



CYPRUS TRIATHLON FEDERATION  
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NICOSIA-CYPRUS  
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## **COMPETITION RULES**

### **1. INTRODUCTION**

- a) All the events organized by Cyprus Triathlon Federation and the member clubs are in accordance with the rules of International Triathlon Union. However competitors are expected to be familiar and comply with the following rules.
- b) Where the rules do not specify, ITU rules will apply.
- c) In case of disagreement the ITU rules will prevail.
- d) The Purpose of the competition rules is to promote safety and fair play.

### **2. CONDUCT OF COMPETITORS**

#### **2.1 General Conduct**

Triathlon, Duathlon and Aquathlon involve many competitors. Competitors must:

- a) Practice good sportsmanship at all times
- b) Be responsible for their own safety and the safety of others
- c) Understand the Competition Rules
- d) Obey traffic regulations and instructions from race officials
- e) Treat other competitors, officials, volunteers, and spectators with respect and courtesy
- f) Avoid the use of abusive language
- g) If they violate the rules knowingly, report the violation to a race official, and if necessary retire promptly from the competition
- h) Inform race officials after withdrawing from the race.

#### **2.2 Drug Abuse**

Cyprus Triathlon Federation condemns the use of substances which artificially enhance performance. Competitors will follow the ITU and Cyprus National Anti-doping committee Doping Control Rules. All competitors are responsible for familiarizing themselves with the above rules.

#### **2.3 Health**

Triathlons, duathlon, aquathlons are strenuous. To be able to compete, competitors should be in excellent physical condition. Every competitor must be holders of a valid health certificate issued by the Cyprus Sports Organisation.

#### **2.4 Registration**

Athletes are entered into the National Championships by their club official before the published deadline.

#### **2.5 Timing and Results**

The official results shall include time splits as follows:

- a) Finish of the swim or first segment
- b) Cycle (to include both swim/cycle and cycle/run transitions)
- c) Run time
- d) Overall finish time.

Results will include disqualifications and reasons.



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### **3. DISCIPLINE OF COMPETITORS**

Failure to comply with the Competition Rules may result in a competitor being warned, disqualified, suspended, or expelled.

#### **3.1 Warnings**

It is not necessary for an official to give a warning prior to issuing a more serious penalty. The purpose of a warning is to alert a competitor about a possible rule violation and to promote a "proactive" attitude on the part of officials.

##### **3.1.1 Warnings and Officials**

A warning will be given at the discretion of the official. They shall assess a warning by:

- a) Sounding a whistle
- b) Showing a yellow card
- c) Calling the competitor's number and saying "STOP".

##### **3.1.2 Reasons for a Warning**

A warning may be given when:

- a) A competitor violates a rule unintentionally
- b) An official believes a violation is about to occur
- c) No advantage has been gained.

##### **3.1.3 Procedure during warning**

- a) When assessed a yellow card, the competitor will stop in a safe manner and follow the instructions of the official
- b) If on a bicycle, the competitor will stop in a safe manner, dismount to the outside from the course with both feet on one side of the bicycle, and follow the instructions of the Technical Official
- c) The official will then say "GO", at which time the competitor will continue in a safe manner.

### **3.2 Disqualification**

A disqualification is a penalty appropriate for a violation.

#### **3.2.1 Assessment**

Officials assess a disqualification by:

- a) Sounding a whistle
- b) Showing a red card or flag
- c) Calling (in English) the competitor's number and saying "STOP".

#### **3.2.2 Procedure after Disqualification**

A competitor may finish the race if an official calls a disqualification. A disqualified competitor may appeal the decision (except in the case of a judgment call – Drafting, Blocking, Unsportsmanlike conduct etc.)

#### **3.2.3 Reasons for Disqualification**

A competitor may be disqualified for:

- a) Failing to follow the prescribed course
- b) Using abusive language or behaviour toward any official or unsportsmanlike behaviour (also possible suspension)



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- c) Blocking, charging, obstructing, or interfering with the forward progress of another competitor
- d) Unfair contact. The fact that contact occurs between competitors does not constitute a violation. When several competitors are moving in a limited area, contact may occur. This incidental contact between competitors in equally favourable positions, is not a violation
- e) Accepting assistance from anyone other than race officials or accepting assistance from a race official that constitutes an unfair advantage
- f) Refusing to follow the instructions of race officials
- g) Departing the course for reasons of safety, but failing to re-enter at the point of departure
- h) Failure to wear the unaltered race number provided by the Organizing Committee in the proper way, which is: during the entire run segment the number must be worn on the front
- i) Leaving equipment or discarding personal articles on the course. Tires, plastic bottles, and other discarded items must be placed safely off the course
- j) Wearing items deemed a hazard to self or others, i.e., a hard cast, jewellery, headsets, or headphones
- k) Using unauthorized equipment to provide an advantage or which will be dangerous to others
- l) Violating traffic regulations.

### **3.3 Suspension**

Means a competitor will not take part in National Championships or competitions organised by the member clubs during a stated suspension period.

#### **3.3.1 Reasons for Suspension**

A competitor will be suspended for, (but not limited to):

- a) Unsportsmanlike conduct
- b) Fraud, i.e., entering under an assumed name or age, falsifying an affidavit, or giving false information
- c) Participating when not eligible
- d) Repeated violations of competition Rules
- e) Drug abuse.

#### **3.3.2 Reinstatement**

After suspension, a competitor must apply to the acting committee of the Federation for reinstatement.

### **3.4 Expulsion**

For the lifetime of the competitor they will not take part in National Championships or competitions organized by the member clubs.

#### **3.4.1 Reasons for Expulsion**

A competitor will be expelled for life (but not be limited to):

- a) For a drug offence as outlined in the ITU Doping Control Rules and Procedural Guidelines and the World Anti-Doping Agency Rules
- b) For an unusual and violent act of unsportsmanlike behaviour.



## 4. SWIMMING CONDUCT

### 4.1 General Rules

- a) Competitors may use any stroke to propel themselves through the water. They may also tread water or float
- b) A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary boat
- c) A competitor may not make use of either the bottom or inanimate objects to gain an advantage
- d) In an emergency, a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered, the competitor must retire from the competition.

### 4.2 Wetsuit Use

The use of wetsuits will be determined by the following table:

Swim Length	Forbidden above:	Mandatory below:	Maximum stay in water
750m	22 oC	14 oC	20 min
1500m	22 oC	14 oC	1h 10 min
1501m-3000m	23 oC	15 oC	1 h 40 min
3001m-4000m	24 oC	16 oC	2 h 15 min

#### 4.2.1 Modifications

If weather conditions dictate, i.e., ambient air temperature, the Organising Committee may adapt the limits on wetsuit use. A ruling on wetsuit use will be made 24 hours before the start of the race, with the final ruling one hour before the start.

#### 4.2.2 Water Temperature

Water temperature must be taken one (1) day prior to race day and race morning one (1) hour prior to the start of the event. It must be taken in the middle of the course at a depth of 60 cm.

## 4.3 Equipment

### 4.3.1 Legal Equipment

A competitor must wear the swim cap provided by the race organization. If the swim cap is lost unintentionally during the swim section, the competitor will not be penalised. Goggles and nose clips are allowed.

### 4.3.2 Illegal Equipment

Athletes must not use:

- a) Artificial propulsion devices, (i.e. fins, socks, gloves, paddles, or floatation devices)
- b) Wetsuits with thickness exceeding 5mm
- c) Wetsuit bottoms only
- d) Swimsuits made of material not approved by FINA in non-wetsuit events.
- e) A second swim suit, which they remove after the swim in non-wetsuit events.



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## **5. CYCLING CONDUCT**

### **5.1 General Rules**

A competitor is not permitted to:

- a) Block others
- b) Cycle while their bare torso is exposed
- c) Make forward progress without the bicycle.

#### **5.1.1 Dangerous Behaviour**

Competitors must obey traffic laws unless otherwise directed by an official. This includes not crossing the centreline of the road. Any competitor who appears to officials to present a danger to themselves or others may be disqualified and removed from the competition.

### **5.2 Drafting**

#### **5.2.1 General Guidelines**

All National Championships are Draft-Illegal races.

#### **5.2.2 Draft-Illegal Races**

In races where the drafting rule applies:

- a) Drafting of another competitor or motor vehicle is forbidden. Competitors must reject attempts by others to draft
- b) A competitor is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing
- c) A competitor who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft. The draft zone will be a rectangle 7 meters long by 3 meters wide. The centre of the leading 3-meter edge will be measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the zone of another competitor.

#### **5.2.3 Bicycle Draft Zone**

The draft zone will be a rectangle 7 meters long by 3 meters wide. The centre of the leading 3-meter edge will be measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the zone of another competitor.

#### **5.2.4 Entry into Bicycle Draft Zone**

A competitor may enter a bicycle draft zone (subject to the official's judgment) in the following circumstances:

- a) If the competitor enters the draft zone, and progresses through it within 15 seconds
- b) For safety reasons
- c) At an aid station
- d) At the exit or entrance of a transition area
- e) At an acute turn
- f) If race officials exclude a section of the course because of narrow lanes, construction, detours, or for other safety reasons.



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### **5.2.5 Overtaking Definition**

- a) A competitor is passed when another competitor's front wheel is ahead of theirs;
- b) Once overtaken, a competitor must immediately move out of the draft zone of the leading competitor
- c) Competitors must keep to the side of the course and not create a blocking incidence. Blocking is where a competitor(s) behind cannot pass due to the leading competitor being poorly placed on the course.

### **5.2.6 Vehicle Draft Zone**

- a) The vehicle draft zone is a rectangle thirty-five (35) meters long by five (5) meters wide, which surrounds every vehicle on the cycle segment. The front edge of the vehicle will define the centre of the leading 5 meter edge of the rectangle
- b) Competitors may not pass through this zone.

## **5.3 Equipment**

### **5.3.1 Bicycles**

Bicycles must have the following characteristics:

- a) The frame will be no more that two (2) meters long and seventy-five (75) centimetres wide will be permitted.
- b) The frame will measure at least 24 centimetres from the ground to the centre of the chain wheel axle.
- c) A vertical line touching the front-most point of the saddle will be no more than 5 centimetres in front of and no more than 15 centimetres behind a vertical line passing through the centre of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition.
- d) There will be no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle. (Exceptions may be given for the bicycles of very tall or very short competitors).
- e) Fairings which reduce air resistance are prohibited.
- f) No wheel may contain mechanisms which are capable of accelerating it.
- g) Handlebar ends must be plugged, tires well glued, headsets tight and wheels true.
- h) There must be a brake on each wheel.
- i) Non-traditional or unusual bicycles or equipment shall be illegal.

### **5.3.2 Helmets**

- a) Helmets must be approved by an accredited testing authority
- b) An alteration to any part of the helmet including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited
- c) The helmet must be securely fastened at all times when the competitor is in possession of the bicycle, i.e., from the time they remove their bicycle from the rack at the start of the cycle leg, until after they have placed their bicycle on the rack at the finish of the cycle leg
- d) If a competitor moves the bicycle off the course through disorientation, or for reasons of safety, or the need to carry out mechanical repairs or conduct personal toilet the competitor may not unfasten or remove the helmet from the head until after he/she has moved outside the boundary of the bicycle course route and has dismounted the bicycle; and he/she must fasten the helmet securely on the head before returning onto the bicycle course route or before remounting the bicycle.

### **5.3.3 Illegal Equipment**

Glass containers, headphones and headsets are not permitted.



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## 6. RUNNING CONDUCT

### 6.1 General Rules

The competitor:

- a) May run or walk
- b) May not crawl
- c) May not run with a bare torso
- d) May not run without shoes on any part of the course.

### 6.2 Finish Definition

A competitor will be judged as "finished," the moment any part of the torso, not including the head, neck, shoulders, arms, hips or legs, reaches the perpendicular line extending from the leading edge of the finish-line.

### 6.3 Safety Guidelines

The responsibility of remaining on the course rests with the competitor. Any competitor who appears to officials to present a danger to themselves or others may be removed from the competition.

### 6.4 Illegal Equipment

Glass containers, headphones and headsets are not permitted.

## 7. TRANSITION AREA CONDUCT

### 7.1 General Rules

The following rules apply to all competitors:

- a) All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle
- b) Competitors must use only their designated bicycle rack and must rack their bike
- c) Competitors must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or left in the space of another competitor
- d) Competitors must not impede the progress of other competitors in the Transition Area
- e) Competitors must not interfere with another competitor's equipment in the Transition Area
- f) Competitors must mount and dismount their bicycle at the designated area or line
- g) Cycling is not permitted in the Transition Area
- h) Nudity or indecent exposure is forbidden.

## 8. COMPETITION CATEGORIES

14-16	Juniors B	MJB, WJB
17-19	Juniors A	MJA, WJA
20-40	Men, Women	OM, OW
40-	Masters	MM, MW

## 9. STANDARD DISTANCE CATEGORIES

### 1. Triathlon

	Swim	Cycle	Run
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Sprint	0.75 km	20 km	5 km
Triathlon	1.5 km	40 km	10 km
Long	2-4 km	50-180 km	15-42 km

## 2. Duathlon

	Run	Cycle	Run
International	10 km	40 km	5 km
Long	10 km	60 km	10 km

## 3. Aquathlon

	Run	Swim	Run
International	2.5 km	1 km	2.5 km
Long	5 km	2 km	5 km