

Changes to 2016 ITU Competition Rules*

*Please note the changes listed below represent only a small number of the overall changes to the rules and have been highlighted here as they pertain primarily to age group, paratriathlon and/or junior and youth events. For a complete list of 2016 ITU rule changes, please refer to [the ITU Competition Rules 2016](#). Changes are highlighted in yellow.

2. Conduct of Athletes

2.3 Drug Abuse

- a) Athletes and guides will follow the ITU Anti-doping rules
- b) All athletes and guides are responsible for familiarizing themselves with the ITU Anti-doping rules...

2.5 Eligibility

- (i) Athletes may not compete within 36 hours in more than one triathlon or multisport event when one event is of standard distance or longer

2.8 Uniform

- c.) (iii) Athletes competing in middle or long distance events and paratriathletes competing in PT1 class are allowed to wear uniforms with sleeves extending from the shoulder to the elbow.

4 Swimming Conduct

4.2 Wetsuit Use

Elite, U23, Junior and Youth

Swim Length	Forbidden	Mandatory
Up to 1500m	20C and above	15.9C and below
1501m and longer	22C and above	15.9C and below

Age Group

Swim Length	Forbidden	Mandatory
Up to 1500m	22C and above	15.9C and below
1501m and longer	24.6C and above	15.9C and below

4.3 Modifications

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

Original swim distance	Temperature of water						
	Above 32C	31.9C – 31.0 C	30.9C- 15.0C	14.9C- 14.0C	13.9C- 13.0C	12.9C – 12.0C	Below 12.0C
750m	Cancel	750m	750m	750m	750m	750m	Cancel
1500m	Cancel	750m	1500m	1500m	1500m	750m	Cancel
3000m	Cancel	750m	3000m	3000m	1500m	750m	Cancel
4000m	Cancel	750m	4000m	3000m	1500m	750m	Cancel

4.5 Start Procedure (Elite, U23, Junior and Youth)

- b) Anytime after the announcement, the start signal will be given by blasting a horn. Athletes will move straight ahead towards the first buoy until they reach the water.

4.8 Start Procedure (Rolling Start System) – for use in age group races for long distance or in shorter distance events where the start area is not wide enough to safely accommodate athletes. See page 23 in ITU Rules for further information.

5 Cycling Conduct

5.2 Equipment

b) (i)

g) illegal equipment :

(i) illegal equipment includes, but is not limited to: headphone(s), headset(s) or technical earplug(s)

5.4 Overlapping:

a) Elite, U23, junior and youth athletes who have been lapped during the bike segment will be withdrawn from the race by the technical officials. Technical officials may anticipate their decision for safety reasons, if the athlete is closer than 100 meters ahead from the leader and the technical official is totally sure that the overlapping will occur.

5.5 Drafting

c) Draft illegal events

(iv) to draft is to enter the bicycle or vehicle draft zone:

- **Middle and long distance draft zone**: the bicycle draft zone will be 12 meters long measured from the leading edge of the front wheel. A maximum of **25 seconds** will be allowed to pass through the zone of another athlete.
- **Standard and shorter distance events**, the bicycle draft zone will be 10 meters long....

5.7 Blocking

a) Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course. Athletes seen blocking by a Technical Official will incur a stop and go at the next bike penalty box.

7 Transition Area Conduct

7.1 General rules

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).

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.

16 Team and Relay Events

16.10 c) If the relay 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 exchange zone, the team will be disqualified.

17. Paratriathlon

17.8 Pre-transition area conduct

b) all PT1 athletes must transfer in a day chair from pre-transition to transition area

17.11 Paratriathlon cycling conduct/equipment

e) both brakes on the handcycles will act on the front wheel;

17.5 Paratriathlon PT2, PT3, PT4 Running Conduct and Equipment

b) Athletes are permitted to use prosthesis provided that the prosthesis replaces a missing body part of the athlete. Athletes may only compete with prostheses, orthoses

or other special adaptive equipment that has been checked and approved during the classification evaluation.

c.) Athletes will wear an official race number or four sets of body decals which will be visible from the front.

17.16 Paratriathlon PT5 Conduct

a) General

(vii) Athlete and guide shall not be more than 1.5 meters apart during the swim segment and no more than 0.5 meters apart during any other segment of the competition;

(ix) All PT5 athletes from sub-class B1 must wear blackout goggles throughout the entire race, excluding the part from the swim exit to the athletes space in T1. Swim goggles may be removed once the swim is finished. Blackout glasses must be used from T1 until the athlete and guide cross the finish line. The PT5 athlete will put on the blackout glasses immediately after arriving at the assigned space inside T1 and will be used on the bike, T2 and run segments. Both the blackout goggles and glasses will be checked at registration and the athlete must ensure they do not allow light to enter through the main patched or painted area, nose piece, sides or bottom.

(x) Athletes and guides are subject to ITU Anti-Doping Rules

b.) Swimming conduct :

(iii) The guide must swim next to the athlete within a maximum separation distance of 1.5m from the athletes' head to the guide's head. The tether will be provided by ITU, measuring around 80cm max with no tension, made out of elastic rope. The rope will have two hooks attached at each end and it is the athlete and guide's responsibility to carry their own attachable pieces which the tether can hook on to. It can be fixed to any part of the athlete's body.

d) Running Conduct

(ii) At no time may a guide have physical contact with the athlete.

(iii) Deleted – the athlete may use an elbow lead during the run. In addition, the athlete may receive verbal instruction from the guide;

21 Aquabike

21.1. General

- a.) Aquabike consists of Swimming, T1, biking and T2.
- b.) Aquabike events will be organized only under Long Distance and for Age Group categories, and included in the program of a Long Distance Triathlon event

21.2. Distance

- a.) From 1900 meter swim and longer followed by 80 km bike or longer, mirroring the distance of the Long Distance Triathlon event in which the aquabike is included.

21.3. Specific Rules

- a.) Aquabike is ruled by the same rules that the Long Distance Triathlon event in which it is included.

21.4. Finish

- a.) Athletes will finish the race at the finish line located by the T2 exit. The time registered in this point is the final time.

New Definitions

Aquabike - Multisport which combines swim and cycle in two segments: the first segment is swimming and finishing with cycling.

Aquathlon - Multisport which combines swim and run in three segments: the first segment is run, followed by swim and finishing with running.

Winter Triathlon - Multisport which combines different winter sports. It may have two different formats, either starting with running on snow followed by cycling on snow and finishing with cross country skiing, or starting with snowshoeing followed by skating on ice and finishing with cross country skiing.

Appendix K: Penalties and Violations (Pgs 179-183)

- 17. Displaying any kind of demonstration of political, religious or racial propaganda – DSQ.
- 24. Indecent exposure – stop and go, once corrected. If not, DSQ.
- 37. Not moving forward before touching the water. Time penalty in T1: 30 seconds for middle/long distance; 15 seconds for standard distance; 10 seconds for sprint distance or shorter.

53. Drafting off a different gender athlete in a draft legal event. First offence is a verbal warning, second offense, DSQ.

54. Blocking in a draft illegal race. Stop and go in the next penalty box.