17. Suspension**

### **a. General**

Means a competitor will not take part in CISM competitions during a stated suspension period.

### **b. Reasons for Suspension**

A competitor will be suspended for, (but not limited to):

- (1) Unsportsmanlike conduct;
- (2) Fraud, i.e., entering under an assumed name or age, falsifying an affidavit, or giving false information;
- (3) Participating when not eligible;
- (4) Repeated violations of CISM Rules;
- (5) Drug abuse;

Suspensions will be assessed by the Competition Jury, for lengths from three (3) months to four (4) years, depending on the violation.

## 18. Expulsion

### a. General

For the lifetime of the competitor they will not take part in CISM competitions.

### b. Reasons for Expulsion

A competitor will be expelled for life (but not be limited to) for:

- (1) A second drug offence as outlined in the CISM Doping Rules and the World Anti-Doping Agency rules;
- (2) An unusual and violent act of unsportsmanlike behaviour.

### c. Procedure during Expulsion

A competitor will not be eligible to compete in CISM competitions while suspended or expelled from CISM.

### d. Expulsion due to Drug Abuse

If the suspension or expulsion is for drug abuse, the competitor will not be able to compete in any other sport whose federation is recognized by ITU, IOC or GAISF (General Assembly of International Summer Federations).

### e. Disciplinary Notice

- (1) When a competitor is suspended or expelled, the President of CISM will notify the concerned Nation, in writing, within 30 days;
- (2) All suspensions and expulsions will be announced in the CISM newsletter and communicated to the ITU, IOC and GAISF.

### f. Right of Appeal

Competitors charged with a violation have the right to appeal, except in the case of *judgment calls* by officials.

### g. Reinstatement

After suspension, a competitor must apply to the President of CISM for reinstatement.

## D SWIMMING CONDUCT

## 19. General Rules

- a. Competitors may use any stroke to propel themselves through the water. They may also tread water or float;
- b. A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary boat;

- c. A competitor may not make use inanimate objects to gain an advantage;
- d. In an emergency, a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered, the competitor must retire from the competition.

## 20. Wetsuit Use

The use of wetsuits will be determined by the following tables:

Swim Length	Forbidden above	Mandatory below	Maximum stay in water
1500 m	20° C	14° C	40 min
750 m	20° C	14° C	20 min
1501 – 3000 m	22° C	15° C	1 h 30 min
3001 – 4000 m	24° C	16° C	2 h

- a. **Modifications:** If weather conditions dictate, i.e., ambient air temperature, the CISM-Medical Committee (MC) may advise the Technical Delegate to adapt the limits on wetsuit use. A ruling on wetsuit use will be made 24 hours before the start of the race, with the final ruling one hour before the start, by the Technical Delegate and will be clearly communicated to the competitors.
- b. **Water Temperature:** Water temperature must be taken one (1) day prior to race day and race morning one (1) hour prior to the start of the event. It must be taken in the middle of the course at a depth of 60 cm.
- c. **Second Suit:** For non-wetsuit swims, competitors must wear their CISM approved uniform on the outside. If they wear a second suit, it must be worn underneath the official uniform and cannot be removed after the swim.

## 21. Starting Position Selection:

- a. At the General Assembly the PCSC and the delegate of the HN will conduct the official starting position draw.
- b. The teams will go directly to the selected box and stay in there until the start.
- c. Start-line Technical Officials note each athlete's race number.

## 22. Start Procedure

- a. A Pre-start line is marked 50cm from the edge of the start platform
- b. After all athletes are in position (confirmed and noted by the start-line, the Technical Officials) **"take your mark"** is announced.
- c. 3-6 seconds after the start signal is to be given.
- d. Three Technical Officials are involved in the start procedure.
  - (1) The first and second Start Technical Officials are standing beside each other in the middle of the start area behind the athletes.
  - (2) The second Start Technical Official stands on the side of the start area to have a clean picture of the start.
  - (3) The third Start Technical Official has an air horn in case of needed to give false start signal. (several short horn blast) The first Start Technical Officials is responsible to announce "Take your mark".
  - (4) A second Start Technical Officials is responsible to give the start signal.
- e. In case of a false start the athletes have to come back to their previously selected position controlled by the Start-line Technical Officials and the procedure of the start has to begin again.
- f. If possible the LOC provides electronic start horns.

## 23. Equipment

### a. Legal Equipment

- (1) A competitor must wear the swim cap provided by the race organization at all times during the swim.
- (2) Goggles and nose clips are allowed.

### b. Illegal Equipment

Athletes must not use:

- (1) Artificial propulsion devices, (i.e. fins, socks, gloves, paddles, or floatation devices);
- (2) Wetsuits with thickness exceeding 5mm;
- (3) Wetsuit bottoms only;
- (4) Swimsuits made of material not approved by FINA or ITU in non-wetsuit events;
- (5) A second swim suit that they remove after the swim in non-wetsuit events.

## **E CYCLING CONDUCT**

### **24. General Rules**

a. Competitor is not permitted to:

- (1) Block others;
- (2) Cycle while their bare torso is exposed;
- (3) Make forward progress without the bicycle;

b. **Dangerous Behaviour**

Competitors must obey traffic laws unless otherwise directed by an official. Any competitor who appears to officials to present a danger to themselves or others may be disqualified and removed from the competition.

c. **Bike Check**

- (1) A bike check will take place the day before the competition to get approval from the Technical Official to allow time for competitors to make modifications, if necessary, to comply with the rules;
- (2) A bike check will take place upon Check-in to the Transition Area before the competition.

d. **Wheel stop**

The location of the wheel stop will be decided by the CSC.

### **25. Drafting**

a. **General Guidelines**

- (1) The drafting rule will not apply for any CISM event.
- (2) The Drafting Rule will apply for Long Distance Triathlon;

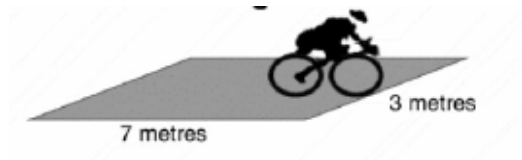
b. **Draft-Illegal Races**

In races where the drafting rule applies:

- (1) Drafting off another competitor or motor vehicle is forbidden. Competitors must reject attempts by others to draft;
- (2) A competitor is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;
- (3) A competitor, who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.

**c. Bicycle Draft Zone**

The draft zone will be a rectangle 7 meters long by 3 meters wide. The centre of the leading 3-meter edge will be measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the zone of another competitor.



**Distance Drafting Zone for ALL Competitors**

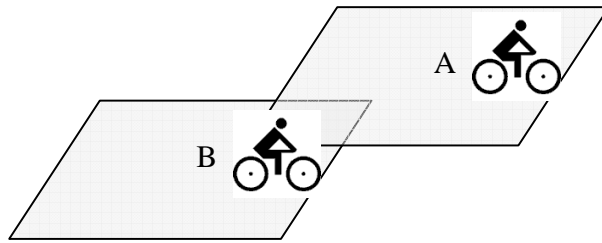
**d. Entry into Bicycle Draft Zone**

A competitor may enter a bicycle draft zone (subject to the official's judgment) in the following circumstances:

- (1) If the competitor enters the draft zone, and progresses through it within 15 seconds;
- (2) For safety reasons;
  - (a) At an aid station;
  - (b) At the exit or entrance of a transition area;
  - (c) At an acute turn;
- (3) If race officials exclude a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

**e. Overtaking Definition**

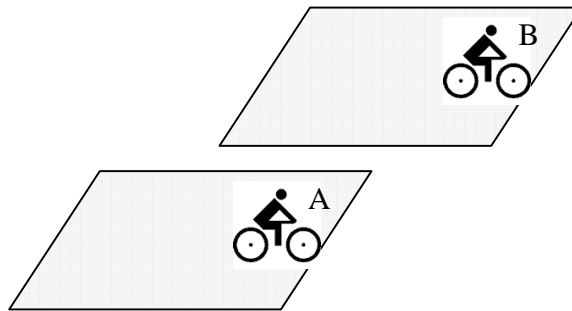
- (1) A competitor is passed when another competitor's front wheel is ahead of theirs;
- (2) Once overtaken, a competitor must immediately move out of the draft zone of the leading competitor;
- (3) Competitors must keep to the side of the course and not create a blocking incidence. Blocking is where a competitor(s) behind cannot pass due to the leading competitor being poorly placed on the course.



**A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to overtake A.**

**A must move to the left hand side of the road when safe, otherwise A can be called for blocking.**

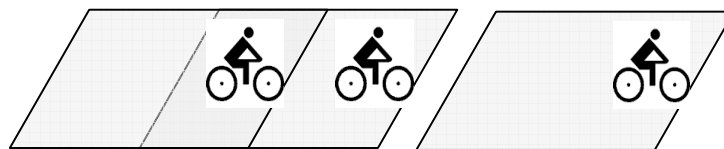
**B can only overtake A on A's right hand side.**



**A and B are maintaining adequate separation between each other, even though they are abreast to one another.**

**B is not drafting A in this instance. A however, is now in a BLOCKING position.**

**If A remains out to the right hand side. A will receive a blocking penalty.**



**A and B are remaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.**

**f. Vehicle Draft Zone**

- (1) Motorcycles are the only vehicles allowed on any section of the course. All drivers, officials, media, and race personnel must wear a securely fastened certified motorcycle helmet at all times when on the motorcycle;
- (2) The vehicle draft zone is a rectangle thirty-five (35) meters long by five (5) meters wide, which surrounds every vehicle on the cycle segment. The front edge of the vehicle will define the centre of the leading 5 meter edge of the rectangle;
- (3) Competitors may not pass through this zone. The responsibility for ensuring that this zone is upheld lies with the driver of the vehicle and the Vehicle Control Official (VCO). All vehicles on the course will be controlled by the regulations outlined in the Event Manual.

**g. Penalties for Drafting**

- (1) When assessed a yellow card, the competitor will stop in a safe manner and follow the instructions of the official;
- (2) If on a bicycle, the competitor will stop in a safe manner, dismount to the outside from the course with both feet on one side of the bicycle, and follow the instructions of the Technical Official;
- (3) The official will then say "GO", at which time the competitor will continue in a safe manner.

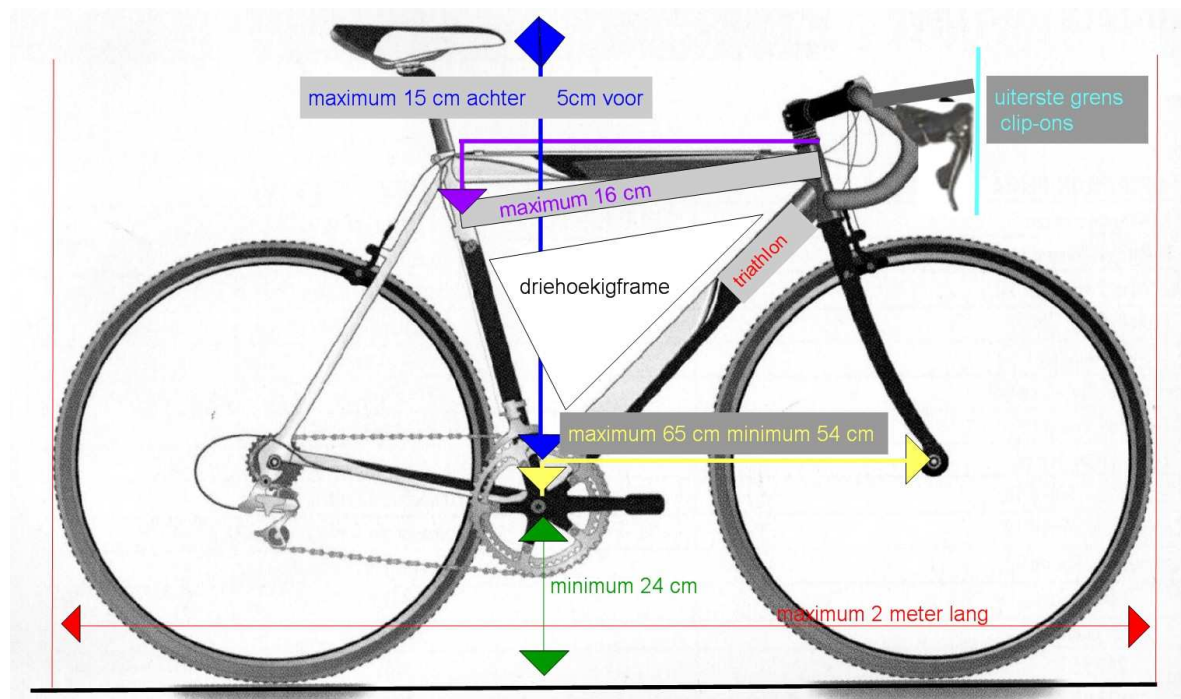
**26. Equipment**

**a. Bicycles**

Bicycles must have the following characteristics:

- (1) For draft legal competitions the frame of the bicycle 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;
- (2) For draft legal competitions, both wheels must be of spoke construction. In long distances or Age Group competition, covers are allowed on the rear wheel. However, this provision may be changed by the Technical Delegate in the interest of safety, i.e. high -winds;
- (3) The frame will be no more that two (2) meters long, and fifty (50) centimetres wide for draft legal competitions. For all other competitions, two (2) meters long and seventy-five (75) centimetres wide will be permitted;
- (4) The frame will measure at least 24 centimetres from the ground to the centre of the chain wheel axle;

- (5) There will be a vertical line touching the front-most point of the saddle which will be no more than 5 centimetres in front of and no more than 15 centimetres behind a vertical line passing through the centre of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;
- (6) There will be no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle. (Exceptions may be given for the bicycles of very tall or very short competitors). This will be determined by the Race Referee or ITU Technical Committee Representative);



- (7) Fairings which reduce air resistance are prohibited;
- (8) No wheel may contain mechanisms which are capable of accelerating it.
- (9) Tires must be well glued, headsets tight and wheels true;
- (10) There must be a brake on each wheel;
- (11) Non-traditional or unusual bicycles or equipment shall be illegal unless prior approval has been received from the Chief Race Official prior to the start of the competition.

**b. Handlebars**

Handlebars must have certain characteristics: **For draft legal competitions**, the following rule on handlebars apply (Note: This rule will not apply draft illegal competitions):

- (1) Only traditional drop handlebars are permitted. The handlebars must be plugged;
- (2) Clip-on handlebars will be permitted provided they do not extend more than 15 cm beyond the front wheel axle, and they are not longer than the brake levers' foremost line;
- (3) Straight forward clip-on handlebars must be bridged, and must not carry forward facing brake levers;
- (4) No forward facing bar or gear shifters are allowed on the end of the clip-on handlebars. The only exception will be grip shifter;
- (5) Elbow pads are permitted.

**c. Helmets**

- (1) Helmets must be approved by a national accredited testing authority recognized by a national federation that is an affiliate of the ITU;
- (2) An alteration to any part of the helmet including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited;
- (3) The helmet must be securely fastened at all times when the competitor is in possession of the bicycle, i.e., from the time they remove their bicycle from the rack at the start of the cycle leg, until after they have placed their bicycle on the rack at the finish of the cycle leg;
- (4) If a competitor moves the bicycle off the course through disorientation, or for reasons of safety, or the need to carry out mechanical repairs or conduct personal toilet the competitor may not unfasten or remove the helmet from the head until after he/she has moved outside the boundary of the bicycle course route and has dismounted the bicycle; and he/she must fasten the helmet securely on the head before returning onto the bicycle course route or before remounting the bicycle.

**d. Helmets during the CISM event**

- (1) Competitors, who do not wear approved helmets while cycling during an CISM event, may be disqualified from competition.

**e. Illegal Equipment**

- (1) Headphone(s) or headset;
- (2) Glass containers;
- (3) Mobile phone.

## F RUNNING CONDUCT

### 27. General Rules

The competitor:

- a. May run or walk;
- b. May not crawl;
- c. May not run with a bare torso;
- d. May not run without shoes on any part of the course.

### 28. Finish Definition

A competitor will be judged as "finished," the moment any part of the torso, not including the head, neck, shoulders, arms, hips or legs, reaches the perpendicular line extending from the leading edge of the finish-line.

### 29. Safety Guidelines

- a. The responsibility of remaining on the course rests with the competitor. Any competitor who appears to officials to present a danger to themselves or others may be removed from the competition.

### 30. Illegal Equipment

Glass containers, headphones and headsets are not permitted.

## G TRANSITION AREA CONDUCT

### 31. General Rules

The following rules apply to all competitors:

- a. All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle;
- b. Competitors must use only their designated bicycle rack and must rack their bike;
- c. Competitors must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or left in the space of another competitor;

- d. Competitors must not impede the progress of other competitors in the Transition Area;
- e. Competitors must not interfere with another competitor's equipment in the Transition Area;
- f. Competitors must mount and dismount their bicycle at the designated area or line;
- g. Cycling is not permitted in the Transition Area;
- h. Nudity or indecent exposure is forbidden.
- i. Only items used during the competition can be placed in the Transition Area during the competition.

## **H COMPETITION CATEGORIES**

### **32. Triathlon Military World Championships (CISM):**

- a. Elite Men and Women;
- b. Senior Men and Women;
- c. Team: 3 per team in relay format (recommended).

### **33. Triathlon Continental CISM Championships and Regional CISM events:**

HNs hosting a Continental Championship or Regional CISM event are strongly encouraged to include each of these categories.

## **I PRIZES AND AWARDS**

### **34. Medals**

- a. Athletes who place 1st, 2nd or 3rd at a CISM Triathlon will be awarded an official CISM medal (gold, silver, bronze)
- b. The medal will be presented at an awards ceremony.

c. The host nation shall offer the following official medals (CISM procedures):

**Table**

<b>Category</b>	<b>Gender</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Size</b>
<b>Elite</b>	Men	1	1	1	50 mm
	Women	1	1	1	50 mm
	Team Men	3*	6	6	40 mm
	Team Women	3*	6	6	40 mm
	Team Mixed	4	4	4	40 mm
<b>Seniors</b>	Men	1	1	1	50 mm
	Women	1	1	1	50 mm
	Mixed	3*	5	5	40 mm
<b>Total</b>		<b>17</b>	<b>17</b>	<b>17</b>	

\*Recommended that all designated team members (6 – 6 - 5) will be awarded medals, except in the case of disqualification;

### 35. Trophies

#### a. Team categories

- (1) Women elite: Team standings will be determined by adding the three (3) best times;
- (2) Men elite: Team standings will be determined by adding the three (3) best times;
- (3) Mixed elite: Team standings will be determined by adding the three (3) best times men divided by two, added by the best time (1) women;
- (4) Mixed senior: Team standings will be determined by adding the two (2) best times senior men divided by two (2), added by the best time senior women.

#### b. In the event of a tie:

- (1) Women and men elite team: the placing of the third (3) member nearest the overall winner will break the tie;
- (2) Mixed elite: the placing of the third (3) woman nearest the overall winner will break the tie;
- (3) Mixed senior: the placing of the first senior woman nearest the overall winner (senior) will break the tie.

#### c. Challenge Trophy

A challenge trophy will be awarded each year to the nation with the best time, adding the times of the team categories: elite women, elite men and senior team.

d. Fair Play Trophy

A fair play trophy may be awarded to a nation or athlete that has shown exemplary friendliness and sportsmanship throughout the stay and particularly during the competition.

Composition of the jury:

- (1) Official CISM Representative;
- (2) Chair LOC;
- (3) PCSC;
- (4) Race Referee.

The jury shall meet after the competition.

e. Other awards

Other awards may be issued on the initiative of the host nation.

## **J TECHNICAL OFFICIALS**

### **36. General**

The duties of the Technical Officials are to conduct the Competition in accordance with the CISM Competition Rules. Officials and members of a Jury can't participate in an official race.

a. **CISM Technical Officials**

The officials at all CISM races are:

- (1) The CSC: ensures that all aspects of the CISM Competition Rules are fulfilled;
- (2) The Race Referee (RR): directs the certification of race officials and makes final judgments on rule violations;
- (3) The Chief Technical Official (CTO): assigns and monitors the work of all Race Officials;
- (4) Technical Officials are assigned to Registration, Start, Finish, Transition Area(s), Swim, Cycle, Run, Wheel Stations, Aid Stations, Technology and Vehicle Control. An adequate number of race officials will be assigned to each area and will be responsible for the enforcement of CISM Competition Rules within their assigned jurisdiction;
- (5) The Competition Jury, which is the CSC.
- (6) The Medical Director – appointed by the CISM Medical Committee – is responsible for all medical and doping issues on behalf of CISM.

**b. CISM and CISM(R) Competition Jury**

For CISM and CISM(R) events, the Competition Jury consists of three (3) people, being the CSC. If no members of the CSC are present, three Team captains and or Chiefs of mission will be appointed during the preliminary meeting.

**c. Duties of the Competition Jury**

The Competition Jury rules on all appeals (against the decision of the Referee) and all protests (against the approved Competition results).

**d. Jury Integrity**

The Competition Jury observes the following principles:

- (1) Give equal weight to the evidence and testimony provided by all;
- (2) Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
- (3) Keep an open mind until all evidence has been submitted;
- (4) Recognize that a competitor is innocent until the alleged violation has been established to the complete satisfaction of the Jury.

**e. Videotapes**

CISM officials may use videotapes to acquire data on rule infractions. This includes but is not limited to: Pontoon start; swim turns, cycle turns, run turns, Finish line.

## **K PROTESTS**

**37. General**

A protest is against the conduct of a competitor, race official, or the conditions of the competition. A competitor or coach may file a protest with the RR provided that the protest has not been previously observed by the officials and ruled upon by the RR.

**38. Protest Jurisdiction**

Protests cannot be made on "judgment calls". A "judgment call" shall include, but not be limited to drafting blocking and unsportsmanlike conduct;

Where CISM Competition Rules do not cover the issue, ITU, FINA, UCI and IAAF Rules will apply.

a. **Protests Concerning Eligibility**

Protests concerning the eligibility of a competitor shall be made in writing to the RR before the start of the competition. The affected competitor may compete. A decision on the protest will be made prior to the announcement of results.

b. **Protests Concerning the Course**

Protests concerning the safety of the course or its variance on regulation must be made in writing to the RR twenty-four (24) hours before the start of the race.

c. **Protests Concerning the Race**

A competitor who protests against another competitor or official must do so in writing to the RR within fifteen (15) minutes of his/her finish time.

d. **Protests Concerning Timing and Results**

Protests concerning an error in timing must be delivered within thirty (30) minutes after the posting of the unofficial results by the RR. A Nation may protest the official results 30 days after the competition, in writing, to the President of the CISM.

e. **Protests Concerning Equipment**

Protests concerning a competitor's equipment which infringes on the conditions set out in this manual must be delivered in writing to the RR fifteen (15) minutes after his/her finish time.

**39. Contents of a Protest**

a. A deposit of USD 100 or equivalent must accompany the appropriate protest and will be refunded if the protest is successful. Protest forms may be obtained from the RR;

b. Information to be included is:

- (1) The alleged rule violated;
- (2) The location and approximate time of the alleged violation;
- (3) Persons involved in the alleged violation;
- (4) A statement, including a diagram of the alleged violation, if possible;
- (5) The names and signatures of witnesses who observed the alleged violation.

#### 40. **Protest Procedures**

The following is the procedure which will be followed in the event of a protest:

- a. Protests will be filed in writing to the RR, signed by the protester, within the time limits specified above;
- b. Protests will be made available to the competitor(s) and official(s) prior to the hearing;
- c. The time and place of the Competition Jury Meeting will be announced at the pre-race meeting;
- d. The protester and the accused and/or their national representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Competition Jury will determine if the absence from the hearing is valid;
- e. Failure of any party to attend the hearing may justify the Competition Jury making a decision without them;
- f. A representative for either the protester or the accused may be designated to appear if approved by the Chairperson of the Competition Jury;
- g. The hearing will not be open to the public;
- h. The Competition Jury Chairperson will read the protest;
- i. The protester and the accused will be given adequate time to give their account of the incident;
- j. Witnesses (two each) may speak for three (3) minutes each;
- k. The Competition Jury will hear the evidence and render a decision, by simple majority;
- l. The decision will be posted immediately, and delivered in writing to the parties.

**Protest Time Limit:** The time for a competitor, or official team representative, to file a protest is not later than 15 minutes after finishing and the time to appeal is no later than 15 minutes after finishing or the posting of the infraction, whichever is later.

## **L APPEALS**

#### 41. **Appeal Jurisdiction**

An appeal is a request for a review of a decision made by a RO. An appeal cannot be made on "judgment calls". A "judgment call" shall include, but not be limited to:

- a. Drafting;
- b. Blocking;
- c. Unsportsmanlike conduct.

Where CISM Competition Rules do not cover the issue, ITU, FINA, UCI and IAAF Rules will apply.

#### 42. Levels of Appeal

- a. **Level 1:** Representative of a NF or a competitor may appeal the decision of the RR to the Competition Jury. The time for a competitor or official team representative to file an appeal is no later than fifteen (15) minutes after his or her finishing time or the posting of the infraction, whichever is later;
- b. **Level 2:** The decision of the Competition Jury may be appealed to the Jury of Appeal. Such an appeal must be received by the CISM-representative within 2 hours of the decision of the Competition Jury;
- c. **Level 3:** The decision of the Jury of Appeal may be appealed, as a final and last resort, to the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland.

#### 43. Composition of the Jury of Appeal

The Appeal Jury will be composed of:

- a. The CISM Official Representative (chair),
- b. 2 Official CISM delegates and/or Chiefs of mission,  
during the preliminary meeting.

#### 44. Appeal Contents

The appropriate appeal form can be obtained from the RR and must be submitted with an appeal fee of USD 100 or equivalent. An appeal will contain (Appendix E):

- a. Competition name, location, date;
- b. Appellant's name, address, phone, fax, email;
- c. Witness(s): name, address, phone, fax, email;
- d. Alleged rule violation, page, section, number, etc;
- e. Facts of the violation;
- f. Rationale/summary of appeal.

# Additional Competition Rules

## N LONG DISTANCE

### 1 General

Long Distance Triathlon Championships are draft illegal.

#### a Outside Assistance

No outside assistance of any kind will be permitted. This does not include medical assistance and normal food and liquid items provided by the LOC at aid stations or at coaches' stations.

#### b Medical Guidelines

Specific Medical Guidelines, including "hot weather" guidelines and medical evacuation plans will be developed by the Race Medical Director in conjunction with the RR.

### 2 Distances

a Long Distance Triathlon will be either "double Olympic" or "triple Olympic" distance:

b Demanding and technical courses should always be preferred. A 5% error margin will be accepted for the cycle and run course provided the margin has been approved by the PCSC is the "double Olympic" distance is:

- (1) 3 km swim;
- (2) 80 km cycle;
- (3) 20 km run;

c The "triple Olympic" distance is:

- (1) 4km swim (note: not 4.5km);
- (2) 120 km cycle;
- (3) 30 km run.

### 3 Penalties

a To compensate for an unfair advantage gained in drafting situations where it is not safe for an official to intervene (narrow, winding roads, steep descents) and to comply with the pro-active officiating CISM philosophy, a penalty other than disqualification is implemented at CISM Long Distance events;

b It consists of the penalized competitor having to run an additional distance of 300m before or during the running segment, or to remain in a "penalty box" for 2 minutes;

c The choice of the penalty is determined by the LOC with the agreement of the PCSC.

d Officials assess a Penalty by:

- (1) Sounding a horn or a whistle;
- (2) Waving a black card;
- (3) Calling (in English) the competitor's number;
- (4) When back at his/her Transition Area place, the competitor will find one/ two black stickers on his/her starting number, for the number of penalties he/she has been assessed;
- (5) In the case a competitor is assessed three Penalties he/she will find a red sticker indicating a disqualification.

#### 4 **Equipment**

- a Handlebar ends must be plugged;
- b Clip-on handlebars will be permitted.

### **O TEAM CHAMPIONSHIPS**

#### 5 **General**

- a The team competition is not an individual competition, but rather developed from the "Relay" format, used in Athletics, swimming, Track cycling or Cross country ski, to rank Countries at a specific event;
- b The Team Championship is held as a relay of National teams competing all at the same time. The athletes composing the relay, must have completed the individual race championship;
- c In a relay all athletes must complete his/her own Triathlon before passing the relay to his/her team mates;
- d In this competition only a fraction of the overall distance of the Short course is completed by each member of the relay. The sum of the three not exceeding a Sprint Distance.

#### 6 **Team Make-up**

- a Three athletes make up a team.
- b Distances for relay competitions Triathlon are: (300m Swim, 8k Biking, 2k Running) X 3;
- c Team Uniforms: All team members will wear their country's uniform, which must comply with the CISM Uniform guidelines, including their letter country code. Each competitor must also:
  - (1) Wear an unaltered competition number;
  - (2) "Wear" the body marking as determined by the host LOC and sponsors;
- d Team Captain: Each team must name a team captain, who will be responsible for team tactics. No team managers will be allowed on the courses, except in designated coaching areas.

## Appendices CISM Competition Rules

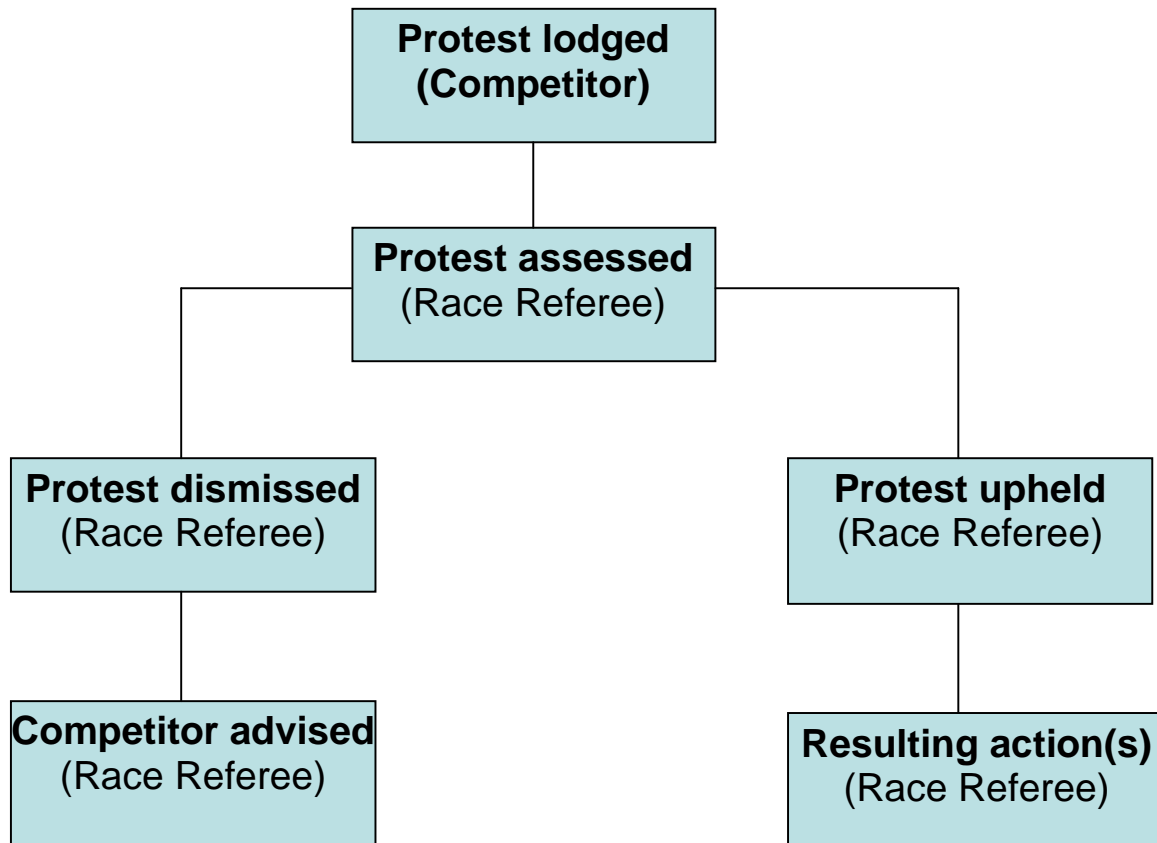
### *Appendix A – Standard Distance Categories*

Standard Distance Categories:

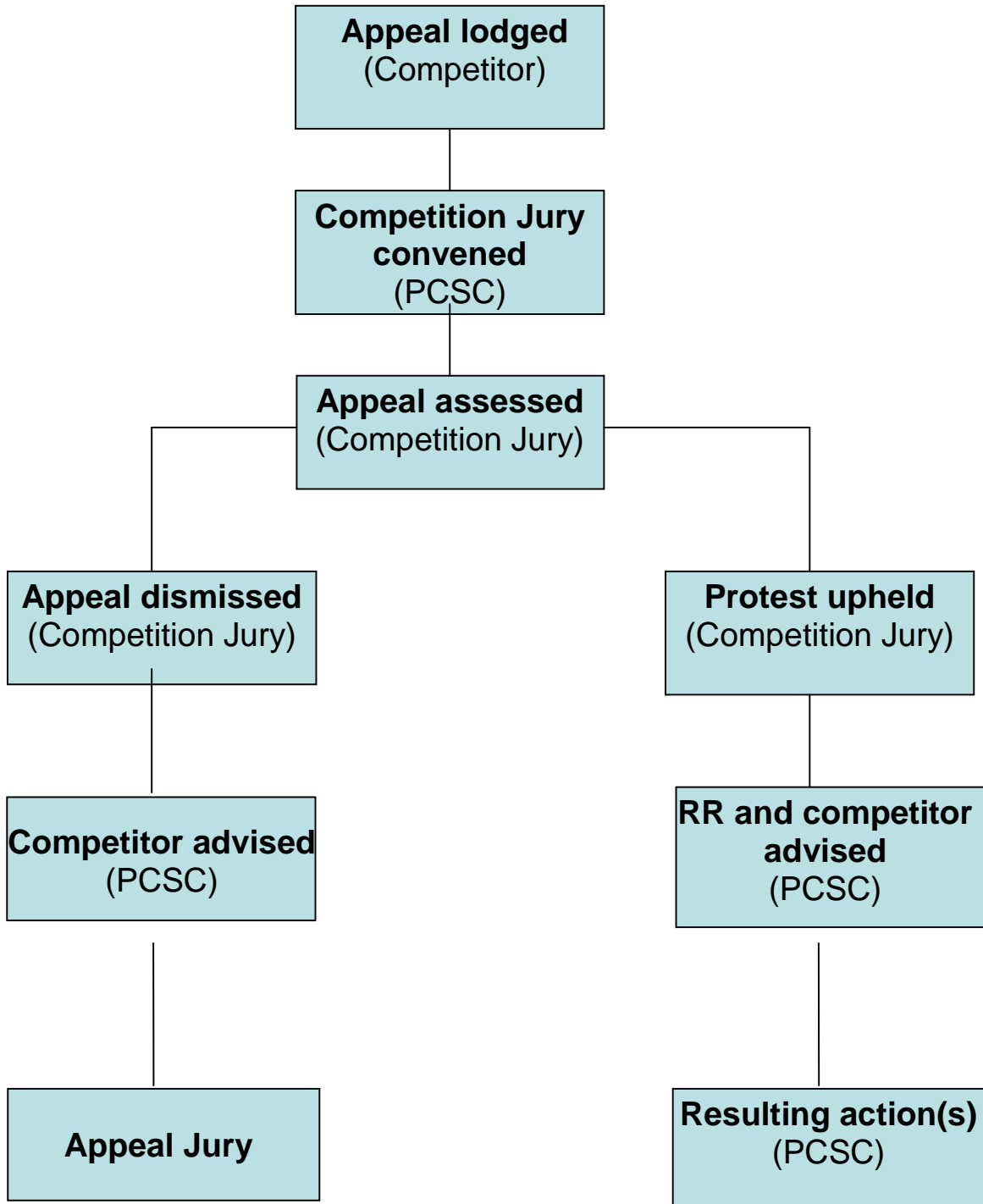
**Triathlon:**

	<b>Swim</b>	<b>Cycle</b>	<b>Run</b>
<b>Sprint</b>	750 m	20 km	5 km
<b>Olympic</b>	1.5 km	40 km	10 km
<b>Long:</b>	3 km	80 km	20 km
<b>Double Olympic</b>			
<b>Triple Olympic .</b>	4km	120 km	30 km

*Appendix B – Protest Flow Chart and Sample Form*



*Appendix C – Appeal Flow Chart and Sample Form*



## Race Protest Form

### Competition Rule

#### Part 1 To be completed by Competitor

Protest must be filed and signed by the protester under the conditions outlined in the CISM Competition Rule Book, and submitted to the Referee. Judgment calls cannot be protested.

Event Name ..... Event Date .....

Event Location ..... Time .....

Name of Protestor ..... Race Number .....

Country of Protestor..... Address of Protestor

.....

.....

.....

Telephone (H) ..... (W) .....

Name of Protester ..... Race Number .....

Country of Protester .....

A protest is a formal complaint against the conduct of a fellow competitor or race official, or against conditions of the Competition. You must have substantial evidence, including witnesses, and you must be willing to take part in an interview. Any protest must be accompanied with a cheque for **USD 50**.

**What type of Protest is involved? Tick one box only.**

- |   |  |
|---|--|
| <input type="checkbox"/> Protest concerning the course  | <input type="checkbox"/> Protest against another competitor or an official |
| <input type="checkbox"/> Protest concerning eligibility | <input type="checkbox"/> Protest concerning timekeeping                    |
| <input type="checkbox"/> Protest concerning equipment   |  |

#### Witness Details (2):

Name of Witness 1 .....

Address of Witness 1 .....

.....

Telephone (H) ..... (M) .....

Fax ..... Email .....

Name of Witness 2 .....

Address of Witness 2 .....

.....

Telephone (H) ..... (M) .....

Fax ..... Email .....



**Part 2 To be completed by Race Referee**

Time received by Race Referee:.....USD 100 attached?    Yes     No

**Protestor’s** version of the incident:.....  
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**Official’s** version of the incident:.....  
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Decision of Race Referee:            Disqualification            Nil

Race Referee’s Name ..... Signature .....

Decision of Competition Jury:    Disqualification            Nil

Competition Jury Chair’s Name ..... Signature .....

## Race Appeal Form

### Competition Rule

**Part 1 To be completed by Appellant**

Appeals must be filed and signed by the appellant under the conditions outlined in the ITU Competition Rules, and submitted to the Technical Delegate. An appeal is a request for a review of a decision made by the Referee. This is the first level of appeal and will be heard by the Competition Jury. All appeals must be accompanied with a cheque for **USD 100**.

Event Name ..... Event Date .....

Event Location ..... Time Appeal Submitted .....

Name of Appellant ..... Race Number .....

Country of Appellant .....

Address of Appellant .....

.....

.....

Telephone (H) ..... (W) .....

Type of Penalty Received ..... Degree of Penalty ..... (DQ, Suspension)

**Was the Penalty confirmed by the Race Referee? Tick one box only.** Yes  No

**Type of Appeal: Tick one box only.**

- Appeal against the Referee’s ruling on a Violation Report
- Appeal against the Referee’s ruling on a Protest:
  - Protest Concerning the Course q Protest Against Another Competitor or an Official
  - Protest Concerning Eligibility q Protest Concerning Timekeeping
  - Protest Concerning Equipment
  - Specific Location on the Course.....

.....

.....

Name and Number of Race Official(s) / Competitor(s) / Spectator(s) if Known .....

.....

.....

Description of the Incident (Use additional paper if required) .....

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**Witness Details (2):**

Name of Witness 1 .....

Address of Witness 1 .....

.....  
.....

Telephone (H) ..... (M) .....

Address of Witness 2 .....

.....  
.....

Telephone (H) ..... (M) .....

Fax ..... Email .....

Signature of Appellant ..... Date .....

USD 100 is attached

---

**Part 2 Official use only**

Is this Appeal to reverse a Competition Jury decision? Yes  No

**If 'Yes' attach Competition Jury Decision and action(s) and Referee Decision and action(s).**

**Competition Jury Members (Names) –**

(1) .....

(2) .....

(3) .....

(4) .....

(5) .....

**Competition Jury Action** .....

.....  
.....

Competition Jury Chair's Name ..... Signature .....

Time, Date appeal received .....

Time, Date appeal processed .....

Amount (Withheld/Refunded) .....

**Aid/Nutrition**

Any food, drink, equipment or relief allowed by the Competition Rules.

**Appeal**

A request to the Competition Jury of an event for a review of the decision of the Race Referee/Competition Jury. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to the CISM independently.)

**Appellant**

A competitor submitting an appeal.

**Assistance**

Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor.

**Assistant Chief Technical Official**

Responsible to the Chief Technical Official for coordinating the employment of the officials assigned to his/her race course segment or area.

**Bicycle 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 within distinctive lane boundaries. The bicycle course commences from the Mount Line and concludes at the Bicycle Dismount Line.

**Bike Dismount Line**

A designated line at the entrance to the Transition Area from the bicycle course within or before which competitors are to fully dismount their bicycles and proceed to the bicycle racks. The Dismount Line will normally extend for the width of the entrance and be identified by flags/line/Technical Official or combinations of.

**Bicycle Mounting Zone**

A designated line at the exit from the Transition Area onto the bicycle course within or after which competitors are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit and be identified by flags/line/Technical Official or combinations of.

**Blocking**

The deliberate impeding or obstructing of progress of one competitor by another. A competitor on the cycle course who is not keeping to the Left Hand Side of the Road.

**Charge**

The contacting of one competitor by another from the front, rear or side, and hindering that competitor's progress.

**Chief Technical Official**

Appointed by the Race Referee and is responsible for the control and co-ordination of the employment of Technical Officials.

**Competition Jury**

The Jury appointed by the Race Sanctioning Authority and convened and chaired by one of its members. It is responsible to the Race Sanctioning Authority to determine, hear and rule on all appeals against decisions handed down through the Race Referee, including decisions on protests.

**Competition Rules**

The official CISM Rules which govern all triathlon, duathlon, aquathlon and other multi-endurance sports events in CISM.

**Course**

A forward line of progress from start to finish which must be clearly marked and measured to prescribed specifications.

**Crawl**

The action by a competitor of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.

**Disqualification**

A penalty assigned as appropriate for the rule violation which has been reported or for which a protest has been upheld. As a result of this penalty the competitor will not be given finish or split times for the event, no account will be taken of the competitor when placings are assessed for any category or for the race as a whole, and the competitor's details will not be included in the published race results.

**Draft Zone Bicycle and Motor Cycle**

The draft zone for all competitors is a rectangle 7 metres long and 3 metres wide which surrounds every bicycle on the bicycle course. The front edge of the front wheel defines the centre of the leading 3 metre edge of the rectangle.

**Draft Zone Vehicle**

The draft zone for a motor vehicle is a rectangle 35 metres long and 5 metres wide which surrounds every vehicle on the bicycle course. The centre front of the vehicle defines the centre of the leading 5 metre edge of the rectangle.

**Drafting**

Any time the draft zone of a competitor overlaps the draft zone of another competitor on the bicycle course of an event.

**Duathlon**

The term recognised by the ITU for a sport of individual character and motivation which combines cycling and running skills in continuum.

**Expulsion**

A competitor penalised by expulsion will not be permitted, during his or her lifetime, to take part in any ITU sanctioned event, or any event sanctioned by one of its member associations (National Federation) affiliated with the ITU.

**Finisher**

A competitor who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).

**Incapable Competitor**

A competitor deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another competitor.

**Indecent Exposure**

The wilful complete uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female competitor, the wilful complete uncovering of either or both nipples.

**Interference**

A deliberate block, charge or abrupt motion which impedes another competitor.

**Judgement Call**

Any assessment of events, circumstances or the race environment by a technical official or other official resulting in either:

- (i) A determination by that official that a competitor is guilty of a breach of the rules or has gained an unfair advantage contrary to the rules, or;
- (ii) Any other determination by a technical official or other official that follows from an assessment of the course, the race conditions or the conduct of the race.

For the avoidance of any doubt a judgement call includes, but is not limited to, a determination that a competitor is guilty of drafting, blocking or gaining an unfair advantage.

**Marshall**

A person who is responsible for maintaining the flow of the event, keeping control of spectators and traffic, or maintaining security.

**Overtake**

On the bicycle course, 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 overtaken. A competitor cannot pass another competitor on the Left Hand Side.

**Pack**

Two or more competitors with overlapping draft zones.

**Pass**

When one competitor's bicycle draft zone overlaps another competitor's bicycle draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 15 seconds. A competitor cannot pass another competitor on the Left Hand Side.

**Protest**

A formal complaint against the conduct of another competitor or a race official, or against the conditions of the competition.

**Race Referee**

A Technical Official who is responsible to the Race Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials and on all protests (Level 1).

**Results**

The timed finish positions of all competitors after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.

**Right of Way**

When a competitor has established a lead position and pursues a desired course within the limits of these Race Competition Rules.

**Run Course**

That part of the race route over which it has been defined in the race brief that the competitor is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the Transition Area and concludes at the Finish Line. In Duathlons, the first Run Course commences at the start line and finishes at the entry to the Transition Area; the second Run Course commences at the exit from the Transition Area and concludes at the Finish Line.

**Sports Conduct**

The behaviour of a triathlete during competition. Previously referred to as 'sportsmanship', good sports conduct is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour on the part of a competitor which is judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.

**Stop-Start Penalty**

A method of imposing a brief delay on a competitor who is assessed by a race official to have unintentionally infringed the rules, for example, drafting on the bicycle course. The aim of the top-Start Penalty is to break up two or more competitors who are moving together in a drafting situation.

**Suspension**

A competitor awarded this penalty will not be permitted during the stated suspension period, to take part in any events sanctioned by CISM or its member associations (where determined) affiliated with the CISM. For any suspension because of a doping violation, the competitor will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by the CISM, the length of the suspension will be determined by the CISM Executive Board.

**Swim Course**

That part of the race route over which it has been defined in the race brief that the competitor is to swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the Transition Area.

**Technical Delegate**

A Technical Official who is qualified by ITU, who is responsible for ensuring that all aspects of the ITU Competition Rules and Event Manual are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the Technical Delegate is generally a member of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.

**Technical Official**

Technical officials accredited by CISM and the HN responsible for observing, assessing and reporting on the performance of competitors in a sanctioned event in relation to CISM Competition Rules, and those who consider and rule on violation reports and protests (Race Referee) and appeals (Competition Jury).

**Torso**

That section of the body extending from the base of the neck to the base of the sternum.

**Transition Area**

A location within a defined boundary which is not a part of the swim course, the bicycle course or the run course and within which each competitor is allocated an area for the storage of individual items of clothing and equipment.

**Triathlon**

A sport of individual character and motivation which combines swimming, cycling and running skills in continuum.

**Violation**

A rule infringement which results in the awarding of a penalty.

**Warning**

A verbal caution issued by a technical official to a competitor during the course of a race. The purpose of a warning is to alert the competitor to the potential for a rule violation to occur and to promote a pro-active attitude.

**Wheel stop**

An area where an athlete can change his wheel.

## *Appendix F– Uniform Guidelines*

### 1 **Overview**

- a The CISM Uniform Rules apply to elite athletes competing in CISM World Championship events at all distances.

### 2 **The purpose of the Uniform Rules is to:**

- a Provide a clean and professional image of our sport to local and international media.
- b Ensure that the “bare torso” rule is respected in all segments of the triathlon.

### 3 **General Requirements:**

- a Athlete uniforms will be completely clean of any logo, or images other than those described below.
- b All descriptions apply to uniforms worn during competition, including any outer wear for cold weather.
- c The athlete must cover their torso for all aspects of the race.
- d Zippers are to be located in the back and will be a maximum of 30cm. Front zippers are not allowed.
- e The uniform must be attached at the shoulders for the duration of the competition.

### 4 **Uniform Front Uniform Back**

- a The uniform must be in Country colours.
- b The format for the country colours and name (language, spelling, abbreviation, etc.) are at the discretion of the National Federation. The country name must be the most dominant feature on the front of the uniform.
- c **Country Code:** The athlete’s country code must be on the upper front. The font must be “**Arial**” and in upper case. The vertical dimension is a minimum of 6 cm. The colour of the letters should be white on dark colours and black on white or light colours.
- d **Sponsor(s):** no sponsor logo(s) are allowed on the uniform.
- e **Recommended: Family Name:** Athletes and National Federations must understand the importance of having the athlete’s family name properly positioned on the uniform. It is very important for athlete identification during the competition for television, media and spectators. The family name needs to be on the upper front and the buttock. Both positions must meet the following criteria:
  - (1) **Font Type:** The font type must be “**Arial**” and exactly 6cm in height. Letters should be upper case unless the family name is more than 9 letters when lower case letters should be used for spacing purposes.

- (2) **Colour:** If the uniform is a dark colour the font must be white. If the uniform is a light colour the letters must be black. Coloured letters do not show up as well as the contrast of black on a light colour or white on a dark colour and therefore should not be used.
- (3) **Vertical Dimension of the Family Name:** The family name must be **6 cm** vertical regardless of the number of letters in the name.
- (4) **Horizontal Dimension of the Family Name:** The width is a minimum of **12 cm** and a maximum of **15 cm**. A family name with few letters must still be a minimum of **12 cm** wide. See “MAY” below where the height is 6cm and the width is **12 cm**. For longer names such as Polikarpenko below, the height is still 6cm but the name should take up the full 15 cm.

## 5 WETSUITS:

- a All wetsuit models must have prior approval from CISM. Athletes may include only the logo of the wetsuit manufacturer on their wetsuits with the maximum size of 80cm<sup>2</sup> on the front and back. This space is allowed both on the inside and outside of the wetsuit. No other sponsors logo may appear on the wetsuit. If the manufacturer wishes to have two or more logos on the front or back the combined total must not exceed 80cm<sup>2</sup>.
- b Logos on the side panel must be included within either the 80cm<sup>2</sup> for the back or the 80cm<sup>2</sup> for the front.