



ITF Competition Rules

The ITF Competition Rules is the master source document, created by ITF.

The document acts as the official (authorized) reference document and is maintained based on authorized amendments in accordance with recommendations by the ITF Technical Committee and accepted by the ITF Executive Board.

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1. INTRODUCTION:

1.1. Purpose:

- a.) The Indian Triathlon Federation (ITF) is the sole governing body, responsible for the Competition Rules for Triathlon, Duathlon and its other related multisport in India. The complete list of sports under the jurisdiction of ITF is included as Appendix A and Appendix J;
- b.) The ITF Technical Committee (ITF TC) will ensure technical aspects of ITF competitions are of the highest quality;
- c.) The ITF Competition Rules specify the conduct and behavior of athletes during ITF competitions. Where the ITF Competition Rules do not specify, the rules of International Swimming Federation (FINA), International Cycling Union (UCI), International Association of Athletics Federations (IAAF) will apply in their specific segments, unless ITF Technical Committee decides otherwise;
- d.) **The ITF Event Organizers' Manual (EOM)** and its related documents set safety and logistical standards for host State Associations and for the Local Organizing Committees (LOCs);
- f.) It will be clearly indicated when a rule applies to a specific competition.

1.2. Intention:

- a.) The ITF Competition Rules are intended to:
 - (i) Create an atmosphere of sportsmanship, equality, and fair play;
 - (ii) Provide safety and protection;
 - (iii) **Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action;**
 - (iv) Penalize athletes who gain an unfair advantage.
- b.) Definitions of all terms used in the ITF Competition Rules are provided in Appendix D. Any difficulty in the interpretation or application of the ITF Competition Rules should be referred to the ITF Technical Committee.

1.3. Language and Communication:

- a.) The official language of ITF Events is English and Hindi:
 - (i) State Associations are responsible for providing translation services from/to English/ Hindi for their own athletes;
 - (ii) Local Organizing Committees will communicate at least in Hindi / English, even if another language is used in parallel.

1.4. Modifications:

- a.) The ITF Competition Rules will be adapted for other modern multisport competitions, **which fall within ITF's jurisdiction;**
- b.) An athlete must not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, every infringement related in the ITF Competition Rules has a sanction attached. Officials base their judgments on whether an advantage, not intended by the Rules, has been gained;
- c.) ITF Competition Rules will be applicable to national competitions hosted by State Associations affiliated with ITF.

1.5. Exceptions:

- a.) The ITF Competition Rules will be applicable to all events sanctioned by ITF and are to be implemented by the appointed Technical Delegate as appropriate. Where the ITF Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, the ITF Competition Rules will override the laws of the jurisdiction to the extent of the inconsistency. Athletes must be notified of the implications of these laws as early as possible and not later than prior to the start of the event.
- b.) Exceptions for special circumstances in a particular event may only be gained from ITF with prior approval. A request for an exception to the ITF Competition Rules must be made in writing 30 days prior to the event to the ITF Technical Committee through by assigned Technical Delegate.
- c.) Exceptions for special circumstances in a particular athlete may only be gained from ITF with prior approval. A request for an exception to the ITF competition rules must be made in writing 30 days prior to the event to the ITF Technical Committee by the assigned Technical Delegate from the State Association to whom the application has been submitted or is being submitted.
- d.) The ITF Technical Committee may consult with other ITF committees, commissions or appropriate parties.

1.6. Specific Regulations:

- a.) A Technical Delegate may approve the addition of specific regulations for a particular race, provided that:
 - (i) Each additional specific regulation does not conflict with another ITF Competition Rules;
 - (ii) Each additional specific regulation is made available in written form and is **announced at the athletes' briefing; and**
 - (iii) Each additional specific regulation and the reasons for its inclusion are advised to the ITF Technical Committee one week before the day on which the event is to be conducted. The ITF Technical Committee may invalidate the incorporation of an additional specific regulation only on the authority of the ITF Executive Board.

1.7. Intellectual Property

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

1.8. Unauthorized Exceptions or Additions:

- a.) 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 State Associations and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

1.0. Rule Updates:

- a.) The ITF Competition Rules may be changed from time to time by the ITF Technical Committee at its discretion, with the approval of the ITF Executive Board. Any rule change(s) shall be advised in writing to affiliated State Association at least 30 days before it/they is/are to take effect. Updated ITF Competition Rules will be posted on the ITF website(www.triathlonindia.com)

2. CONDUCT OF ATHLETES:

2.1. General Conduct:

- a.) Triathlon and ITF's other related multisports involve many athletes. Race tactics are part of the interaction between athletes. Athletes will:
 - (i) Practice good sportsmanship at all times;
 - (ii) Be responsible for their own safety and the safety of others;
 - (iii) Know, understand and follow the ITF Competition Rules, available from their State Associations and on www.triathlonindia.com;
 - (iv) Obey traffic regulations and instructions from race officials;
 - (v) Treat other athletes, officials, volunteers, and spectators with respect and courtesy;
 - (vi) Avoid the use of abusive language;
 - (vii) Inform a Technical Official after withdrawing from the race. In case the athletes fail to do this, it may result in a suspension;
 - (viii) Compete without receiving assistance other than from event personnel and officials;
 - (ix) Avoid using ambush marketing;
 - (x) Avoid displaying any kind of demonstration of political, religious or racial propaganda.
 - (xi) Not dispose of rubbish or equipment around the course except at clearly identified places, such as aid stations or rubbish disposal points. All items must be kept with the athlete and returned to their transition spot;
 - (xii) Not attempt to gain an unfair advantage from any external vehicle or object;
 - (xiii) Follow the prescribed course.
 - (xiv) Not use any device that will distract the athlete from paying full attention to their surroundings.

2.2. Outside assistance:

- a.) The assistance provided by event personnel or Technical Officials is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Race Referee. Athletes competing in the same race may assist each other with incidental items such as, but not restricted to, nutrition and drinks after an aid station and pumps, tubular tires, inner tubes and puncture repair kits;
- b.) Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue with their own race. This includes but is not restricted to complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.

2.3. Drug Abuse:

- a.) Athletes and guides will follow the ITF Anti-Doping Rules;
- b.) All athletes and guides are responsible for familiarizing themselves with the ITF Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances and methods;
- c.) ITF has implemented the ITF Anti-Doping Rules and abides by rules set by the ITU Anti-Doping, National Anti-Doping Agency (NADA) and World Anti-Doping Agency (WADA) Code.

2.4. Health:

- a.) **Triathlons and ITF's other related multisports are strenuous.** To be able to compete, athletes should be in excellent physical condition. Their health and welfare are of paramount importance. By starting in a race, the athletes declare they are in good health and are in appropriate physical condition to complete the race;
- b.) Time limits for the swim leg, bike leg and overall finish time may be established for each competition by the ITF Technical Delegate. These limits must be published in the pre-event registration material;
- c.) ITF encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport. An annual PPE is mandatory for all Junior athletes from January 1st 2020 competing in Junior category of any ITF event as outlined in Appendix J. PPE will be mandatory for all Elite athletes from January 1st 2020. More information about PPE can be found in Appendix Q.

2.5. Eligibility:

- a.) All athletes must be in good standing with their State Association. To ensure this, all the entries must be done by the State Association for Elite races, not by the athletes themselves; Athletes can register themselves directly in open races conducted by ITF.
- b.) Athletes under suspension are not allowed to compete in any ITF event, in any competition sanctioned by ITF members, or in any competition held under the ITF Rules;
- c.) An athlete's age is determined by their age on December 31st in the year of competition;
- d.) Athletes aged 13 to 15 years old are eligible to compete in the Youth category;
- e.) Athletes aged 16 to 19 years old are eligible to compete in the Junior category;
- f.) Athletes aged 19 and above are eligible to compete in the Elite Category;
- g.) Athletes may not compete within 36 hours in more than one triathlon or multisport event (see Appendix I) when one event is of standard distance or longer. Exceptions will be for the team relay events at the defined super-sprint distances and aquathlon;
- h.) Age limits: Athletes must be a minimum age to compete in any ITF event, as outlined in Appendix A.
- i.) An athlete who competes in a category different from his/her age, in a distance in which it is not allowed, or before the 36-hour period, will be disqualified from the events he/she took part in. Any awards, prizes and points will be removed;
- j.) An athlete who undergoes sexual reassignment and wishes to participate in ITF Events must meet all the current conditions and criteria established by the Indian Olympic Association (IOA) and WADA prior to doing so. The request to participate in ITF Events further to said sexual reassignment must be made expressly by the athlete to the ITF Medical and Anti-Doping Committee at least 30 days prior to event in which he or she wishes to compete. The ITF Medical and Anti-Doping Committee shall determine whether or not the current IOA and WADA criteria have been met and provide the athlete a written and reasoned decision to that effect.
- k.) Where the eligibility of a female athlete is questioned due to possible hyperandrogenism and a formal written request has been made to do so, the ITF Medical and Anti-Doping Committee and other experts shall evaluate the suspected case of female hyperandrogenism. In so doing, the ITF Medical and Anti-Doping Committee shall respect and apply the current IOA Regulations on Female Hyperandrogenism which are in effect at the time of the request. The ITF Medical and Anti-Doping Committee will then notify the athlete in question of its determination by way of a written and reasoned decision.

2.6. Insurance:

- a.) All athletes competing in an ITF event must have personal insurance coverage guaranteed by their State Association. This insurance will cover:
 - (i) Any accident occurring before, during and after any competition;

- (ii) Any sickness that an athlete could suffer during a trip to a competition or event;
 - (iii) Liability caused by an athlete during the competition.
- b.) The athlete's State Association guarantees the existence of this insurance by entering an athlete in an event. Local Organizing Committees or State Association organizing an event cannot force the athletes to pay for a race day fee for insurance purposes.

2.7. Registration:

a.) Entry:

- (i) State Association will register their athletes for ITF Elite Events following their State Association qualification system or other ITF approved qualification system;
- (ii) All athletes qualify to any ITF Event as outlined in Appendix J by the eligibility rules outlined in 2.5 and by the qualification criteria outlined in Appendices E;
- (iii) Prior to competing in ITF Triathlon Championships, ITF Open Triathlon Championship, ITF Aquathlon Championships, ITF Open Aquathlon Championship, ITF Duathlon Championship and ITF open Duathlon championship, Elite and Junior athletes must sign the ITF Athletes' Agreement, which states that any dispute arising from the ITF Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the High Court to the exclusion of recourse to ordinary courts. Once signed, the ITF Athletes' Agreement is valid until the end of the competition year it has been signed in. The Athletes' Agreement is included in Appendix M;
- (iv) State Associations are responsible for entering their athletes and coaches for all ITF Events using the ITF online system on www.triathlonindia.com;
- (v) All Age Group, Junior and Elite athletes must provide picture ID at race registration/packet pick-up prior to competition.

b.) Pre-Race Briefings:

- (i) **Coaches' Meeting:** If a coaches' meeting is scheduled, it will take place one hour before the Athletes' Briefing. The Technical Delegate will conduct the Coaches' Meeting. The agenda will include the announcement of the Competition Jury and all the technical details of the event as well as specific information for coaches. **Coaches' accreditations will be distributed at this meeting, or if the Coaches' Meeting is not scheduled, accreditations will be distributed at the end of the Elite/Junior Athletes' Briefing;**
- (ii) **Age Group Team Managers' and Coaches' Briefing:** At Open Championships, the Technical Delegate will conduct the **Age Group Team Managers' and Coaches'** briefing. Only Age Group Team Managers and Coaches registered on www.triathlonindia.com are allowed to attend. The agenda of this briefing will include the announcement of the Competition Jury and all the necessary information for the event.
- (iii) **Elite/Junior Briefings:** At all ITF Events, the Technical Delegate will **conduct the Athletes' Briefing**. Elite/Junior athletes must be in attendance. Coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:
 - Athletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list;
 - Athletes entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the Technical Delegate about their absence, will be reallocated to the last position on the pre-start

line up, if the event starts with a swim segment. Athletes will be penalised with a time penalty to be served in the first run, if the event starts with a run;

- For the ITF Triathlon Championship, if an athlete misses more than two briefings in a calendar year, they will be removed from the start list for the third missed briefing and each missed briefing thereafter, even if they informed the Technical Delegate in advance.
- (iv) Athletes must register prior to entering the briefing venue;
- (v) For Triathlon ITF Triathlon Championship, there is one single **Athletes' Briefing for female and male** elite athletes. This briefing will be held at 4:00pm a day prior to the first elite competition day. For all other ITF Events or for other athlete categories (Age Group), the briefing will take place at 5:00pm one day before the first competition day of the related event and category. Alteration to this time should be announced on the ITF website 45 days in advance
- (vi) The pre-race briefing is not open to media.
- c.) Packet Pick-Up:
 - (i) All ITF Events - Age Group:
 - All athletes must pick up their own race packet at the official race registration area during a designated time. Packet pick-up will be opened from 1 or 2 days prior to their competition. The hours shall be from 11:00 to 14:00. If a State Association is unable to make the designated registration time, they must request a different time at least 14 days in advance, in writing to ITF;
 - The race packets will contain a minimum of: five (5) official race numbers (one (1) for bib no, one (1) for bicycle and three (3) for helmet) and four (4) safety pins, **numbered swim cap, timing chip, accreditation pass, athletes' guide**, tickets for all of the social functions. Local organizing Committee gifts may be distributed at the same time.
 - (ii) All ITF Events – Elite and Junior competitions:
 - All athletes will pick up their own race packet at Registration following the **Athletes' Briefing**;
 - The race packet will include: three (3) helmet numbers, one (1) bike number, **body decals for both arms and both legs or one (1) for bib, accreditation pass, athletes' guide**, tickets for all of the social functions. Local organizing Committee gifts may be distributed at the same time.
- d.) Check-in:
 - (i) Age Group races with more than 300 athletes entered will schedule the Check-in the day before the race. Age Group events with fewer athletes, and Elite, and Junior will have the bike check on same day;
 - (ii) Technical Officials will conduct the check-in at the **athletes'** lounge or at the transition area and will include the following:
 - Distribution of the swim caps and timing chips (except for the Age Group events);
 - Control of the **athletes'** uniform, which must comply with the ITF Uniform Rules (Appendix F).
 - The bike check is regulated under section 5.3;
 - Distribution of the race packets to the athletes who missed the briefing.

2.8. Uniform:

- a.) All athletes competing in ITF Events are required to wear their uniform conforming to the ITF Uniform Rules (see Appendix F);
- b.) Athletes must follow the following rules with respect to wearing uniforms:

- (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony;
 - (ii) The uniform must cover the whole torso in the front. The back may be uncovered from the waist up;
 - (iii) Arms must not be covered, except in extreme weather conditions. The decision rests with TD in consultation with the medical Delegate (if applicable) to allow or make mandatory long Sleeves.
 - (iv) Wetsuits, when authorized, may cover the arms but not the hands.
 - (v) Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden;
 - (vi) A one-piece uniform is preferred. If a two-piece uniform is used, both pieces must overlap and no torso must be visible during the entire race;
 - (vii) If the suit has a zipper it must be located at the back and will not be longer than 40 cm.
 - (viii) The uniform must be worn over both shoulders for the duration of the competition;
 - (ix) Elite, and Junior athletes must wear the same uniform from the start to the finish in standard distance or shorter events;
 - (x) Rain jackets are allowed when the Technical Delegate authorizes it;
 - (xi) Failure to comply with the ITF Competition Rules related to the uniform may result in an athlete getting disqualified.
- c.) For reasons of religion, athletes are allowed to have the body totally covered (except the face) provided that:
- (i) The uniform material is approved by FINA (applicable only for the non-wetsuit swim);
 - (ii) The uniform will not interfere with the bicycle mechanisms;
 - (iii) Extra identification elements are to be worn over the uniform, following the Technical Delegate's instructions.

2.9 Race numbers:

- a.) Elite, and Junior athletes will wear official race numbers.
- b.) When, due to the race schedule Age Groups are mixed with other athletes the Technical Delegate can decide on making the use of the official race numbers mandatory for all the athletes;
- c.) Official race numbers:
 - (i) Age Group:
 - May be worn for the wetsuit swim segment, but forbidden in a non-wetsuit swim segment;
 - Are mandatory for the bike and run segments;
 - Must be visible on the back during the bike segment and on the front during the run segment.
- d.) Body marking:
 - I. Elite and Junior:
 - The Local organizing Committee will provide body marking decals, which the athletes must apply prior to the event;
 - Body markings are to be applied to each arm and leg, unless instructed otherwise by the ITF Technical Delegate at the briefing;

- Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;
- II. Age Group:
- The Local organizing committee will provide body marking decals, which the athletes must apply prior to the event;
 - Body markings are to be applied to each arm, unless instructed otherwise by the ITF Technical Delegate at the briefing;
 - Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;
 - One calf of each athlete – if not covered - may be marked with the category and gender of the athletes (For example, the number M25 would appear on a male athlete in the 25 – 29 age category or F25 should appear on a female athlete in the same category).

2.10. Timing and Results:

- a.) A race will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the race as defined in 6.2 a), 17.14 f) and 18.1o, except if the event is conducted under the “rolling start system” as defined in 4.8.
- b.) The official results will list the athletes according to their finish time and in accordance with the Results and Information Service (ORIS) standards, a sample of the results format is included in Appendix L. In the event that two athletes tie for a place, and their performances cannot be separated, they will be awarded the same rank, and the next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing. Time splits to be included are:
 - 2.10.1. Swim or first segment;
 - 2.10.2. Transition 1;
 - 2.10.3. Bike or second segment;
 - 2.10.4. Transition 2;
 - 2.10.5. Run or third segment;
 - 2.10.6. Overall finish time.
- c.) Results will include the following Invalid Results Markers (IRM) and listed in this order:
 - (i) athletes who do not finish the race (DNF),
 - (ii) any lapped athletes or athletes stopped by the last biker- first runner scenario (LAP), not classified participants or not making the cut – off time in any segment (NC),
 - (iii) those who are disqualified (DSQ)
 - (iv) and athletes or teams which did not start (DNS):
 - (v) If more than one athlete is marked DNF or LAP, those who completed the most laps should be listed first; if several athletes are marked DNF or LAP on the same lap, athletes should be listed according to their times at the previous timing point with the fastest first, or by ascending start number if no times were recorded up to the point at which they retired;
 - (vi) If more than one participant is included in the same IRM group (different than DNF or LAP), they should be listed within the same group according to ascending start number;
 - (vii) For DSQ athletes, the final results should not be displayed.
- d.) Additional information will be displayed either at the header or the footer of the results:
 - (i) Swim distance and number of laps;
 - (ii) Bike distance and number of laps;
 - (iii) Run distance and number of laps;

- (iv) Air temperature;
 - (v) Water temperature;
 - (vi) Wetsuit swim/No wetsuit swim;
 - (vii) Name and State of the Technical Delegate;
 - (viii) Name and State of the Race Referee;
 - (ix) Name and State of the Competition Jury Members.
- e.) For relay events, the rules above are applicable and the total time per athlete will be shown;
- f.) Results will be official once the Race Referee signs them. Incomplete results can be declared official at any time. The Race Referee will use all the resources available to decide the final position of every athlete. The information from technology will be used to assist in the decision making process. The Race Referee may decide, based on the available evidence, that a race is tied if there is no way of defining which athlete crossed the line first. Results of tied athletes will be sorted according to race numbers. However, athletes who finish in a contrived tie situation, where no effort to separate their finish times has been made will be DSQ;
- g.) Official results may be modified by:
- i. Race Referee
 - ii. Competition Jury
 - iii. ITF Technical Delegate as the result of a protest concerning timing and results
 - iv. ITF Technical committee as the result of a results review process

2.11. Exceptional conditions:

- a.) The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the Technical Delegate following the same principles.
- 2.11.1. Before the race:
- 2.11.1.1. A triathlon may be modified to a duathlon, aquathlon, or even in a 2 Segments race: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The Preferred option will be a Duathlon with the shorter run first.
 - 2.11.1.2. A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed;
 - 2.11.1.3. The Technical Delegate may take other decisions if the above options are not possible to set up.
- 2.11.2. Modification of the race once started:
- 2.11.2.1. Any segment, but only one, may be shortened during the race. The Technical Delegate and Technical Officials will take all reasonable actions to ensure the fairness of the event and the safety of the athletes. Otherwise, the race will be stopped.
- 2.11.3. Modification of the third segment by shortening it:
- 2.11.3.1. The athletes will stop the race no later than the completion of the lap. Those who completed more than the 50% of the last segment will be considered as finishers and will be ranked according to the position in the preceding lap. All of the others, or if the race is stopped before that moment, will not be considered in the results;
 - 2.11.3.2. In the case that all the athletes are stopped before the 50% of the third segment the race will be restarted, if possible

3. PENALTIES:

3.1. General Rules:

- a.) Failure to comply with the **ITF** Competition Rules may result in an athlete being verbally warned, issued with a time penalty, disqualified, suspended, or expelled;
- b.) The nature of the rule violation will determine the subsequent penalty;
- c.) A suspension or an expulsion will occur for very serious violations of either the **ITF** Competition Rules or the **ITF** Anti-Doping Rules;
- d.) Reasons for penalty: An athlete may be issued a verbal warning, punished with a time penalty, or disqualified for failing to abide by the **ITF** Competition Rules. Infringements and penalties are listed in Appendix K;
- e.) **The Technical Officials are allowed to determine penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally.**

3.2. Warning:

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

3.3 Time Penalty:

- a.) It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty;
- b.) A time penalty is an appropriate penalty for infringements, which do not warrant a disqualification;
- c.) Time penalties will be served in a designated penalty box, in the transition area or on spot;
- d.) Technical Officials will decide when an athlete needs to be penalized with a time penalty;
- e.) There are two type of infringements penalized with time penalties:
 - (i) Drafting infringements as defined 5.5;
 - (ii) Other infringements. See appendix K for list.
- f.) Time Penalties vary depending on the type of infringement;
 - (i) Drafting infringements:
 - 2 minutes in Standard distance events;
 - 1 minute in sprint and shorter events
 - (ii) Other Infringements:
 - 15 seconds in standard distance events;
 - 10 seconds in sprint and shorter events.

g.) Penalty notification: The Technical Official will determine the time penalty, and notify the athlete as soon as it is safe to do so:

(i) Drafting infringements:

- Sounding a whistle, showing a blue card, calling in English the athlete's number and saying "Drafting penalty, you have to stop at the next penalty box". The Technical Official has to ensure the athlete received the penalty notification.

(ii) Other infringements:

- Start and swim infringements: Athletes will serve this penalty in transition 1 before touching any equipment. A Technical Official will be positioned by the athletes transition spot, who will sound a whistle, show a yellow card and time the penalty;
- Bike segment infringements: Sounding a whistle, showing a yellow card, calling in English the athlete's number and saying "Time Penalty, you have to stop at the next penalty box" or "Time Penalty, you have to stop at the run penalty box". The Technical Official has to ensure the athlete receives the penalty notification; (See Table below)
- Infringements in transitions and run segment: Athletes may be notified about penalties by sounding a whistle, showing a yellow card, calling in English the athlete's number and saying "Time penalty, you have to stop" or by displaying the athlete's number on a panel posted at the penalty box. It is the athlete's responsibility to check this board. (See table below)

3.4. Applicable penalties for the different categories:

	Elite Draft Legal	Age Group Open
Start	T1	T1
Swim	Run penalty box	T1
Transition 1	Run penalty box	Warning at T1
Bike	Run penalty box	Bike Penalty box
Transition 2	Run penalty box	Warning at T2
Run	Run penalty box	Warning/Time Penalty on the spot

Notes: All the references to Elite includes Elite, Junior and Youth athletes. . In Duathlon and Aquathlon events run penalty box means 2nd run penalty box.

Procedure while serving a time penalty:

- a.) The Technical Official applying the time penalty is not required to give a reason for the penalty.
- b.) When given a blue or yellow card, the athlete will follow the instructions of the Technical Official;
- c.) Time penalty in Transition 1 (for any infringements up to this point):
 - (i) The Technical Official will hold a yellow card as the penalized athlete arrives at his/her position. The athlete will be ordered to stop in his/her transition space

without touching any of their equipment. The Technical official will start the timing. If the athlete touches or removes any of their equipment the Technical Official will ask the athlete to stop touching the equipment and the time will be paused. Once the athlete complies the count will continue;

- (ii) When the penalty time has been completed, the Technical Official will say “Go” and the athlete can continue with the race.
- d.) Time penalty at the Bike Penalty Box:
 - (i) The penalised athlete’s race numbers are not displayed in a bike penalty box. It is the athlete’s responsibility to report to the next penalty box on the course after receiving notification.;
 - (ii) The penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number the number of penalties to serve and the color of card(s) received. The time penalty starts when the athlete complies with all above and ends when the Technical Official says “Go”, at which time the athlete may continue with the race. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue.
- e.) Time penalty at the Run Penalty Box:
 - (i) The penalised athletes’ race numbers are clearly displayed on a board at the penalty box;
 - (ii) The penalised athlete will proceed into the penalty box and inform the Technical Official of their race number and number of penalties to serve. The time penalty starts when the athlete complies with all above and ends when the Technical Official says “Go”, at which time the athlete may continue with the race. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue.
 - (iii) The penalised athlete’s number will be removed from the board once the penalty is served;
 - (iv) A penalised athlete may serve their penalty on any lap of the run;
 - (v) For relay events, the penalty may be served by any member of the team, who has not yet completed their portion of the event;
 - (vi) Penalties must be posted on the board before the athlete completes the first half of the run. Postings after this time are invalid.

3.5. Disqualification :

- a.) General:
 - (i) A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, repeated bike draft infringements, and/or dangerous or unsportsmanlike conduct;
- b.) Assessment:
 - (i) If time and conditions permit, a Technical Official will assess a disqualification by: Sounding a whistle;
Showing a red card;
Calling (in English) the athlete's number and saying "Disqualified";
For safety reasons, a Technical Official may have to delay issuing a disqualification.
 - (ii) Alternatively, the athletes may be informed about the penalties by displaying the athlete’s number on the white board posted at the post finish area.
- c.) Procedure after Disqualification:
 - (i) An athlete may finish the race if a Technical Official issue a disqualification.

3.6. Suspension:

- a.) General:
 - (i) A suspension is a penalty appropriate for a fraudulent or a very severe rule

violation, such as but not limited to repeated dangerous or unsportsmanlike conduct;

- (ii) A suspended athlete will not take part in **ITF** competitions during a suspension period.

b.) Assessment:

- (i) The Race Referee will submit a report to the **ITF** Designated court all the details of the action, and the reasons to recommend the athlete for suspension. This report will be submitted to the **ITF** Secretary General within one week of the competition. The **ITF** Secretary General will inform the affected State Association

c.) Suspensions will be assessed by the **ITF** Designated court for periods of three (3) months to four (4) years, depending on the violation;

d.) Suspensions based on contriving the **ITF** Anti-Doping Rules: If the suspension is an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose Association is recognised by **ITF**, and **IOA**.

e.) Reasons for Suspension:

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

f.) Disciplinary Notice:

- (i) When an athlete is suspended, the **ITF** will notify the concerned State Association, in writing, within 30 days;
- (ii) All suspensions will be announced in the **ITF** newsletter and communicated to the **IOA** and respective parties.

3.7. Expulsion:

a.) General:

- (i) Athletes who have been expelled will not participate in **ITF** competitions or competitions sanctioned by State Association affiliated with **ITF** for life.

b.) Reasons for Expulsion:

- (i) An athlete will be expelled for life for repeated rule violations that incur suspension as the penalty;
- (ii) Expulsion due to an Anti-Doping Rule Violation: If the expulsion is for an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose State Association recognized by **ITF and IOA**.

c.) Disciplinary Notice:

- (i) When an athlete is expelled, the **ITF** will notify the concerned State Association, in writing, within 30 days;
- (ii) Expulsions will be announced in the **ITF** newsletter and communicated to the **IOA** and the respective parties.

3.8. Right of Appeal:

- a.) Athletes punished with a penalty have the right to appeal.

3.9. Reinstatement:

- a.) After suspension, an athlete must apply to the **ITF** Designated court.

4. SWIMMING CONDUCT:

4.1. General Rules:

- a.) Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground at the beginning and the end of every swim lap;
- b.) Athletes must follow the prescribed swim course;
- c.) Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat;
- d.) In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition.

4.2. Wetsuit Use:

- a.) Wetsuit use is governed by the following tables:

Elite, Junior and Youth athletes:

Swim Length	Forbidden	Mandatory
Up to 1500 m	20 °C and above	15.0 °C and below

Age Group athletes:

Swim Length	Forbidden	Mandatory
Up to 1500 m	22 °C and above	15.0 °C and below

- b.) Maximum stay in water:

Swim Length	Elite, U23, Junior and Youth	Age Groupers
Up to 300 m	10 min.	20 min.
301 m to 750 - below 31°C	20 min.	30 min.
301 m to 750 - 31°C and above	20 min.	20 min.
751 m to 1500m	30 min.	1h 10 min.

4.3. Modifications:

- a.) The swim distance can be shortened or even cancelled according to this table:

Original swim distance	Temperature of water						
	Above 32.0 °C	31.0°C- 31.9°C	30.0 °C – 30.9 °C	29.0 °C – 29.9 °C	28.0 °C – 28.9 °C	27.0 °C – 27.9 °C	Below 27.0 °C
750 m	Cancel	750 m	750 m	750 m	750 m	750 m	Cancel
1500 m	Cancel	750 m	1500 m	1500 m	1500 m	750 m	Cancel

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

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

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

4.4. Starting Position Selection: (Elite/Junior/Youth athletes):

- a.) Prior to the start of competition, athletes are lined up in the order of their start numbers, unless their positions have been reallocated after the **Athletes' Briefing**;
- b.) The athletes go directly to their selected numbered position upon entering the pontoon and stay in that position behind the pre-start line until the start procedure. A selected position cannot be changed by any athlete during the Starting Position Selection process. An athlete cannot occupy more than one start position;
- c.) Start Line Technical Officials note each athlete's race number and the starting position selected;
- d.) Starting Position Selection ends when every athlete is in a starting position.

4.5. Start Procedure: (Elite/Junior/Youth Athletes):

- a.) After all athletes are in position (confirmed and noted by the Start Line Technical Officials) "On your marks!" is announced and the athletes step forward to the start line (without stepping on it);
- b.) Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move straight ahead towards the first buoy until they will reach the water.
- c.) Technical Officials involved in the start procedure are:
- (i) Two Start Technical Officials are standing next to each other in the middle of the start area behind the athletes:
 - ♦ The first Start Technical Official is responsible for announcing "On your marks";
 - ♦ The second Start Technical Official is responsible for giving the start signal.
 - (ii) Two False Start Technical Officials stand on both sides of the start area to have a clear view of the start:

- An air horn is used to provide a false start signal (several short horn blasts);
- A photo/video camera is used to identify early starters.
- d.) False Start: In case of a false start (several athletes move forward before the start horn) the athletes must come back to their previously selected position. This will be controlled by the Start Line Technical Officials and the start procedure will begin again;
- e.) Valid Start with Early Starters: In the case of an early start of a few athletes, the race can continue, the False Start Technical Officials can decide that the start is valid. The early starters will receive a time penalty in Transition 1, according to the distance of the race (10 seconds for sprint, 15 seconds for standard). In case of relay events, the time penalty has to be served by the first athlete of the team;
- f.) The same procedure will apply for the start of any other multisport event starting with running with adaptations from swim start to run start.

4.6. Start procedure (Age Group athletes):

- a.) Athletes are grouped at the pre start areas according to the assigned start wave;
- b.) Athletes will be called to the start area and they will occupy the start positions according to the TOs instructions;
- c.) After all athletes are in position "On your marks!" is announced;
- d.) Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move forward;
- e.) False Start: In case of a false start (several athletes move forward before the start horn) the athletes must come back to their previously selected position. This will be controlled by the Start Line Technical Officials and the start procedure will begin again;
- f.) Valid Start with Early Starters: In the case of an early start of a few athletes, the race can continue, the False Start Technical Officials can decide that the start is valid. The early starters will receive a time penalty in Transition 1, according to the distance of the race;
- g.) The same procedure will apply for the start of any other multisport event starting with running with adaptations from swim start to run start;
- h.) Athletes starting in any wave before the one that the athlete is assigned to, will be disqualified;
- i.) Athletes who are late to the assigned wave will need the approval of the Start Technical Official. The athlete start time will be the start time of the assigned wave.

4.7. Start procedure (Interval Start System):

- a.) Athletes are responsible for being at the start line on time;
- b.) A video camera shall be used to record the entire start;
- c.) The Start Technical Officials are responsible for synchronizing their own and the Timekeepers' watches;
- d.) Start Officials must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. **The athletes' actual** start time must be noted with both electric and hand timing, in case the Competition Jury decides his/her late start was due to force majeure;
- e.) Athletes will be called to the start area and will occupy the start positions according to the TOs' instructions;
- f.) Ten minutes before their start time, all the athletes should be ready at the start area;
- g.) Five minutes before their start time, athletes will be asked to take their position at the start area;

- h.) One minute before their start time, athletes will be asked to enter the water, or approach the start line;
- i.) When all athletes are in position, the "start procedure" will be initiated. "On your marks!" will be announced;
- j.) The start signal (horn blast) will be sounded at the exact start time of the wave;
- k.) An athlete who is an "early starter" in a "valid start" will not be recalled to the start line;
- l.) The early starters will receive a time penalty in Transition 1;
- m.) An athlete who starts any time before the beginning of the "start procedure" or who starts in a wave they are not assigned to, will be disqualified;
- n.) Athletes who are late to their assigned wave must get approval of the Start TO to start;
- o.) The athlete start time will be the start time of the assigned wave, and no adjustment to his/her start time can be made.

4.8. Start Procedure (Rolling Start System)

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

4.9. Equipment:

- a.) Swim cap:
 - (i) All athletes must wear the official event swim cap during the swim segment;
 - (ii) Swim caps are provided by ITF or the Local Organising Committee;
 - (iii) If an athlete chooses to wear two caps, the official swim cap must be on the outside from the moment of the athlete's line-up procedure starts;
 - (iv) No sponsor logos are allowed on the official swim cap other than prescribed by ITF/ Local Organising Committee;
 - (v) Athletes may not alter the swim caps in any manner;
 - (vi) Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification.
- b.) Trisuits:
 - (i) Athletes must wear the approved trisuit for the non-wetsuit swims. If athletes choose to wear more than one trisuit, both have to comply with the specifications, and the external suit has to comply with the Uniform Rules. Uniforms cannot be removed during the entire competition.
 - (ii) Trisuits will not have any neoprene sections;
 - (iii) When the use of wetsuits is forbidden, clothing covering any part of the arms and clothing covering any part of the legs below the knees is also forbidden with the

exceptions outlined at 2.8.c.(iii);

- (iv) Printed logos may be located in the authorised spaces only.

c.) Wetsuits:

- (i) Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit;
- (ii) Propulsion devices that create an advantage for the athlete, or a risk to others, are forbidden;
- (iii) The most external part of the wetsuits will fit to **the athletes' body** tightly while they are swimming;
- (iv) A wetsuit may cover any part of the body except the face, hands and feet;
- (v) There is no limitation regarding the length of the zipper.

d.) Illegal Equipment:

- (i) Athletes must not use or wear:

- Artificial propulsion devices;
- Flotation devices;
- Gloves or socks;
- Wetsuits or any part of the wetsuits when they are forbidden;
- Non-certified swimsuits;
- Snorkels;
- Official race numbers (in non wetsuit swim only)
- Headphone(s), headset(s) or technical earplug(s), which are
- inserted or covering the ears, except ear protection plugs;
- Any jewelry deemed to be a hazard to themselves or other athletes. (Athletes may be requested to remove any such items);

5. CYCLING CONDUCT:

5.1. General Rules:

- a.) An athlete is not permitted to:
 - (i) Block other athletes;
 - (ii) Cycle with a bare torso;
 - (iii) Make forward progress without being in possession of the bike.
 - (iv) Use a different bike during the competition than the one checked in.
- b.) Dangerous Behavior:
 - (i) Athletes must obey the specific traffic regulations for the event, unless a Technical Official advises otherwise;
 - (ii) Athletes leaving the field of play for safety reasons have to return to it without gaining any advantage. If an advantage is gained due to this action, the athlete will receive a time penalty to be served in the transition area for Age Groupers and at the run penalty box for everyone else.

5.2. Equipment:

- a.) In general, UCI rules, as of January 1st of the current year, will apply during competition and also during familiarization sessions and official training:
 - (i) UCI road race rules for draft-legal triathlon and duathlon races;
- b.) The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising of pedals and a chain. Bicycles are referred to as bikes and will have the following characteristics in the following sections:
- c.) For draft-legal races. Elite, Junior and Youth:
 - (i) Frames:

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; The bike will be no more than 185 cm long, and 50 cm wide;

The bike will measure between 24 cm and 30 cm from the ground to the center of the chain wheel axle;
 There will be no less than 54 cm and no more than 65 cm 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;

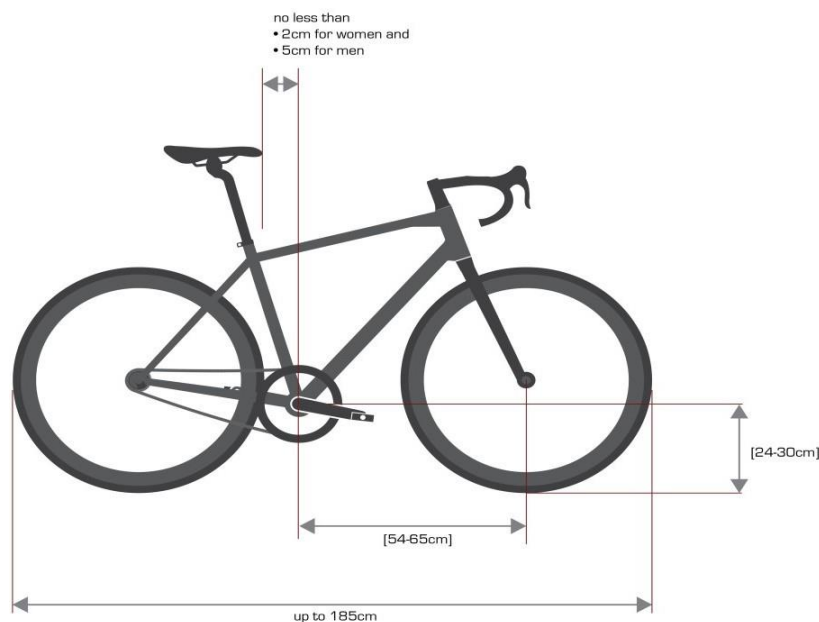
Bikes provided with the UCI Road Race homologation label (Code RD) are always allowed in **ITF** draft legal events, even if they contravene any of the previous bullets in this 5.2 c) (i) insert.

Bikes provided with the UCI Time Trial homologation label (Code TT) are forbidden unless they comply with the condition listed above.

(ii) Saddle position:

This rule will be applied only in Junior and Elite events.

There will be a vertical line touching the front-most point of the saddle which will be no less than 5 cm for the men, and 2 cm for the women, behind a vertical line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.



(iii) Logos and race number stickers:

Only logos of bicycle related products may appear on the athlete's bicycle; Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;

Bike race number stickers, provided by **ITF** or the Local Organizing Committee, must be placed on the bike as instructed, without any alteration;

Wheels:

- (i) No wheel may contain any mechanisms, which are capable of accelerating it;
- (ii) Tubular tyres must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly onto the frame;

- (iii) There must be a brake on each wheel;
- (iv) Wheels can be replaced only at official wheel stations, where provided;
- (v) Technical Officials at the wheel station will give the proper wheel to the athlete. The athlete is responsible for replacing the wheel in the forks. Wheels designated specifically for other athletes or teams cannot be used;
- (vi) For Elite, Junior and Youth draft-legal competitions, wheels are allowed to be used if they are included in the UCI approved non-standard wheels lists. (Both list applicable, the one contains wheels approved prior 1st January 2016 and also the one with wheels approved after 1st January 2016.) Wheels not on this list must comply to the following criteria:
 - A diameter between 70 cm maximum and 55 cm minimum, including the tyre; Both wheels must be of equal diameter;
 - Wheels shall have at least 20 metal spokes;
 - The maximum rim dimension will be 25 mm. on each side;
 - The rim must be alloy;
 - All components must be identifiable and commercially available;
- (vii) For Age Group draft-legal competitions, wheels must have the following characteristics:
 - Wheels shall have at least 12 spokes; **Disc wheels are not allowed.**

Handlebars:

- (i) For Elite, Junior and Youth draft-legal competitions, the following handlebar rules will apply:
 - Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - Clip-ons, including the bridge, must not exceed the foremost line of the brake levers;**
 - Clip-ons must have a solid factory bridge or be touching each other;
 - Brake levers or gear levers must not be attached to the clip-ons. The height difference between the highest point of the handlebar and the lowest inner part of the elbow rest cannot exceed 10 cm;
 - Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.
- (ii) For Age Group draft-legal competitions, the following handlebar rules will apply:
 - Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - Clip-ons are not allowed.**

Helmets:

- (i) Helmets must be approved by a State accredited testing authority recognised by a State Association affiliated with ITF;
- (ii) Helmet must be used in all official activities when the athlete rides the bike: competition, familiarisation and training sessions;
- (iii) An alteration to any part of the helmet, including the chin strap, or the omission

of any part of the helmet, including an outer cloth cover, is prohibited;

- (iv) The helmet must be securely fastened and fit properly at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;
- (v) If an athlete moves the bike off the course for any reason, the athlete may not unfasten or remove the helmet until after he/she has moved outside the boundary of the bike course route and has dismounted the bike; and he/she must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike;
- (vi) Helmets must comply with the **ITF**.

Illegal Equipment:

- (i) Illegal equipment includes, but is not limited to:
 - Headphone(s), headset(s) or technical earplug(s), Which are inserted or covering the ears
 - Glass containers;
 - Bike or parts of the bike not complying with these rules;
 - Uniform not complying with the **ITF** Uniform Rules.
- (k) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Race Referee before the race, must be securely mounted, not endanger any athlete or give unfair advantage;
- l.) For cameras and video cameras, in addition to requiring approval from the Race Referee, all the images and footage taken will be copied by ITF. The use of those images for commercial purpose is subject to approval by ITF.

5.3. Bike Check:

- a.) A bike check may include all items listed in 5.2.
- b.) A visual bike check will take place upon Check-in to the transition area before the competition. Technical Officials will check that bikes comply with the ITF Competition Rules;
- c.) Athletes may request approval from the Race Referee after the Athletes' Briefing if their bike is legal;
- d.) One athlete can only check one bike.
- e.) All athletes must rack their bike before Transition Area closes. Any athlete unable to do this must inform the Race Referee.

5.4. Drafting:

- a.) Draft legal events:
 - (i) It is forbidden to draft off a different gender athlete;
 - (ii) It is forbidden to draft off a motorbike or vehicle.

6. RUNNING CONDUCT:

6.1. General Rules:

- a.) The athletes will:
 - (i) Run or walk;
 - (ii) Wear the official race number (applicable always in the Age Group events. For other events, the Technical Delegate can make it mandatory and athletes will be informed in the race briefing);
 - (iii) Not crawl;
 - (iv) Not run with a bare torso;
 - (v) Not run with a bike helmet on;
 - (vi) Not use posts, trees or other fixed elements to assist maneuvering curves;
 - (vii) Not be accompanied by team members, team managers or other pacemakers on the course;
 - (viii) Not run together with other athlete/s who is/are one or more laps ahead.
(Applicable only to Elite, Junior and Youth athletes.

6.2. Finish Definition:

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

6.3. Safety Guidelines:

- d.) The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical Officials or Medical personnel as presenting a danger to themselves or others, may be removed from the competition.
- e.) Athletes can 't be accompanied by any non-competing person in the finish chute.

6.4. Illegal Equipment:

- a.) Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears;
- b.) Glass containers;
- c.) Uniform not complying with the **ITF** Uniform Rules.

7. TRANSITION AREA CONDUCT:

7.1. General Rules:

- a.) All athletes must have their helmet securely fastened from the time they remove their bike from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg;
- b.) Athletes must use only their designated bike rack and must rack their bike:
 - (i) For a traditional bike rack, the bike must be racked as follows:
For the first transition: in an upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing to the middle of the transition lane. Technical officials may apply exceptions;
For the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0.5 m of the rack number or name plate. The bike must be racked in a way that does not block or interfere

with the progress of another athlete.

- (ii) In case of an individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels.
- c.) Athletes must place within 0.5 m of the bin all equipment to be used at a later stage in the event. If a bin is not provided, the 0.5 m will be measured from the rack number or name plate. The bin, if provided, must be within 0.5 m from the rack number or name plate. All equipment already used must be deposited in the bin. A piece of equipment is considered deposited in the bin when one part of the equipment is inside the bin. Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before race start;
- d.) If an athlete wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the bin in transition one, however, only one pair of running shoes may be on the floor at any time during the race. Running shoes must be located within 0.5 m of the athlete's bin (rack number/name plate).
- e.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike;
- f.) Athletes must not impede the progress of other athletes in the transition area;
- g.) Athletes must not interfere with another athlete's equipment in the transition area;
- h.) Cycling is not permitted inside the transition area, except during the cycling segment. Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line. Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line. While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands. **If during the mount or dismount manoeuvre, the athlete loses their shoe(s) or other equipment, they will be collected by the Technical Officials and no penalty will be applied.** Mount and dismount lines are part of the transition area;
- i.) Nudity or indecent exposure is forbidden.
- j.) Athletes cannot stop in the flow zones of the transition area;
- k.) Marking positions in the transition area is forbidden. Marks, towels and objects used for marking purposes will be removed and the athletes will not be notified;
- l.) The helmet strap must remain unfastened in the transition area while the athlete is completing the first segment.

8. COMPETITION CATEGORIES:

8.1. National Championships:

- a.) ITF may organise National Championships in the distances and categories shown in this chart:

	Elite	Junior	Age Group
TRIATHLON			
Team Relay	Yes	Yes	Yes
Sprint Distance	Yes	Yes	Yes
Standard Distance	Yes		Yes
DUATHLON			
Team Relay	Yes	Yes	Yes
Sprint Distance	Yes	Yes	Yes
Standard Distance	Yes		Yes
AQUATHLON			
Sprint Distance	Yes	Yes	Yes
Standard Distance	Yes		Yes

- b.) State Associations should include each of these categories in their State Championships.

9. PRIZES AND AWARDS:

9.1. Prize Money: (If applicable)

- a.) General Rules:
- Prize money for the ITF Events shall be distributed equally between men and women in both amount and depth, according to the ITF Prize Money Percentage Breakdown, as outlined in Appendix H.

9.2. Awards:

- a.) Athletes or team members who place first, second or third at any ITF event will be awarded an official ITF medal (gold, silver, bronze);
- b.) In addition, teams may receive a trophy for first, second and third positions.

9.3. Prizes, Points and Awards in combined events/categories:

- a.) In case of events which take place together or different categories competing together in the same wave, the awards, prize money and points will be distributed as follows:

Events taking place together:	Awards (medals) to:	Prize money to:	Points to:
Elite and Junior	- Elite awards for all - Junior awards for Junior	- Overall	- Overall
All categories	- Elite awards for all - Categories awards per Categories	- Overall	- Overall

10. EVENTS:

10.1. Wave starts:

- a.) Athletes from the same age group can be divided in two or more wave starts provided:
 - 9.3.1. Both/all waves will have the similar number of athletes assigned;
 - 9.3.2. Athletes from the same State Association will be split in two groups randomly, assigning the similar number to each of the waves;
 - 9.3.3. State Association with only one athlete will be entered to one or the other wave, in order to keep the numbers balanced. The same principle will apply to the excess resulting from State association with odd number of athletes;
 - 9.3.4. The champion will be the athlete with quickest time, no matter in which wave he/she is starting in;
 - 9.3.5. The result list of the Age Groups affected will contain the athletes of both waves sorted by times;
 - 9.3.6. The waves containing athletes from the same age group will be scheduled one immediately after the other;
 - 9.3.7. These waves will not include athletes from a different Age Group.

10.2. Swim:

- a.) The Technical Delegate may modify the distance of the swim segment or even cancel the swim, depending on the speed of the current.
- b.) Water quality:
 - (i) A sample of a mixture of the water collected from three different locations on the swim course will be analysed and the results will determine if the swim can take place. The swim will be allowed if the following values are below the level of tolerance in the different types of water:
 - ♦ Sea and transition water:
 - PH between 6 and 9;
 - Enterococci not more than 100 per 100 ml (ufc/100ml);
 - Escherichiacoli E. Coli not more than 250 per 100 ml (ufc/100ml).
 - ♦ Inland water:
 - PH between 6 and 9;
 - Enterococci not more than 200 per 100 ml (ufc/100ml);
 - Escherichiacoli E. Coli not more than 500 per 100 ml (ufc/100ml);
 - The presence of Blue-Green Algal blooms/scum (cyanobacteria) not more than 100.000 cells/ml.
 - ♦ All units have to be ufc/100 ml or nmp/100 ml. (ufc = Colony Forming Units; nmp = Most Probable Number)
 - (ii) If the water quality test shows values out of the tolerance limits as indicated above, the swim will be cancelled, unless the ITF Medical and Anti-Doping Committee permits.

10.3. Transition:

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

10.4. Bike:

- a.) A 10 % tolerance margin will be accepted for the distance of the bike segment provided that it has been approved by the Technical Delegate.

- b.) There must be a minimum number of penalty boxes as follows:
Standard distance or shorter events: one every 10 km;

10.5. Support team:

- a.) State Association's Quota: Every State Association has a support team quota according to these charts:

- (i) Elite events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	1	2	2

- (ii) Junior events:

Athletes	1 to 6	7 or more
Coaches	1	2

- (iii) Youth events:

Athletes	1 to 6	7 or more
Coaches	1	2

- (iv) Age group events:

Athletes	1 to 50	51 to 100	101 to 150	More than 151
Coaches	2	4	6	8

- (v) Delegation support:

Athletes	1 to 50	51 to 100	101 to 150	More than 151
Bike mechanic	1	2	3	3
Medical	1	1	1	1
SA Representatives	2	4	6	8

- b.) Head of Delegation:

- (i) State Association with athletes in every category of Elite and junior in both genders, will be provided with an extra accreditation with coach access for all events during National Championship.

- c.) All the personnel registered as part of the support team will receive an accreditation with access according to their role;

- d.) State Associations are responsible for entering their support personnel in the ITF online entry system. ITF will approve the support personnel according to the quota seven days prior to the event. No additions will be admitted after this deadline.

10.6. Start times:

- a.) The minimum time difference between waves will be:

	Inter gender start time difference (1)	Elite/AG start time difference (2)
National Championship Sprint	45 m	1 h
National Championship Standard	1 h 30 m	2 h
Open National Championship Sprint	1 h 45 m	1 h 30 m
Open National championship Standard	2 h 45 m	2 h 30 m
Aquathlon / Duathlon Standard Distance	1 h 30 m	2 h 30 m

Aquathlon / Duathlon Sprint Distance	45 m	1 h
3x Team Relay	1 h 45 m	n/a

- (1) *This will be applicable whether the men or the women's event starts first.*
 (2) *This will be applicable for Age Group waves starting after the Elite events. Elite events starting after the Age Group Events will only start once the Age Group Events have finished.*

- b.) The Technical Delegate can decide to reduce the above indicated differences in National Championship and Aquathlon/Duathlon standard distance events provided that the men and the women will not be on the bike segment simultaneously;
- c.) The Technical Delegate can decide to reduce the above indicated differences in National Championship and Aquathlon/Duathlon standard distance events to a minimum of five minutes if one of the events has fewer than 10 athletes competing, and enough officials to control any potential drafting between male and female athletes;
- d.) The Technical Delegate can also require different start times by asking for a specific regulation, as indicated under section 1.6;
- e.) Events not included in the previous chart will need the approval of the Technical Delegate prior to publishing the start times.

1o.7. Modified events:

- a.) When a race cannot be held in the original format due to force majeure, all the points for all the rankings related, including Asian Qualification List points, will be reduced depending on the final conditions under which the event took place:
- (i) If the event remains as a triathlon or the multisport originally planned, but any of all of the segments are shortened according to the ITF Competition Rules, 100 % of the points will be awarded;
 - (ii) If the event becomes another ITF multisport race according to the ITF Competition Rules in terms of distances and conditions, 75 % of the points will be awarded;
 - (iii) If a triathlon event becomes a duathlon and the swim is replaced by a running segment with similar duration of the cancelled swim, 75% of the points will be awarded
 - (iv) If the event becomes another ITF multisport race with deviations from the ITF Competition Rules in terms of distances and conditions, 50 % of the points will be awarded.

1o.8. Cut-off time :

- a.) Technical Delegate may determine a cut-off time for the entire race or any intermediate point.
- b.) If there is a cut-off time, it must be announced atleast 30 days before registration closed.

11. TECHNICAL OFFICIALS:

11.1. General:

- a.) The duties of the Technical Officials are to conduct the competition are in accordance with the ITF Competition Rules;
- b.) ITF Technical officials are:
 - (i) Technical Officials;
 - (ii) Chair of the competition Jury.
- (iii) c.) Technical Officials must be at least 19 years old on the 31st of December in the year of the competition they are working on.
- d.) To hold a race under these Competition Rules, it is necessary to have the presence of:
 - (i) A Technical Delegate, and
 - (ii) A Race Referee.

11.2. ITF Technical Officials:

- a.) The Technical Officials at all ITF races are:
 - (i) The ITF Technical Delegate (TD) ensures all aspects of the ITF Competition Rules and ITF Event Organisers' Manual are fulfilled. Local Organising Committees will modify the race conditions, as per the indications of the Technical Delegate at any time. Accredited coaches will be informed about the modifications;
 - (ii) The Assistant Technical Delegate (ATD) assists the Technical Delegate with his/her duties;
 - (iii) The Race Referee checks the certification of the Technical Officials, makes the results official by signing them and makes final judgments on rule violations;
 - (iv) The Chief Race Official (CRO) assigns and monitors the work of all Technical Officials;
 - (v) Technical Officials are assigned to Registration, Start, Finish, Transition Area(s), Pre-transition Area, Swim, Swim exit, Bike, Run, Wheel Stations, Prime Lines, Aid Stations, Technology, Penalty Boxes, Lap Counter, Protocol, Race Control Office, Video Review, and Vehicle Control. An adequate number of Technical Officials will be assigned to each area and will be responsible for the enforcement of ITF Competition Rules within their assigned jurisdiction. A Technical Official may be assigned in more than one position. Additional positions may be created if necessary;
 - (vi) Technical Officials can be accredited as Bike Check officials to conduct technological fraud control. Complete procedure can be found in Appendix N.
 - (vii) The Competition Jury is appointed by the Technical Delegate;
 - (viii) The ITF Medical Delegate, appointed by the ITF Medical and Anti-Doping Committee, is responsible for all medical and anti-doping issues on behalf of ITF.

11.3. Competition Jury:

- a.) The ITF Technical Delegate will appoint the members of the Competition Jury as follows:
 - (i) For the Elite races of the National Games the Competition Jury consists of five people being selected from:
 - ♦ The Technical Delegate or the ATD, who chairs the Competition Jury;
 - ♦ A member of the ITF Executive Board;
 - ♦ A representative of the host State Association;
 - ♦ A representative from the ITF Technical Committee;

- ♦ A representative from the ITF Medical and Anti-Doping Committee.
- (ii) For all the other ITF Events and other Games that do not include the National Games, the Competition Jury consists of three people being selected from:
 - ♦ The Technical Delegate, who chairs the Competition Jury;
 - ♦ The Assistant Technical Delegate, who chairs the Competition Jury;
 - ♦ A member of the ITF Executive Board or any Committees or Commissions, or **if none are present, a member of the State Association's Executive Board** or any Committees or Commission, or staff liaisons, or if none are present, a representative from the host State Association;
- (iii) The Competition Jury can invite experts to the hearing, whereby they may have voice but no vote.
- b.) Being a member of the Competition Jury in one event is not compatible with:
 - (i) Being a Technical Official in the same event other than the Technical Delegate;
 - (ii) Being an accredited coach in the same event;
 - (iii) Being an athlete competing in the same event.
- c.) Duties of the Competition Jury:
 - (i) The Competition Jury rules on all appeals and all protests;
 - (ii) The Competition Jury has the authority to modify the competition results as a consequence of its decision on the appeal or protest. This results modification is a Field of Play decision;
 - (iii) The Competition Jury must be **available starting before the Athletes' Briefing until** after the end of competition;
 - (iv) The Competition Jury Chair is responsible for filing a written statement on all appeals and decisions reached.
- d.) Competition Jury meetings schedule:
 - (i) Competition Jury will meet, at a minimum:
 - ♦ After the race briefing;
 - ♦ One hour before the start of the event;
 - ♦ After the last finisher.
 - (ii) Additionally, in the Age Group events, the Competition Jury will meet, at a minimum:
 - ♦ After the first finisher;
 - ♦ After the finish of the first half of the field.
- e.) Competition Jury Integrity:
 - (i) The Competition Jury observes the following principles:
 - ♦ Give equal weight to the evidence and testimony provided by all;
 - ♦ Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
 - ♦ Have an openminded approach until all evidence has been submitted;
 - ♦ Recognize an athlete is innocent until the alleged violation has been established to the complete satisfaction of the Competition Jury.
 - (ii) Conflict of interest:
 - ♦ The Chair of the Competition Jury decides if any member has a conflict of interest;
 - ♦ In case of a conflict of interest, the Chair of the Competition Jury has to replace the member who has the conflict of interest, at his/her discretion. The

Competition Jury will remain with the same number of members that it originally had;

- ♦ The Chair of the Competition Jury is deemed not to have a conflict of interest.

11.4. Technology Tools:

- a.) ITF Officials may use any kind of electric, electronic, magnetic, or other technological support to acquire data or evidence on rule infractions.

11.5. Volunteer Certification:

- a.) All volunteers, who are assigned to areas of responsibility on the Field of Play, must be **educated to ITF's minimum standard**. Education kits obtained from ITF will cover key areas of Field of Play responsibility.

11.6. Health:

- a.) ITF encourages technical officials to undergo an annual health evaluation.

12. PROTESTS:

12.1. General:

- a.) A protest is against the conduct of an athlete, Technical Official, or the conditions of the competition. An athlete or an State Association designate may file a protest with the Race Referee provided the protest has not been previously observed by the Technical Officials and ruled upon by the Race Referee.

12.2. Protests Concerning Eligibility:

- a.) Protests concerning the eligibility of an athlete shall be made to the Race Referee before the **Athletes' Briefing**. The Competition Jury will decide on this in a meeting scheduled immediately after the **Athletes' Briefing**.

12.3. Protests Concerning the Course:

- a.) Protests concerning the safety of the course or its variance to the regulations must be made to the Race Referee no later than twenty-four (24) hours before the start of the race.

12.4. Protests Concerning the Race:

- a.) An athlete, who protests against another athlete or Technical Official, must do so to the Race Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.

12.5. Protests Concerning Equipment:

- a.) Protests concerning an athlete's equipment, which infringes on the conditions set out in the ITF Competition Rules, must be delivered to the Race Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.

12.6. Protests Concerning Timing and Results:

- a.) Protests concerning typographical errors in the results, which are not reflecting the decisions made by the Race Referee or the Competition Jury, may be delivered in writing by the athlete or the State Association to the ITF Technical Delegate within thirty (30) days after the competition.

12.7. Contents of a Protest:

- a.) The protest related to 12.1, 12.2, 12.3, 12.4 and 12.5 must be accompanied by a deposit of 5000 Rupees, and will be refunded if the protest is successful. If the protest is

denied, there will be no refund and the money will be retained by ITF. Protest forms may be obtained from the Race Referee. A sample of the protest form is included in Appendix B:

- (i) Information to be included:
 - The alleged rule violated;
 - The location and approximate time of the alleged violation;
 - Persons involved in the alleged violation;
 - A statement, including a diagram of the alleged violation, if possible;
 - The names of witnesses who observed the alleged violation.

12.8. Protest Procedures:

a.) The following procedure will be followed in the event of a protest:

- (i) Protests will be filed with the Race Referee, signed by the protester, within the time limits specified above;
- (ii) The Race Referee will announce on the notice board in the finish area that a protest has been filed;
- (iii) The protester and the accused and/or their State coach or representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Competition Jury will determine if absence from the hearing is valid;
- (iv) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them;
- (v) A representative for either the protester or the accused may be designated to appear if approved by the Chair of the Competition Jury;
- (vi) The hearing will not be open to the public;
- (vii) **The Competition Jury Chair will explain the process and everyone's rights;**
- (viii) The Competition Jury Chair will read the protest;
- (ix) The protester and the accused will be given adequate time to give their accounts of the incident;
- (x) Witnesses (up to two each) may speak for up to three (3) minutes each;
- (xi) The Competition Jury will hear the evidence and render a decision, by simple majority;
- (xii) The decision will be posted immediately and delivered in writing to the parties upon request;
- (xiii) The Competition Jury will produce minutes of the meeting, including the Competition **Jury's decision**, which must be approved by all members of the Competition Jury, by the end of the meeting. The minutes will be submitted to ITF.

12.9. Results revision process:

- a.) State Association or ITF can request the revision of the results based on new evidence. This request will be addressed to the ITF technical committee, who decides if a results revision case will be opened.
- b.) A revision panel appointed by the ITF Technical committee consisting of three members including at least one ITF Technical committee member will make a proposal to ITF Technical Committee.
- c.) ITF Technical Committee will decide on the results revision case by maintaining or modifying the

results.

- d.) The revised results will be announced, published and the athletes informed.
- e.) Decisions of the ITF Technical Committee as an outcome of the results revision process can be subject to appeal by a Level 2 appeal process.

13. APPEALS:

13.1. Appeal Jurisdiction:

- a.) An appeal is a request for a review of a decision made by the Race Referee (Level 1), the Competition Jury or any ITF panel (Level 2) and the ITF Medical and Anti-Doping Committee solely with regards to eligibility (Level 3) or the ITF ~~designated court~~ (Level 3). A sample of the Appeal Form is available in Appendix C.
- b.) Decisions from any competition Jury and any ITF panel may be appealed to the ITF designated court, except:
 - (i) Decisions made by the ITF Anti-Doping Hearing panel;
 - (ii) Field of Play decisions.

13.2. Levels of Appeal:

- a.) The following procedure will be followed in the event of a Level 1 Appeal:
 - (i) A Representative of a State Association or an athlete may appeal the decision of the Race Referee to the Competition Jury. The appropriate appeal form can be obtained from the Race Referee;
 - (ii) Appeals will be filed in writing to the Race Referee, signed by the appellant and will be accompanied by a fee of Rs.5000. It will be refunded if the appeal is successful. If the appeal is denied, there will be no refund and the money will be retained by ITF;
 - (iii) An athlete or State Association representative who appeals a Race Referee's decision must do so to the Race Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes for team competitions, this time limit is related to the final team time;
 - (iv) The Race Referee will post information on the notice board that an appeal has been filed;
 - (v) An appeal will contain:
 - Competition name, location, date;
 - Appellant's name, address, phone, fax, email;
 - Witness(es) name(s);
 - Alleged decision appealed;
 - Facts of the violation;
 - Rationale/summary of appeal.
 - (vi) The appellant and the accused and/or their state representative must be present. If the appellant does not attend, the appeals hearing may be postponed or cancelled. The Competition Jury will determine if absence from the hearing is valid;
 - (vii) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them;
 - (viii) A representative for either the appellant or the accused may be designated to appear if approved by the Chair of the Competition Jury;
 - (ix) The hearing will not be open to the public;
 - (x) The Competition Jury Chair will explain the process and everyone's rights;
 - (xi) The Competition Jury Chair will read the appeal;

- (xii) The appellant and the accused will be given adequate time to give their accounts of the incident;
 - (xiii) Witnesses (up to two each) may speak for up to three (3) minutes each;
 - (xiv) The Competition Jury will hear the evidence and render a decision, by simple majority;
 - (xv) The decision will be posted immediately and delivered in writing to the parties upon request;
 - (xvi) The Competition Jury will produce minutes of the meeting, including the Competition **Jury's decision, which must be approved by all members of the** Competition Jury, by the end of the meeting. The minutes will be submitted to ITF.
- b.) The following procedure will be followed in the event of a Level 2 Appeal:
- (i) Decisions from any Competition Jury and any ITF panel (except the ITF AD Hearing Panel) may be appealed to the ITF designated court;
 - (ii) Only appeals supported by State association will be admitted;
 - (iii) Appeals may be submitted up to thirty natural days after the Competition Jury met or within thirty natural days from the Competition Jury or Panel decision;
 - (iv) Appeals will be submitted in writing to the ITF Secretary General and will be accompanied by a deposit of Rs.50,000. It will only be refunded if the appeal is successful.;
 - (v) Level 2 appeal decisions may be appealed to Indian High Court (Level 3 of Appeal)
- c.) Level 3: The decision of the ITF designated court or of the ITF Medical and Anti- Doping Committee (solely with regards to eligibility) may be appealed, as a final and last resort, to the Indian High Court, to the exclusion of any recourse to ordinary courts, within thirty natural days from the decision of ITF designated court. Any decision taken by the said court (IHC) shall be without appeal and shall be binding on the parties concerned.

ITF COMPETITION RULES: SPECIFIC DISCIPLINE COMPETITION RULES

14. TEAM AND RELAY EVENTS:

14.1. Types of Events:

a.) ITF may organize Team Events in the distances and categories shown in this table:

	Type of competition
Triathlon	3 x Same Gender / 4 x Mixed
Duathlon	3 x Same Gender / 4 x Mixed
Aquathlon	3 x Same Gender / 4 x Mixed
Corporate Triathlon	Corporate

14.2. National Championships and State Association Events:

a.) National Championship and State Associations should include each of these team competitions in their championships.

14.3. Definitions:

- a.) **Mixed relay:** A team is composed of 4 athletes: 2 men and 2 Women, who will compete in the following order: woman, man, woman, man. Each of them will cover a complete triathlon, duathlon, or Aquathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th athlete. Time is continuous and the timing does not stop between athletes;
- b.) **3x relay:** A team is composed of 3 athletes of same gender. Each of them will cover a complete triathlon, duathlon, or aquathlon. The total time for the team is from the start of the 1st team member to the finish of the 3rd athlete. Time is continuous and the timing does not stop between athletes;
- c.) **Corporate:** A team is composed of 3 athletes regardless of gender. The first athlete will cover the swim segment, the second one the bike segment and the third one the run segment. The total time for the team is from the start of the 1st team member to the finish of the 3rd athlete. Time is continuous and the timing does not stop between athletes;
- d.) **Team competition based on the individual results:** The total team time is the addition of the 3 best times of the athletes from the same state and gender. In case of a tie, the time of the third team member will determine the team result;

14.4. Results:

- a.) When State Associations are allowed to enter more than one team, only the team with the best finishing position will be listed in the results and eligible for awards (medals) and prize money.

14.5. Eligibility:

- a.) The general eligibility rules apply. The minimum age is 15 years.

14.6. Team Relay Briefing:

- a.) Team relay briefing. A briefing for the coaches will be conducted the day before the event.

14.7. Team Composition:

- a.) The team coach will declare the team composition at the team relay briefing. All team

compositions will be published after the team relay briefing;

- b.) Two hours before the race start, the coach can communicate a different team composition to the Technical Delegate, otherwise the team composition communicated at the team relay briefing will remain in force.

14.8. Race Day Check-In:

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

14.9. Relay Exchange:

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

14.10. Penalty Box:

- a.) Infringements due to starting before the official start time and leaving the helmet strap fastened in transition area infringements will be served by the athlete who infringes the rule;
- b.) All time penalties will be penalized with 10 seconds and are to be served at the penalty box. These penalties can be served by any team member currently competing on the field of play.

14.11. Finish:

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

APPENDICES

15. APPENDIX A: RACE DISTANCES AND AGE REQUIREMENTS:

Triathlon:

	Swim	Bike	Run	Minimum age required
Team relay	250 to 300 m	5 to 8 km	1.5 to 2 km	15
Super Sprint Distance	250 to 500 m	6.5 to 13 km	1.7 to 3.5 km	15
Sprint Distance	Up to 750 m	Up to 20 km	Up to 5 km	16
Standard Distance	1500 m	40 km	10 km	18

Duathlon:

	Run	Bike	Run	Minimum age required
Team Relay	1.5 TO 2 KM	5 TO 8 KM	0.7 TO 1 KM	15
Sprint Distance	5 km	20 km	2.5 km	16
Standard Distance	5 TO 10 KM	30 TO 40 KM	5 KM	18

Aquathlon:

	Run	Swim	Run	Minimum age required
Sprint Distance	1.25 km	500 m	1.25 km	12
Standard Distance (cold waters)		500 m	2.5 km	12
Standard Distance	2.5 km	1000 m	2.5 km	16
Standard Distance (cold waters)		1000 m	5 km	16

16. APPENDIX B: RACE PROTEST FORM:**INDIAN TRIATHLON FEDERATION****PROTEST FORM****Part 1:** To be completed by the protester.

Protest must be filed and signed by the protester under the conditions outlined in the ITF Competition Rules and submitted to the Race Referee.

Event Name:		Event Date:	
Event Location:		Time Protest Submitted:	
Name of Protester:		Race Number:	
State of Protester:		Email:	
Address of Protester			
	(street address)	(City and Postal Code)	
Telephone (home):		Telephone (mobile):	
Name of Protestee:		Race Number:	
State of Protestee:			

A protest is a formal complaint against the conduct of a fellow athlete 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 or cash for Rs.5000.

What type of Protest is involved? (Check one box only.)

- ☐ Protest Concerning the Course
- ☐ Protest Against Another Athlete or a Technical Official
- ☐ Protest Concerning Eligibility
- ☐ Protest Concerning Timekeeping
- ☐ Protest Concerning Equipment

Witness Details (2):**Name of****Witness 1:****Name of****Witness 2:****Rule(s)****Violated:****Time of Incident:**

Where did the Violation occur. (Define location. If required use additional paper and draw a diagram.)	
Who was involved in the Violation?	
How did the Violation occur (brief statement explaining alleged violation)?	
Signature of Protester:	
	Date:

Part 2 Official use only

Protest Fee Rs.5000 attached		Yes <input type="checkbox"/> No <input type="checkbox"/>
Competition Jury Members (Names) and tick box to indicate if it was a 3 person jury or 5 person. <input type="checkbox"/> 3 person jury <input type="checkbox"/> 5 person jury	1.	
	2.	
	3.	
	4.	
	5.	
Competition Jury Action:		
Competition Jury Chair's Name		
Signature:		
Time, Date Protest received:		
Time, Date Protest processed:		
Amount of fee withheld/refunded:		

17. APPENDIX C: RACE APPEAL FORM:

INDIAN TRIATHLON FEDERATION

APPEAL FORM

Part 1: To be completed by the appellant:

Appeals must be filed and signed by the appellant under the conditions outlined in the ITF Competition Rules, and submitted to the Technical Delegate. An appeal is a request for a review of a decision made by the Race Referee. This is the first level of appeal and will be heard by the Competition Jury. All appeals must be accompanied with a cheque or cash for Rs.5000.

Event Name:			Event Date:	
Event Location:			Time Appeal Submitted	
Name of Appellant:			Race Number:	
State of Appellant:			Email:	
Address of Appellant:				
	(street address)		(City and Postal Code)	
Telephone (home):		Telephone (mobile):		
Reason for penalty received:			Type of penalty received (DQ, Suspension):	
Was the penalty confirmed by the Race Referee?	Yes <input type="checkbox"/> No <input type="checkbox"/>			

Type of Appeal: (Check one box only.)

- ☐ Appeal against the Race Referee's ruling on a Violation Report
- ☐ Appeal against the Race Referee's ruling on a Protest:

Specific Location on the Course: _____

Name and Number of Race _____

Official(s) / Athlete(s)/ _____

Spectator(s) if Known _____

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

Witness Details (2):**Name of Witness 1:****Name of Witness 2:****Date:****Signature of Appellant:****Part 2 Official use only**

Appeal Fee Rs.5000 attached	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is this Appeal to reverse a Competition Jury decision?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If 'Yes', attach Competition Jury Decision and action(s) and Race Referee's decision and action(s).	
Competition Jury Members (Names) and tick box to indicate if it was a 3 person jury or 5 person. <input type="checkbox"/> 3 person jury <input type="checkbox"/> 5 person jury	1.
	2.
	3.
	4.
	5.
Competition Jury Action:	
Competition Jury Chair's Name	
Signature:	
Time, Date Appeal Received:	
Time, Date Appeal processed:	
Amount of fee withheld/refunded:	

18. APPENDIX D: DEFINITIONS:

Age	The age of the athlete on the 31st of December of the year of the competition.
Age group Team Managers Briefing	Meeting with the Age group team manager and coaches in which they are informed by the Technical Delegate about all the specifications of the race.
Aid/Outside Assistance	Any kind of material support or personal assistance received by the athlete. Depending on its nature, it may be allowed or forbidden
Ambush Marketing	Deliberately using the opportunity of live television and media photographers to expose the sponsor logos, and/or equipment or objects not provided by Local Organizing Committee or ITF.
Appeal	A request to the Competition Jury of an event or the ITF Arbitration Tribunal 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 ITF Arbitration Tribunal independently.)
Appellant	An athlete submitting an appeal.
Aquathlon	Multisport which combines swim and run in three segments: the first segment is run, followed by swimming and finishing with running.
Assistance	Any attempt by an unauthorized or unofficial source to help or to stabilize an athlete.
Assistant Chief Technical Official	Responsible to the Chief Technical Official for coordinating the employment of the Technical Officials assigned to his/her race course segment or area.
Athletes	The competitors who register for and compete in ITF Events.
Athletes' Briefing	Meeting with the athletes in which they are informed by the Technical Delegate about all the specifications of the race.
Bicycle	The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain. Bicycles are also referred as bikes.
Blocking	The deliberate impeding or obstructing of progress of one athlete by another. An athlete on the bike course, who is not keeping to the appropriate side of the road.
Charge	The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.
Check in	Control established at the entrance of the athletes lounge and at the entrance of the transition area, before the race. In both places a time of admission is set by the Technical Delegate.

Chief Technical Official	Appointed by the Technical Delegate and is responsible for the control and co-ordination of the deployment of Technical Officials.
Clean Start	All the athletes start after the horn. The race continues.
Coaches meeting	Meeting with the coaches in which they are informed by the Technical Delegate about all the specifications of the race.
Competition Jury	The Competition Jury appointed and chaired by the Technical Delegate. It is held responsible to determine the eligibility of the protest or appeal, to hear and to rule on all appeals against decisions handed down through the Race Referee, including decisions on protests.
Conflict of interest	A set of circumstances that creates a risk that professional judgement or actions regarding a primary interest will be unduly influenced by a secondary interest
Course	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.
Crawling	The action by an athlete of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.
Cycling Segment	Part of the race course over which it has been defined in the Athletes' Briefing the bike is to be ridden, walked or carried within distinctive lane boundaries. The bike course commences from the Mount Line and concludes at the Dismount Line.
Dismount Before The Dismount Line	An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules.
Dismount Line	A designated line at the entrance of the transition area from the bike course before which athletes are to dismount their bikes fully and proceed to the bike racks. The Dismount Line will normally extend for the width of the entrance to the transition area and be identified by flags/line/Technical Official, or combinations thereof.
Disqualification	A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the race as a whole, and the athlete's results will appear as DSQ.
Draft Zone Motorbike	Zone defined by a motorbike during the cycling segment which is extended to the whole width of the road and 12 meters long.

Draft Zone Vehicle	Zone defined by a vehicle during the cycling segment which is extended to the whole width of the road and 35 meters long.
Duathlon	Multisport which combines cycle and run in three segments: the first segment is running, followed by cycling and finishing with running.
Early start	When an athlete's foot crossed the vertical plane of the start line, before the start signal.
Elite	Elite athletes are those competing in elite races.
Event Organizers Manual (EOM)	A document which has been developed to ensure the implementation of consistently high global event management and marketing standards.
Expulsion	An athlete penalized by expulsion will not be permitted, during his or her lifetime, to take part in any ITF sanctioned event, or any event sanctioned by one of its member associations (State Associations) affiliated with the ITF.
Field of Play (FOP)	The course on which the competition portions of the ITF event will take place.
Field of Play Decision	The application and interpretation of the ITF Competition Rules by Technical Officials and/or Competition Jury.
Finisher	An athlete 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).
Force Majeure	Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, transportation delay or any other, event which is not reasonably within the control of the party affected.
Incapable Athlete	An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another athlete.
Indecent Exposure	The willful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female athlete, the willful complete uncovering of one or both nipples.
Inland water	Lakes, Lochs, canals and rivers up to the point the tide affects them in terms of changes to their level.
Interference	A deliberate block, charge or abrupt motion, which impedes another athlete.

International Triathlon Union (ITU)	The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a non-profit corporation domiciled and residing at Maison du Sport International, Av de Rhodanie 54, CH-1007 Lausanne, Switzerland.
Indian Triathlon Federation	The National governing body of Triathlon, Duathlon, Aquathlon and all other related multisport, a non- profit corporation domiciled and residing at Khivraj complex II, 2 nd floor Nanadanam, 480 Anna Salai, Chennai, Tamil Nadu, India.
ITF Competition Rules	The document that contains all the rules and regulations that governs fair and safe competitions.
ITF Members	The State Associations affiliated to ITF.
ITF Rules	The ITF Event Organizers' Manual (latest edition), ITF Competition Rules, ITF Constitution and By-Laws, ITF Anti-Doping Rules and WADA Code, ITF Athletes' Agreement, ITF Qualification Criteria, ITF Ranking Criteria and any other rules adopted and amended by ITF from time to time and available for consultation via the download section of the ITF's official website www.triathlonindia.com .
Invalid Start	Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.
Last Biker – First Runner Scenario	This Occurs when the bike and run courses are partly common, and the first runner reaches the point where both courses merge and there are still bikers on the course before this point.
Local Organizing Committee (LOC)	The organizing entity of an ITF event.
Mount After The Mount Line	An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules.
Mount Line	A designated line at the exit from the transition area onto the bike course or after which athletes are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit of the transition area and be identified by flags/line/Technical Official, or combinations thereof.
National Federation (NF)	National triathlon governing body affiliated with ITU.
National Technical Officials (NTOs)	The Level 1 Technical Officials certified by the National Federation.
Overtake	On the bike course, when the leading edge of the front wheel of the overtaking bike moves in front of the leading edge of the front wheel of the bike being overtaken. An athlete can pass another athlete only on the appropriate side.
Pack	Two or more athletes with overlapping draft zones.
Penalty	The consequence on an athlete, who is assessed by an ITF Technical Official to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.

Penalty Box	An area on the bike course or the run course, set aside for the implementation of a time penalty for a rule infringement/violation.
Protest	A formal complaint against the conduct of another athlete or a race official, or against the conditions of the competition.
Race Referee	A Technical Official, who is responsible to the Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials. Technical Delegate appoints the Race Referee
Red card	Card, which is used to inform athletes about disqualification.
Registration	Point of control established at the entrance of athletes briefing and coaches meeting. Attenders to these meetings will sign the attendance list.
Results	The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.
Right of Way	When an athlete has established a lead position and pursues a desired course within the limits of the ITF Competition Rules.
Run Course	Part of the race course, which has been defined at the Athletes' Briefing where the athlete is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the transition area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the transition area; the second run course commences at the exit from the transition area and concludes at the Finish Line.
Sanction	A permit issued by the National Federation for the conduct of an event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of National Federation operating requirements to provide the greatest potential for the conduct of a safe and fair event.
Sea and Transition Water	Ocean, seas and the part of the river affected by the tides, including river mouths, deltas, estuaries and rias.
Sportsmanship	The behavior of an athlete during competition. Sportsmanship is interpreted as fair, rational and courteous behavior, while bad sports conduct is any behavior judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behavior, or persistent infringement of the rules.

Standard Bridge Piece	A rigid piece, of plastic or metal, which joins both sides of the handlebar clip-on at the ends and is commercially available.
Stop and Go	Penalty consisting on stop, correct the fault and continue the race.
Suspension	<p>An athlete awarded this penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by ITF or its member associations (where determined) affiliated with ITF.</p> <p>For any suspension because of a doping violation, the athlete will not be able to compete in any IOA 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 ITF, the length of the suspension will be determined by the ITF Arbitration Tribunal.</p>
Swim Course	Part of the race course over which it has been defined in the Athletes' Briefing that the athlete is to swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the transition area.
Technical Delegate	A Technical Official, who is qualified by ITF, and responsible for ensuring all aspects of the ITF Competition Rules and ITF Event Organizers' Manual are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the Technical Delegate will be the Chair of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.
Technical Official	A member of the joint team of National Technical Officials (NTOs), and State Technical Officials (STOs) at an ITF event.
Time Penalty	Penalty consisting on stop at the penalty box for a certain time. Early start time penalty is served in T1 instead the at the penalty box.
Torso	The human body excluding the neck, the head and the limbs.
Transition Area	A location within a defined boundary, which is not a part of the swim course, the bike course or the run course and within which each athlete is allocated an area for the storage of individual items of clothing and equipment.
Triathlon	A sport of individual or team character and motivation, which combines swimming, cycling and running skills in continuum.
Valid Start with Early Starters	Start in which few athletes started before the signal. Early starters will receive a time penalty in Transition 1
Venue	All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, including without limitation spectators' area, VIP areas, transition area, finish area and all other areas under control of Local Organizing Committee.
Violation	A rule infringement which results in a penalty.

Warning	A caution issued by a Technical Official to an athlete during the course of a race. The purpose of a warning is to alert the athlete of the potential for a rule violation to occur and to promote a pro-active attitude.
Yellow card	Card, which is used to inform athletes about infringements which may result in warning, time penalty or stop and go.

19. APPENDICES E: QUALIFICATION AND RANKING CRITERIA

Appendix E1

ITF National Triathlon Championship

QUALIFICATION CRITERIA

1. ITF National Triathlon Championship events:

- a) The State Association must enter the athletes into the wait list via the ITF online entry system no less than 31 days before the first competition day;
- b) 30 days before the first competition day, the men's and women's start lists will be published on www.triathlonindia.com.
- c) State Association quota in each of the men's and women's event:
 - (i) Maximum per State Association is 3 MEN 3 WOMEN athletes in each group;
- d) Late Entries: Entries received 30 or fewer days before the first competition day will be placed at the bottom of the list at the time the State Association entered the athlete into the ITF online entry system;
- e) Substitutions: Each State Association will be allowed to substitute One athlete per event per gender. The names of the athletes involved in the substitution must be emailed to indiantriathlonfederation@gmail.com;
- f) State Associations withdrawing athletes from the start list after the Monday at 1PM ISD prior to the event, the athlete will be removed from all start lists of all ITF Events for the next 30 days and will not be reinstated in any of the races on the same **weekend as the race from which they were withdrawn**;
- g) Athlete not personally present at the Athletes' Briefing and who have not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists of all ITF Events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn;
- h) Athletes present at the Athletes' Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists of all ITF Events;

Appendix E2

ITF National Aquathlon Championships

QUALIFICATION CRITERIA

1. ELITE:

- 1.1. State Association quota for the ITF Elite Aquathlon Championships in each of the men's and women's event:
 - a) Maximum per State Association is 3 Men and 3 Women athletes in each group;
 - b) All qualified athletes for the ITF Elite Aquathlon Championships need to be entered through their State Association.

2. UNDER 23:

- 2.1. State Association quota for the ITF Elite Aquathlon Championships in each of the men's and women's event:
 - a) Maximum per State Association is 3 Men and 3 Women athletes in each group;
 - b) All qualified athletes for the ITF Elite Aquathlon Championships need to be entered through their State Association.

3. JUNIOR & SUB JUNIOR:

- 3.1. State Association quota for the ITF Elite Aquathlon Championships in each of the

men's and women's event:

- a) Maximum per State Association is 3 Men and 3 Women athletes in each group;
- b) All qualified athletes for the ITF Elite Aquathlon Championships need to be entered through their State Association.

4. DEADLINES:

- 4.1. The State Association must enter the athletes into the ITF online entry system no less than 31 days before the first competition day;
- 4.2. 30 days before the first competition day, all the start lists will be published on www.triathlonindia.com.

Appendix E3

ITF National Duathlon Championships

QUALIFICATION CRITERIA

1. ELITE:

- 1.1. State Association quota for the ITF Elite Aquathlon Championships in each of the men's and women's event:
 - a) Maximum per State Association is 3 Men and 3 Women athletes in each group;
 - b) All qualified athletes for the ITF Elite Aquathlon Championships need to be entered through their State Association.

2. UNDER 23:

- 2.1. State Association quota for the ITF Elite Aquathlon Championships in each of the men's and women's event:
 - a) Maximum per State Association is 3 Men and 3 Women athletes in each group;
 - b) All qualified athletes for the ITF Elite Aquathlon Championships need to be entered through their State Association.

3. JUNIOR & SUB JUNIOR:

- 3.1. State Association quota for the ITF Elite Aquathlon Championships in each of the men's and women's event:
 - a) Maximum per State Association is 3 Men and 3 Women athletes in each group;
 - b) All qualified athletes for the ITF Elite Aquathlon Championships need to be entered through their State Association.

4. DEADLINES:

- 4.1. The State Association must enter the athletes into the ITF online entry system no less than 31 days before the first competition day;
- 4.2. 30 days before the first competition day, all the start lists will be published on www.triathlonindia.com.

Appendix E4

ITF Triathlon Elite/Junior Mixed Relay Championships QUALIFICATION CRITERIA

1. Age eligibility: All team members must belong either the Junior or the Elite category, as defined in ITF Competition Rules 2.5;
2. The State Association can enter a maximum of two teams into the ITF online entry system no less than 30 days before the competition, unless restricted by the Technical Delegate to a maximum of one team per State Association;
3. 25 days before the competition, the team start list will be published on www.triathlonindia.com and teams will be added in the following order:
 - 3.1 The team of the host State;
 - 3.2 Teams that finished in the top eleven (11) positions in the previous ITF Triathlon Elite/Junior Mixed Relay Championships.
4. Late entries:
 - 4.1 Late entries received will not be accepted;

Appendix E5

ITF Points List Criteria

1. ELIGIBILITY:

- 1.1. Only athletes in good standing with their State Association affiliated with ITF are eligible to be included in the ITF Points List.

2. . SCORING:

- 2.1. The ITF Events counting for the ITF Points Lists, the amount of points earned by the winner of the event, the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
Elite National Championships (*)	100	5
Junior National Championships	100	5

(*) For both sprint and standard distance National Championships

- 2.2. This table is applicable for events from Jan 1st, 2020.
- 2.3. The points will be decreased by 7.5% for every position.
- 2.4. Only athletes representing SAs will be considered in the National Championships.
- 2.5. The events included in more than one level (i.e. State Championships taking place in a National Championship event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered.
- 2.6. **Cut-off:** To earn points, athletes must finish within the cut-off time which will be determined by adding 5% to the winner's time in the men's event and 8% in the women's event.

- 2.7. **Quality of field:** The points of the events may be increased depending on the ranking of the athletes starting. Every athlete ranked in the ITF Points list above the indicated position, will increase the value of the race by 2% up to a maximum of 20% per event.
- 2.8. **Total Events to Count:** It will be a maximum of 12 events to count.
- 6 from the 52 Weeks previous to the date of the publication of the list (current period);
 - 6 from the days between the 53rd and the 104th week previous to the date of publication of the list (previous period).
- 2.9. **Value of the points depending on the periods**
- The value of the points in the current period is the same as those gained in the event;
 - The value of the points in the previous period is 1/3 of those gained in the event.

Appendix E6

ITF Duathlon Points List Criteria

1. PURPOSE:

- 1.1. ITF Duathlon Points Lists will be used to determine the best performing duathletes.

2. SCORING:

- 2.1. The ITF Events counting for the ITF Duathlon Points List, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
Duathlon National Championships (**)	100	5

(**) If ITF organize several championships in the same year/season the standard distance one will be preferred then Sprint.

- 2.2. This table is applicable for events from Jan 1st, 2020.
- 2.3. The points will be decreased by 7.5% for every position;
- 2.4. Only athletes representing State Association from the respective State Associations will be considered in the National Championships.
- 2.5. The events included in more than one level (i.e. State Championships taking place in a National Championship event) will give only one score to every athlete. If an athlete should gain points by more than one way (i.e. points for the overall event and points for the National Championships) only the highest score will be considered;
- 2.6. **Total Events to Count:** It will be a maximum of 6 events to count.
- 3 from the 52 Weeks previous to the date of the publication of the list (current period);
 - 3 from the days between the 53rd and the 104th week previous to the date of publication of the list (previous period).
- 2.7. **Value of the points depending on the periods**
- The value of the points in the current period is the same as those gained in the event;
 - The value of the points in the previous period is 1/3 of those gained in the event.

Appendix E7

ITF National Ranking Criteria

1. GENERAL:

- 1.1. The National Federation will decide on the existence of the National Ranking.
- 1.2. ITF National Rankings will be used to determine the best performing triathletes of the season within the continent;

2. ELIGIBILITY:

- 2.1. . Only athletes in good standing with their State Associations affiliated with the National Federation are eligible to be included in the ITF National Rankings from their State.

3. SCORING:

- 3.1. The season is determined by the Final event. Events taking place after the Final will be included in the next season.
- 3.2. The ITF Events counting for the ITF National Rankings, the amount of points earned by the winner of the event and the number of athletes earning points will be as shown in the following table:

Events	Points for the winner	Maximum athletes to score
ITF National Championship	250	20
Age Group National Championships	150	10

- 3.3. The points will be decreased by 7.5%;
- 3.4. **Cut-off:** To earn points, athletes must finish within the cut-off time which will be determined by adding 5% to the winner's time in the men's event and 8% in the women's event;
- 3.5. **Total Events to Count:** The final score will be obtained by adding the points gained in the ITF National Championship Final plus the 4 best scores obtained in the rest of scoring events of the season.

20. APPENDICES F: UNIFORM RULES

APPENDIX F1: ELITE, JUNIOR AND YOUTH UNIFORM RULES

1. Overview:

- 1.1. To compete in ITF Events, athletes must comply with the ITF Uniform Rules and the reference to the Uniform at 2.8 of the Competition Rules;

2. Purpose:

- 2.1. Provide a clean and professional image of our sport to local and global spectators and media;
- 2.2. Provide sponsors with reasonable space for viable exposure;
- 2.3. Provide a framework for enabling ITF member State Association and athletes to have a mutually beneficial relationship with respect to rights and responsibilities, as per Appendix F.2.

3. Uniform Design:

- 3.1. State uniforms must have a distinct look, however the design requirements should not impact on technical requirements athletes might have due to body shape or size;
- 3.2. The Trisuit shall have back zipper not exceeding length of 40cm. Front Zipper Trisuits are not allowed.

4. Headwear:

4.1. Swim:

- a) No sponsor logos are allowed on the swim cap other than as prescribed by ITF/LOC.

4.2. Cycle:

- a) Athletes must wear helmets on the bicycle segment, as described by the ITF Competition Rules;
- b) Helmet race number stickers, provided by ITF or the Local Organising Committee, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;
- c) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible;
- d) The helmet can be any colour or design and include any logo provided it meets the requirements in b) & c) above.

5. Bicycle:

- 5.1. Only logos of bicycle related products may appear on the athlete's bicycle;
- 5.2. Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- 5.3. Bike race number stickers, provided by ITF or the Local Organising Committee, must be placed on the bike as instructed, without any alteration.

6. Wetsuits:

6.1. Logos:

- a) Only the wetsuit manufacturer's logo may appear on the wetsuits;
- b) The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit;
- c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm²;

- d) Logos on the side panel must be included within either the 80cm^2 for the back or the 80cm^2 for the front.

7. Body Decals:

- 7.1 ITF will provide body number decals, which may include a race identification logo, and each elite athlete will apply them prior to the event.
- 7.2 One set of body number decals are to be applied to each arm and each leg;
- 7.3 For double digit numbers, decals must be applied one above the other, not side by side;

For example the number 23 should appear like this $\begin{matrix} 2 \\ 3 \end{matrix}$ Not like this... **23**

8. Temporary Tattoos:

- 8.1 Athletes are not allowed to place any temporary tattoo, other than the race numbers and logos provided by ITF, on their body during ITF Events.

APPENDIX F2: AGE GROUP UNIFORM RULES

1. Overview:

- 1.1. To compete in ITF Events, athletes must comply with the ITF Uniform Rules and the reference to the Uniform at 2.8 of the Competition Rules;

2. Purpose:

- 2.1. Provide a clean and professional image of our sport to local and global spectators and media;
- 2.2. Provide sponsors with reasonable space for viable exposure;
- 2.3. Provide a framework enabling ITF member State Association and athletes to have a mutually beneficial relationship with respect to rights and responsibilities, as per Appendix F.6.

3. Uniform Design:

- 3.1. State uniforms must have a distinct look, however the design requirements should not impact on technical requirements athletes might have due to body shape or size;
- 3.2. The Trisuit shall have back zipper not exceeding length of 40cm. Front Zipper Trisuits are not allowed.

4. Headwear:

4.1. Swim:

- a) No sponsor logos are allowed on the swim cap other than as prescribed by the ITF/Local Organising Committee.

4.2. Cycle:

- a) Athletes must wear helmets on the bicycle section, as described by the ITF Competition Rules;
- b) Helmet race number stickers, provided by ITF or the Local Organising Committee, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;
- c) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible;
- d) The helmet can be any colour or design and include any logo provided it meets the requirements in b) & c) above.

5. Bicycle:

- 5.1. Only logos of bicycle related products may appear on the athlete's bicycle;
- 5.2. Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- 5.3. Bike race number stickers, provided by ITF or the Local Organising Committee, must be placed on the bike as instructed, without any alteration.

6. Wetsuits:

6.1. Logos:

- a) Only the wetsuit manufacturer's logo may appear on the wetsuits;

- b) The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit;
- c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm²;
- d) Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.

7. Race Numbers:

- 7.1. **Traditional race numbers:** Race numbers, provided by ITF or the Local Organising Committee, must be worn as instructed by the ITF Technical Delegate on the Athletes' or Team Managers' Briefing, without any alteration.

7.2 Body Marking:

- a) Athletes will be marked on each arm and each leg unless otherwise instructed by the ITF Technical Delegate at Athletes' or Team Managers' Briefing;
- b) One calf of the athletes must be marked with the category and the gender of the athletes. (For example the number M25 should appear for men athletes in the category men 25-29 or the number F40 should appear for the women athletes in category women 40-44.).

8. Temporary Tattoos:

- 8.1. Athletes are not allowed to place any temporary tattoo, other than the race numbers and logos provided by ITF, on their body during ITF Events.

21. APPENDIX G ITF RELATED MULTISPORTS

- . Triathlon
- . Aquathlon
- . Duathlon

22. APPENDIX H : ITF EVENTS AND CATEGORIES:

ITF EVENTS	ITF EVENT CATEGORIES
NATIONAL CHAMPIONSHIP	ELITE & JUNIOR
NATIONAL AQUATHLON CHAMPIONSHIP	AGE GROUP (U13, U16, U19)
OPEN NATIONAL TRIATHLON CHAMPIONSHIP	AGE GROUP (U15,U19,U23,24+ & 40+)
OPEN NATIONAL DUATHLON CHAMPIONSHIP	AGE GROUP (U15,U19,U23,24+ & 40+)
OPEN NATIONAL AQUATHLON CHAMPIONSHIP	AGE GROUP (U15,U19,U23,24+ & 40+)
TEAM REALY	ELITE & JUNIOR

23. APPENDIX I: PENALTIES AND VIOLATION

This list is a resume of the most common penalties and infringements. In case of different interpretation of the text in this appendix and the main body of the completion Rules, the main body of the completion Rules will be applied.

All the references to Elite in the chart below, include Elite, Junior and Youth Athletes.

The procedures and the amount of penalties for all categories and distances are outline in 3 of the completion Rules.

GENERAL

Rules	PENALTIES
1, An athletes who competes in a category different from his/her age, in a distance 24 hour period	- DSQ from the all events included in this period
2, Failing to follow the prescribed course	Warning and Re-enter the completion by the same point If not -DSQ
3, Departing the course for reason of safety, but failing to Re-enter at the point of departure when advantages gained	If advantages gained : Time Penalty
4, Using abusive language or behaviour towards any official	-DSQ and report to the National Federation Tribunal for Possible suspension
5, Using unsportsmanlike Behaviour	-DSQ and report to the National Federation Tribunal for Possible suspension
6, Blocking, Charging Obstructing or interfering the forward progress of another athlete	-Unintentionally: Warning and amend - intentionally : DSQ
7, Unfair contact. The fact that contact occurs between athletes does not constitute violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favourable positions, is not violation.	-Unintentionally: Warning and amend - intentionally : DSQ
8, Accepting assistance from anyone other than a Technical Official, race official or other athlete	-Warning and amend if it is possible and return the original situation -if not: DSQ
9, Refusing to follow the instructions of Technical official or Race officials	-DSQ
10, Failure to wear the unaltered race number if provided by the local organising committee, in the proper way ordered by the Technical Delegate and announced the athletes' Briefing	-Warning and amend -if not corrected DSQ

11, warning the race number during the swim segment when wetsuits are forbidden	-Warning and amend -if not corrected DSQ
12, To dispose of rubbish or equipment around the course outside the clearly identified places, such as aid stations or rubbish disposal points	-Warning and amend -if not corrected Time Penalty
13, Using illegal, dangerous or unauthorised equipment to provide an advantages or which will dangerous to others	-Warning and amend -if not corrected DSQ and removed from the completion
14, Violating competition-specific traffic regulations	-Unintentionally: Warning and amend if possible -if not corrected or Intentionally DSQ
15, contrived or intentional ties by elite U23, Junior and Youth athletes in ITF sanctioned events	-DSQ
16, Wearing a different uniform than the one presented in the check-in, either in competition or in the award ceremony	-Warning and amend -if not corrected DSQ
17, Wearing during the competition or the award ceremony a uniform which doesn't meet the competition Rules	-DSQ
18, Wearing clothing covering any parts of the arms below the shoulder and/or clothing covering any part of the legs below knee, when not allowed	-Warning and amend -if not corrected DSQ
19, Not covering the arms during the competition following a request from Technical Delegate based on the weather conditions	-Before the competition Warning and amend -if not corrected DSQ and removed from competition
20, Displaying any kind of demonstration of political , religious or racial propaganda	-Warning and amend -if not corrected DSQ and removed from the completion
21, Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	-DSQ removed from competition and in form National Federation Tribunal for possible suspension
22, Participating when not eligible	-DSQ removed from competition and in form National Federation Tribunal for possible suspension
Repeated intentional violation of ITF Rules	-DSQ and report to the National Federation Tribunal for Possible suspension
23, Drug abuse	PENALTIES will apply according to the WADA rules
24, For unusual and violent act of unsportsmanlike behaviour	-DSQ and report to the National Federation Tribunal for Possible suspension
25, Compete with a bare torso	-Warning and amend -if not corrected DSQ
26, Indecent exposure or Nudity	-Warning and amend -if not corrected DSQ

27, Outside assistance to give another complete bike, frame, wheels, helmet or any other item equipment which result in the donor athlete being unable to continue with their own competition	-DSQ of both athletes
28, Gain unfair advantages from any Vehicle (excluding drafting)	-DSQ
29, Not Stopping in the next penalty box being obliged to do so	-DSQ
30, Warning upon the course while another competition in progress	-Warning and amend -if not corrected DSQ
31, Competition under suspension	-DSQ removed from competition and report to the National Federation Tribunal for extending suspension or expulsion
32, Carrying out ambush Marketing in the award ceremony	Forfeit the prize money earned in the event
33, Intentionally missing a technological fraud test after being selected	-DSQ removed from competition and report to the National Federation Tribunal for potential suspension
34, Using any device which makes the bike not only human powers and resulting technological fraud	-DSQ removed from competition and report to the National Federation Tribunal for potential suspension
35, Using any device distracting the athlete from paying full attention to surroundings.	-Warning and amend -if not corrected DSQ
36, An athlete physically assists the forward progress of another athlete	-DSQ both athletes

Briefing (Non applicable for age Group)

37, Not attending the athlete's briefing, without notifying the Technical Delegate	Athletes not attending the briefing without informing the Technical-Delegate about their absence will be removed the start list of the event and from all start and wait list in the events on the next 30days
38, Athletes entering briefing hall after the briefing has started and athletes not attending the briefing but informed the Technical Delegate about their absence	Time penalty served in Transition 1 applicable for specific distance
39, Athlete missing 3 more briefing in Triathlon, Aquathlon, & Duathlon event same calendar year, no matter if the athlete informed the Technical Delegate or not	Removed from the start list from every subsequent completion at which they miss the briefing

Start

40, Starting before the starter's signal	-Time Penalty	64
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41, Starting in a wave earlier than the one the athlete is assigned to	-DSQ
42, Not moving forward before touching the water	-Time Penalty
43, To Change the start position once selected	-warning and amend -if not corrected DSQ
44, To block more than one start positions	-warning and amend -if not corrected DSQ

Swim

Wearing clothing covering any part of the arm below the shoulder and/or clothing covering any part of the legs below knee in a non wetsuit swim	-Warning and amend -if not corrected DSQ
46, Not wearing the official swim cap from the time of the line-up	-Intentionally warning and amend If not corrected DSQ
47, Make contact and continue to impede the progress of the other athlete without making an effort to move apart	-Time penalty
48, Deliberately target another athlete to impede their progress gain unfair advantage and potentially cause harm	-DSQ May report to National Federation Tribunal for potential suspension or expulsion
49, Wearing wetsuit not covering the torso when the wetsuit is mandatory.	-Warning and amend -if not corrected DSQ and removed from the competition
50, Athletes wearing branded second swim cap visible any time from the athlete line-up till Transition 1	-Before the competition Warning and amend -During the competition : Age group warning and amend, Elite : draft illegal & legal for Time penalty,

Transition

51, Rack the bike improperly, outside the athletes' own space or blocking the progress of other athletes	-Before the competition: warning and amend -During the competition Age group warning and amend Elite Draft legal Time penalty
52, To have the helmet strap fastened in T1 while completing the first segment	-Age Group & elite : Technical official will undo the strap
53, Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike	-Age Group: warning and amend -Elite : Time penalty
54, Mount the bike before the mount line	-Age Group: warning and amend -Elite : Time penalty

55, Dismount the bike before the dismount line	-Age Group: warning and amend -Elite : Time penalty
56, Discharge or store the athlete equipment outside the designated area	-Age Group: warning and amend -Elite : Time penalty
57, Marking of position in transition area	-Warning and amend -if not corrected, marking objects used for marking purpose will be removed and athlete will not be notified
58, Failing to deposit all equipment inside the proper bag provided by local organising committee on the events where bag drop system is in place (with exception of bike shoes that must remain in the pedals at all times)	-Age Group: warning and amend -Elite : Time penalty
59, Interfering with another athlete's equipment in the transition area	-Age Group: warning and amend -Elite : Time penalty

Bike

60, Not wearing helmet during the familiarisation and/or official training sessions	-To be excluded from the specific session
61, Make forward progress without the bike during the segment	-Warning and amend -if not DSQ
62, Drafting of a draft different gender athlete in draft legal events	1st offence : warning 2nd offence DSQ
63, Drafting off an athlete being in a different lap	-Warning and amend -if not DSQ
64, Drafting off a Vehicle or motorbike in a draft-legal competition	-Warning and amend -if not DSQ
65, Blocking in a draft legal Age-group competition	-Time penalty -if not DSQ
66, Wearing the helmet unfastened or insecurely fastened during the bike segment	-Age Group: warning and amend Elite : Time penalty -if not corrected DSQ , and removed from the competition
67, Take off the helmet on the bike course even if stopped	-Warning and amend -if not corrected DSQ
68, Not wearing the helmet during the bike segment	- DSQ and removed from competition
69, Competing with different bicycle than the one presented at the check in or modified after getting the approval at the check-in	- DSQ
70, While in the bike penalty box, athletes consume food and/or water other than that is on the athlete's bike or person	-Warning and amend -if not corrected DSQ

71. Athletes using the restroom while serving penalty in the bike penalty box	-Penalty paused
72, Making adjustments to equipment or performing any type of bike maintenance while serving a penalty	-Warning and amend -if not corrected DSQ
73, Dangerous riding during the bike segment	-Time penalty -if intentionally repeated DSQ and removed from competition

RUN

74, Crawl during the running segment	-DSQ and removed from competition
75, Running together and/or take pace from other athlete/s that is /are one or more laps ahead (Applicable to Elite,U23,Junior, Youth athletes	-Warning and amend -if not corrected DSQ
76, Being accompanied by non-competing athletes, team members, team managers, or other pacemakers on the course or along the course	-Warning and amend -if not corrected DSQ
77,During the run segment wearing helmet	-Warning and amend -if not corrected DSQ
78, To use posts, trees or other fixed elements to assist manoeuvring	-Time penalty
79, Being accompanied by any non-competing person in the finish chute	-DSQ

Team Relay

80, one or more declared team members in a standalone relay event, entering the briefing hall after the briefing has started or not attending the briefing	10 seconds time penalty for the team served in transition 1 by the first team member
81, Not submitting the team declaration form within the specified time	-Team will removed from start list of the event and from all start and wait list in the events on the next 30 days
82,Team really exchange completed out side of the exchange zone	-Time Penalty
83, Team relay exchange not completed or intentionally completed outside the changing zone	-DSQ

24. APPENDIX J : RESULT AND START LIST SAMPLES

The results and start list samples can be found with Technical delegate and in the **ITF** website

25. APPENDIX K: ATHLETE'S AGREEMENT

The Athletes Agreement is available in the **ITF** website

26. APPENDIX L: TECHNOLOGICAL FRAUD:

1. Location and time:

1.1. For any event, the technological fraud check will take place at the time that the athlete's Bicycles are checked (athlete's lounge or transition zone)

1.2. Ideally two events should be provided by the LOC (one of them can be without walls)

1.3. Prior to the competition, there will be selections among the athletes. Post-competition, tests can take place on targeted athletes according to their performance.

2, Personnel Involved:

2.1. One or two ITF accredited bike check officials should be part of the process.

2.2. A qualified bike mechanic should be provided by the LOC. The bike mechanic should be very familiar with types of bicycles that are being used at the particular competition and be able to disassemble bike and reassemble the bike within a short period if time.

3. Process:

3.1. The selected athlete will be asked to move his/her bicycle to the 1st tent or in particular location. The ITF accredited bike check official will explain the process to the athlete, perform visual check including frame and the wheels.

3.2. ITF may use any available technology to check the athletes bicycles.

3.3. The athlete will be given the tool to remove the seat post and the chain wheel axle. Alternatively, the athletes representative can remove the above equipment for them. If the athlete or his/her representative is not willing to remove above the equipment, he/she has sign a waiver for any damages to the bicycle during removal by ITF approved bike mechanic.

3.3. The bike mechanic or the athlete will remove the chain wheel axle. If a motor exist, the athlete will be referred to the Head Referee for a decision. The Head Referee will disqualify the athlete and refer the case of the National Federation Tribunal for possible further penalties.

3.4. If the athlete refuses to sign a waiver, the case will be considered as a missed test and as such the Head Referee will disqualify the athlete and refer the case of the National Federation Tribunal for possible further penalties.

3.5. The athlete is not allowed to compete on another bicycle at any ITF event until the case is closed and during the time of possible suspension.

27. APPENDIX M: PPE-PRE PARTICIPATION EVALUATION

1 The PPE should consist of

1.1. Answer the Medical Questionnaire: this questionnaire is strictly confidential and must be given to the responsible team doctor before the medical examination. The medical questionnaire will be available to be downloaded from the ITF website.

1.2. Physical Examination: by the doctor following the IOA/ ITF recommendations published in the Indian Medical Council about the Sudden cardiovascular Death in sport Consensus.

a, Cardiac auscultation

. Rate/rhythm

.Murmur : systolic/diastolic

.systolic click

B, Blood Pressure

C, Radial and femoral pulses

D, Marfan stigmata

1.3. A 12 lead rest electrocardiogram (ECG). Doctor to look for anomalies in rhythm, conduction or depolarization.

1.4. Each State association must send one letter/certificate at the beginning of the season, signed by the State Association Representative, confirming that all athletes as outlined in 2.4.c have undertaken the PPE, who will enter in an ITF event in the specific calendar year. This letter will have to be submitted manually, otherwise athletes from the specific Association will not be admitted to any ITF event .