



BASIC RULES REFRESHER

World Triathlon Competition Rules:

Time Penalty (2)

Other infringements

- **1** minute in long distance;
- **30** seconds in middle distance events;
- **15** seconds in standard distance events;
- **10 seconds in sprint distance events.**
- **5 seconds in events shorter than sprint distance**

D	Dismount line violation		E	Equipment outside bin
S	Swim conduct		L	Littering
M	Mount line violation		V	Other violations
B	Bike behaviour		R	Run behaviour





TABLEAU DE PÉNALITÉ
PENALTY BOX

PARIS

25v

25v			

World Triathlon Competition Rules:

Transition Conduct

- 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.
 - For the **second transition**: In any direction, with **both sides of the handlebar, both brake levers or the seat post** within 0,5 m of the rack number or name plate.
- 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 the wheels.

1st transition bike racking for traditional bike racks



World Triathlon Competition Rules:

Transition Conduct

- (i) Athletes must place within 0.5m of the bin all equipment to be used at a later stage in the event. If a bin is not provided, the 0.5m will be measured from the point on the ground immediately below the rack number or name plate. The bin, if provided, must be within 0.5m from the rack number or name plate.

- (ii) Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before competition starts.

World Triathlon Competition Rules:

Transition Conduct

(iii) **By the end of the last transition all equipment** - regardless whether used or not - must be deposited in the corresponding numbered bin provided, with the following exceptions:

- bike shoes, which may remain fixed on the pedals;
- other bike equipment than helmet and glasses, if placed on the bike previously in Transition 1 may remain on the bike.

(iv) A piece of equipment is considered deposited in the bin when one part of the equipment is inside the bin. WETSUITS

World Triathlon Competition Rules:

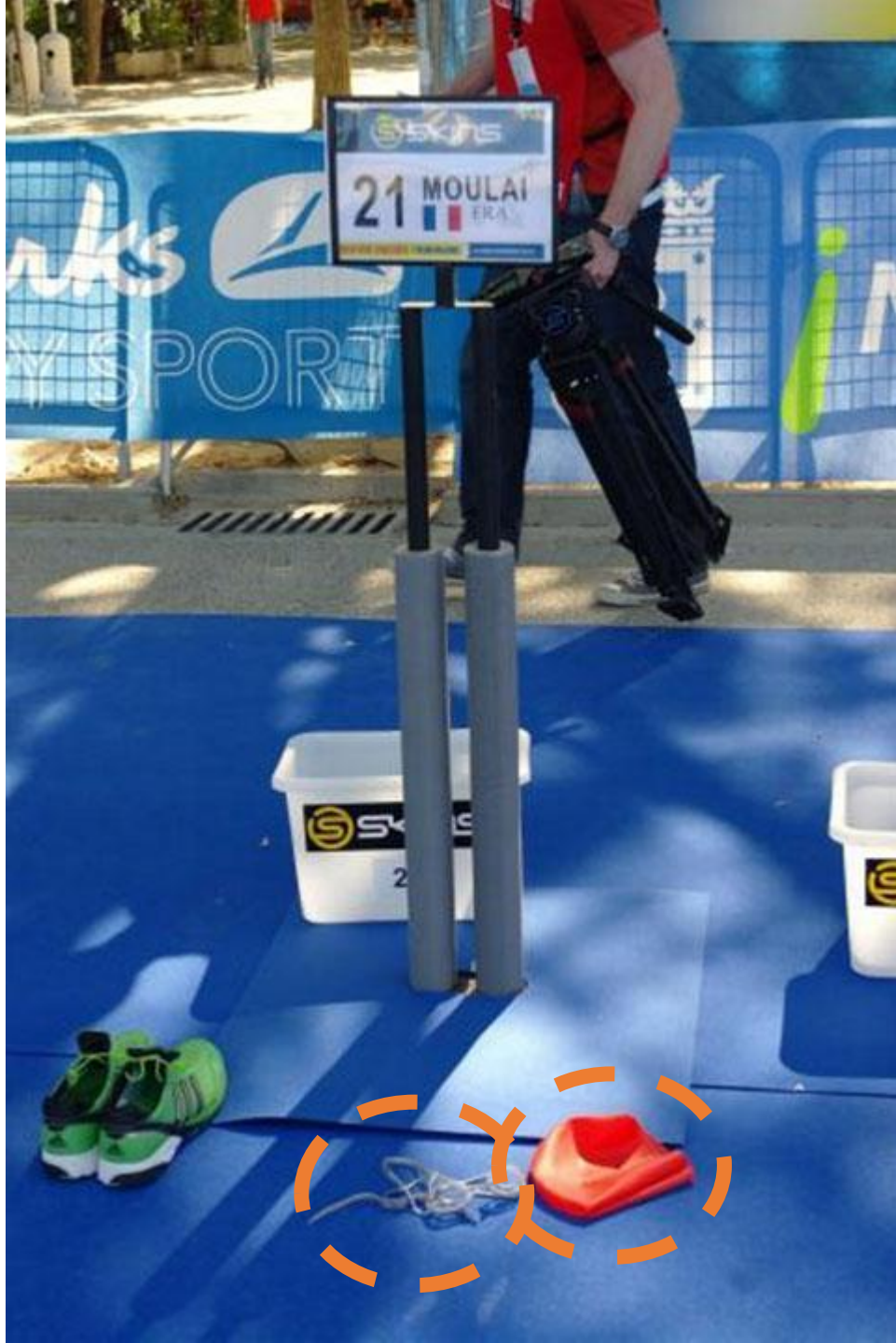
Transition Conduct

Rule clarification

- Running shoes must be located within 0.5 m of the athlete's bin (rack number/name plate).

Nice and neat





EQUIPMENT OUTSIDE OF THE BOX

World Triathlon Competition Rules:

Transition Conduct

- Athletes must mount their bicycles **after** the mount line by having **one complete foot in contact with the ground after the mount line.**
- **Athletes who cycle out of transition rather than mounting at the mount line will be disqualified.**

World Triathlon Competition Rules:

Transition Conduct

- Athletes must dismount their bicycles **before** the dismount line by having **one complete foot in contact with the ground before the dismount line**.
- **Athletes who make no attempt to dismount at the Dismount line causing them to cycle in Transition will be disqualified.**

World Triathlon Competition Rules:

Transition Conduct

- Nudity or indecent exposure is forbidden;
- Athletes should not stop in the flow zones of the Transition Area;
- Marking positions in the Transition Area is not allowed. Marks (and even towels) will be removed and the athletes will not be notified.
- The helmet strap must remain unfastened in the Transition Area while the athlete is completing the first segment.



What is the penalty if an athlete loses his bike shoe at the dismount line?

**REFER BACK TO THE
FORMER SLIDE POINT #2**









Riding positions

Image 1:

Allowed positions in all races:

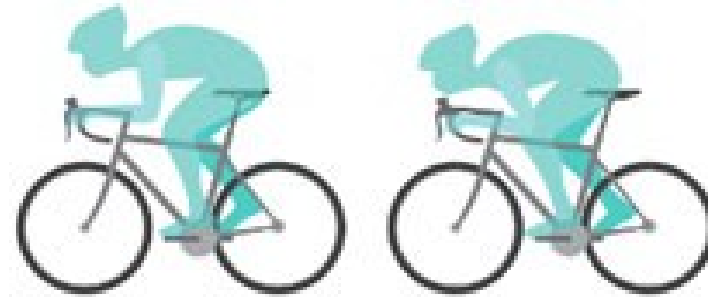


Image 2:

Allowed position only in draft illegal races:



Image 3:

Forbidden positions in all races:



World Triathlon Competition Rules:

Run Conduct - 1

The athletes will

- i. Run or walk;
- ii. *crawl?* 
- iii. *run with a bare torso?* 
- iv. *run with a bike helmet on?* 
- v. Not be accompanied by team members, team managers or other pacemakers on the course. The athlete receiving the help will not be penalized if actively refuse such help.
- vi. Not run together with other athlete/s that is/are in a different lap (Elite, U23, Junior, Youth, Paratriathletes)

Not impede other athletes

