



TRIATHLON ZIMBABWE RULES REFRESHER MEETING

Thursday 1st October 2026

A ZOOM meeting was hosted and facilitated by Head of Technical Commission, Mr Rick Fulton.

The aim of the meeting was to cover the Basic Rules of Triathlon and focus on the key rules and regulations that affect Youth and Junior athletes participating in Selection Races so that they have a clear understanding going forward and to avoid unnecessary penalties being incurred.

The WT Rule book is comprehensive and so only the most relevant rules were covered in the meeting. Athletes and Coaches MUST familiarize themselves with the International Competition rules especially as they progress to Junior, U23 and Elite Levels.

AREAS COVERED –

- a. The purpose of Triathlon rules
- b. Emphasis on Safety and fairness
- c. Penalty processes – different penalty time limits for each category and the process of taking penalties during the race
- d. Use of the Penalty Board – the boards positioning at the event
 - IT IS THE ATHLETE'S RESPONSIBILITY TO CHECK THE BOARD – FAILURE TO TAKE A PENALTY WILL RESULT IN DISQUALIFICATION
 - In the unlikely event of there being no Technical Official at the Penalty Box when you are taking your time penalty – MAKE A NOISE – SHOUT FOR ASSISTANCE FROM ANY OTHER OFFICIAL
- e. RULE INFRINGEMENTS

Transition zone - the majority of rule infringements occur in the transition zone, particularly around bike racking procedures and equipment storage.

- Bike racking using A-frame racks - bikes must be hung by the saddle with the front wheel facing into the transition zone
- Athletes must use both brake hoods when racking by the handlebars

- Use of transition boxes - athletes are allocated numbered equipment boxes matching their helmet and bike numbers, which must be positioned within a 0.5-meter racking area and can only contain equipment used during the race.
 - Only competition materials i.e. things you are using for your race, can be left in the transition box – all other belongings must be removed before the competition starts.
 - Running shoes are the only items that can be left outside the box near the bike within the 0.5 meter area
 - There are specific exceptions like caps and asthma pumps that can be placed with the shoes.
 - Wetsuits – as long as part of the wetsuit is in the box, athletes will not receive a penalty if small portions of the suit remain outside the box
 - Helmets must be hung from the straps rather than balanced on the handlebars
- f. Mount and Dismount violations and the importance of proper mounting and dismounting techniques
- g. Conduct Rules – nudity, helmet use
- h. Bike and Run Course rules – covering
- Riding positions – the way an athlete is seated on the bike
 - Prohibition of the use of ear phones, cell phones, head phones
- i. Rules against Drafting in certain contexts – drafting at LOCAL selection events is permitted.
- Males and females racing in the same race category are permitted to draft each other BUT at Regional and International events this is NOT PERMITTED.
 - Drafting is not permitted between different race categories like Sprint and Supersprint

It is highly recommended that athletes study the Powerpoint Presentation Document and FAQ Fact Sheet attached

If there are any queries or if clarification is needed on the Rules, please reach out to Rick Fulton or any of the Technical Officials on duty at the event for assistance.