

TRIATHLON ZIMBABWE RULES-FREQUENTLY ASKED QUESTIONS (FAQ)

QUESTION	What are the different times for a penalty?
ANSWER	For a STANDARD triathlon it is 15 seconds, for a SPRINT triathlon it is 10 seconds and for a SUPERSPRINT triathlon it is 5 seconds
QUESTION	How will I know if I have been given a penalty?
ANSWER	Usually by a Technical Official blowing a whistle and showing you a yellow card. If not seen, then the penalty can be issued and placed on the Penalty Box board
QUESTION	If I am not informed by a Technical Official what my penalty was for, how will I know what it is for?
ANSWER	The various penalties are alphabetically coded to show the type of penalty. These are posted with the athlete number on the run Penalty Box Board (SEE THE CHART BELOW).
QUESTION	Is the Penalty Box Board the only place I can take a penalty?
ANSWER	Penalties issued for missing the Athlete Briefing, Swim Start penalties and Swim Conduct penalties can be given to an athlete in Transition 1 (Swim to Bike) or else they are carried over to the Run Course Penalty Box
QUESTION	Where is the Penalty Box usually situated ?
ANSWER	It will be on the Run Course - situated close to the FINISH but also on the Run Course so that it can be seen on each respective run lap
QUESTION	When should I take the penalty on the run course?
ANSWER	You may decide when you wish to take the penalty but it MUST be taken before you cross the finish line
QUESTION	What will happen if I don't take the penalty before I finish the race ?
ANSWER	You will be disqualified but will have the opportunity to Protest the disqualification through the Head Referee.
QUESTION	Is it possible for me to receive more than one penalty in the same race?
ANSWER	Yes it is feasible and each penalty has a separate time frame. They can be taken at the same time for the composite penalty duration.
QUESTION	If I wish to protest a Penalty what should I do?
ANSWER	If you have served the penalty, you CANNOT protest it afterwards. If not, you report to the Head Referee (HR) at the end of the race and within 5 minutes of your finish and VERBALLY inform the HR that you wish to lodge a protest. You will be instructed further.
QUESTION	Can I protest the actions of a Technical Official or another athlete if it has affected my race?
ANSWER	Yes you may do this. You must report to the Head Referee within 5 minutes of completing your race and you will be instructed on what to do next.
QUESTION	Why must I wear a helmet?
ANSWER	This is for your own safety in the case of an accident.
QUESTION	What will happen if my helmet is found to be cracked or damaged?
ANSWER	You will not be permitted to use it and you will need to replace the helmet
QUESTION	When I rack my bike in Transition 1 (swim to bike) how must I do this and why?
ANSWER	The bike must be racked so that the front wheel faces INTO transition. This is so that everyone has a fair chance to exit the same way.

QUESTION	How must my bike then be racked for Transition 2 (bike to run)?
ANSWER	It must be racked using the saddle with either the front wheel facing into or out of transition, or it can be racked using BOTH of the brake hoods.
QUESTION	If I rack my bike for Transition 2 (bike to run) using ONLY one brake hood, what will happen?
ANSWER	If you are seen doing this, you will be instructed to amend this action and rack it using both brake hoods. If you do not follow the instruction you will then be given a penalty.
QUESTION	What equipment should I place in my numbered Transition Bin?
ANSWER	Only equipment that will be used during the course of your race.
QUESTION	Which equipment can be left outside of my numbered Transition Bin?
ANSWER	Bike shoes may remain clipped into the pedals. Sunglasses and helmet may be placed on the bike. Running shoes may remain out of the bin and on the ground
QUESTION	What will happen if I rack my bike in the wrong numbered rack position on completion of my cycle segment?
ANSWER	You will receive the appropriate time penalty for this. The Technical Officials will take a photo of this and then move the bike so as to not interfere with another athlete.
QUESTION	When I return from my bike segment, may I lay my bike on the ground?
ANSWER	No the bike must be racked in your numbered position.
QUESTION	If my helmet is knocked off the handlebars by a bump from another athlete, will I be penalised?
ANSWER	No, you will not be penalised and it is probable that a Technical Official will amend the situation and replace it.
QUESTION	If it is a medical requirement for me to use an asthma pump, may I leave it in my Transition Bin ?
ANSWER	Yes this is possible. You may also ask a Technical Official if it can be left inside one of your running shoes for use on the run.
QUESTION	If part of my wetsuit is lying outside of my Transition Bin, will I receive a penalty for this?
ANSWER	No, you will not receive a penalty as long as it is evident that most of the wetsuit is in the Transition Bin.
QUESTION	What will happen if I leave my goggles and swim cap outside of my Transition Bin?
ANSWER	You will receive a penalty for this. The Technical Officials will take a photo and then place them into the Transition Bin so as to not interfere with other athletes.
QUESTION	Once I have completed my bike segment of the race, can I leave my bike shoes clipped on the bike and my helmet on the bike?
ANSWER	Yes this is possible.
QUESTION	If I use a running cap, can this be left outside of the Transition Bin?
ANSWER	Ideally it should remain in the Transition Bin until required, BUT you are at liberty to ask a Technical Official if you may leave it under your shoes.
QUESTION	Must my bike cross the whole Mount line before I mount it? And likewise for the Dismount line?
ANSWER	No this is not necessary, it does not affect the bike position it is determined by the leading foot. This foot must cross the Mount line and must be before the Dismount line.
QUESTION	What will happen if I unbuckle or remove my bike helmet before I get to my Transition rack?
ANSWER	Most probably you will be stopped by a Technical Official who will stop you and amend the situation. If you do not stop you will receive a penalty.
QUESTION	May I leave my swim cap on under my helmet for the bike segment?
ANSWER	No you cannot and it is also not a good idea as it could lead to excessive heat build up.

QUESTION	Am I permitted to go onto the run course wearing my helmet?
ANSWER	No you will be stopped by a Technical Official to remove it and return it to your Transition Bin.
QUESTION	Am I permitted to run the run course without shoes/barefoot?
ANSWER	No you will not be permitted and you will be stopped to amend this.
QUESTION	Am I permitted to race with a bare torso?
ANSWER	You may complete the swim section with a bare torso, but you will not be permitted to bike and run without wearing an appropriate top.
QUESTION	Am I permitted to bike and run with a listening device and/or headphones?
ANSWER	No you are not permitted to do this and you will be stopped to amend this. If not, then you will be further penalised and disqualified.
QUESTION	Is my mum/dad/coach permitted to run or bike beside me during the bike and run segments?
ANSWER	No this is not permitted and they will be stopped. If they continue the athlete will be penalised.
QUESTION	Am I permitted to draft another athlete in the same selection event or competition as myself?
ANSWER	For Elite/U23, Junior and Youth events of the Standard, Sprint and Supersprint distances, these races are considered DRAFT LEGAL, so it is permitted.
QUESTION	What will happen if I ride my bike in the Transition Zone before or after the Mount and Dismount lines?
ANSWER	You will be disqualified as you are not permitted to ride your bike in the Transition Zone
QUESTION	Am I permitted to draft an Official motorbike or vehicle during the bike segment?
ANSWER	No this is not permitted and there are specific distances to ensure safety and fairness while racing.
QUESTION	Am I permitted to receive outside assistance during the course of my race if I am having a technical problem?
ANSWER	Yes you are permitted, but only from a Technical Official or another athlete.

PENALTY CHART	
D	Dismount line violation
S	Swim Conduct
M	Mount Line violation
B	Bike Behaviour
E	Equipment outside bin
L	Littering
V	Other violations
R	Run behaviour