INDIAN TRIATHLON FEDERATION
RANKING SYSTEM

Why ITF National Ranking?

- As an ITF registered member, athletes will receive ITF National Ranking points for every event participated.
- Rankings allow members to see how he/she stack up against fellow members, in their age group across the country.
- Ranking system helps ITF to identify the best triathletes to represent India at the ITU & ASTC races.

Ranking Eligibility

- Participants must be registered with ITF and should have an active account for the securing points to be considers for ranking calculation.
- Participants must be within the stipulated age group and will be considered in the same age group for point calculations.
- Stipulated age group is determined by one's age on 31st December of the year

Ranking criteria

- Ranking will be awarded for following categories – Youth (13 to 15), Junior (16 to 19), Elite (20 to 40) and Masters (40+)
- All Events will be categorized into 3 status; Gold, Silver & Bronze.
- Ranking Points will be awarded based on Race distance and Event type participated.
- The points will be decreased by 7.5% for every position scored in the event.
- Points secured in top 3 races participated across Triathlon, Duathlon and Aquathlon from 1st Jan to 31st Dec will be considered for ranking calculation.
- Points will be awarded for Super Sprint, Sprint, and standard distance races.
- In case if a Triathlon event converted to Duathlon or Aquathon only 75% of the points will be awarded.
- Only participants who complete the race will be awarded points, No points for DNF.

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- Ranking Calculation process – The average points accrued will be considered for ranking of an athlete. Total points accrued, divided by 3 will give an athlete's avg points.
- Based on avg points, ranking will be generated every month for the respective category.
- 33% of the average points from previous year (Jan to Dec) will be carried forward to next year ranking calculation. Hence the athlete will start with 33% of the previous year's average point.
- Athletes will accrue points only in their respective categories. There will be no points carried forward when an athlete moves into a higher age category.

TABLE 1 - TRIATHLON DISTANCE

Distance	Swim	Bike	Run	Min Age
Super Sprint	250M to 500M	6.5Km to 13Km	1.7Km to 3.5Km	10+
Sprint	750 M	20Km	5Km	16+
Standard Distance	1.5KM	40Km	10Km	19+

TABLE 2 - DUATHLON DISTANCE

Distance	Run	Bike	Run	Min Age
Super Sprint	1Km to 3Km	5Km to 10Km	1Km	10+
Sprint	5KM	20Km	2.5Km	16+
Standard Distance	5Km to 10Km	30Km to 40Km	5Km	19+

TABLE 3 - AQUATHLON DISTANCE

Distance	Run	Swim	Run	Min Age
Super Sprint	-	400M	1.5Km	10+
Sprint	2.5Km	750M	1.5Km	16+
Standard Distance	2.5Km	1Km	2.5Km	19+

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Table 4 - Ranking Points Chart

Position	Triathlon			Duathlon & Aquathlon		
	Super Sprint	Sprint	Standard Distance	Super Sprint	Sprint	Standard Distance
1	300	400	500	200	300	400
2	278	370	463	185	278	370
3	257	342	428	171	257	342
4	237	317	396	158	237	317
5	220	293	366	146	220	293
6	203	271	339	135	203	271
7	188	251	313	125	188	251
8	174	232	290	116	174	232
9	161	214	268	107	161	214
10	149	198	248	99	149	198
11	138	183	229	92	138	183
12	127	170	212	85	127	170
13	118	157	196	78	118	157
14	109	145	181	73	109	145
15	101	134	168	67	101	134
16	93	124	155	62	93	124
17	86	115	144	57	86	115
18	80	106	133	53	80	106
19	74	98	123	49	74	98
20	68	91	114	45	68	91
21	63	84	105	42	63	84
22	58	78	97	39	58	78
23	54	72	90	36	54	72
24	50	67	83	33	50	67
25	46	62	77	31	46	62
26	43	57	71	28	43	57
27	40	53	66	26	40	53
28	37	49	61	24	37	49
29	34	45	56	23	34	45
30	31	42	52	21	31	42
31	29	39	48	19	29	39
32	27	36	45	18	27	36
33	25	33	41	17	25	33
34	23	31	38	15	23	31
35	21	28	35	14	21	28

36	20	26	33	13	20	26
37	18	24	30	12	18	24
38	17	22	28	11	17	22
39	16	21	26	10	16	21
40	14	19	24	10	14	19
41 and above	5	15	20	5	5	5

Event Status Criteria

- Events organized across India will be allocated a status, the purpose of status is to motivate Event organizers to raise the standard of the race, course, arrangements, etc. which will enable participants to produce better timings.
- To Acknowledge the race standards and to help Triathletes to identify the best and appropriate competition to participate.
- Updated Event status will enable ITF to ensure Standardization across events and better calendar for events.

Minimum requirements to conduct an event for the 3 categories are listed below:

Bronze (Open Races)	Silver (Open Races)	Gold (ITF National Championship)
No prize money	Prize money (Optional)	Prize money
Manual timing system(software)	Timing (chip)	Timing (chip)
Volunteers	Certified TO Officials	Certified TO Officials
Measured by organizer	Course Measured by certified ITU/ITF official	Course measured by certified ITU/ITF official
Indoor/Outdoor	Transition area as per ITU guidelines	Transition area as per ITU guidelines
	Bike check/gear check	Bike check/gear check

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Swimming pool	Swimming Pool / Open water for Elite and Masters only	Swimming Pool / Open water for Elite and Masters only
Open to all	Open to all	Top 3 male and female from each state
CLOSED CIRCUIT (Closed traffic)	CLOSED CIRCUIT (Closed traffic)	CLOSED CIRCUIT (closed traffic)
		Doping control measures
Ambulance	Dedicated medical staff with ambulance	Dedicated emergency medical staff with 2 ambulances
	Physiotherapist availability	Male and Female Physiotherapist
Online or offline registration	Online registration from organizer portal	Online registration from ITF portal
Social Media coverage	Photo and video coverage + social media coverage.	Photo and video coverage + social media coverage.