

COMPETITION RULES

1. INTRODUCTION

- All the events organized by Nireas Triathlon are in accordance with the rules of International Triathlon Union. However competitors are expected to be familiar and comply with the following rules.
- Where the rules do not specify, ITU rules will apply.
- In case of disagreement, the ITU rules will prevail.
- 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:

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

2.2 Drug Abuse

Nireas Triathlon 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.

2.4 Registration

Athletes must enter the race before the published deadline.

2.5 Timing and Results

The official results shall include time splits as follows:

- Finish of the swim or first segment
- Cycle
- Run time
- Overall finish time.

Results will include disqualifications and reasons.

3. DISCIPLINE OF COMPETITORS

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

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:

- Sounding a whistle
- Showing a yellow or blue card
- Calling the competitor's number and saying "STOP".

3.1.2 Reasons for a Warning

A warning may be given when:

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

3.2 Disqualification

A disqualification is a penalty appropriate for a violation.

3.2.1 Assessment

Officials assess a disqualification by:

- Sounding a whistle
- Showing a red card
- 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:

- Failing to follow the prescribed course.
- Using abusive language or behaviour toward any official or unsportsmanlike behaviour.
- Blocking, charging, obstructing, or interfering with the forward progress of another competitor.

- Unfair contact.
- Accepting assistance from anyone other than race officials or accepting assistance from a race official that constitutes an unfair advantage.
- Refusing to follow the instructions of race officials.
- Departing the course for reasons of safety, but failing to re-enter at the point of departure.
- Failure to wear the race number provided by the Organizing Committee in the proper way.
- Leaving equipment or discarding personal articles on the course. Tires, plastic bottles, and other discarded items must be placed safely off the course.
- Wearing items deemed a hazard to self or others, i.e., a hard cast, jewellery, headsets, or headphones.
- Using unauthorized equipment to provide an advantage or which will be dangerous to others
- Violating traffic regulations.

4. SWIMMING CONDUCT

4.1 General Rules

- Competitors may use any stroke to propel themselves through the water.
- A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary boat.
- A competitor may not make use of either the bottom or inanimate objects to gain an advantage.
- 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:

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

5. CYCLING CONDUCT

5.1 General Rules

A competitor is not permitted to:

- Block others
- Cycle while their bare torso is exposed
- 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 Draft-Illegal events:

- To draft is to enter the bicycle or vehicle drafting zone
- It is forbidden to draft off another athlete or motor vehicle. Athletes must reject attempts by others to draft;
- An athlete is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;
- An athlete who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;

5.2.2 Standard and shorter distance events bicycle draft zone

The bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete;

5.2.3 Motorbike draft zone

The draft zone behind a motorbike will be 12 meters long. This applies also for draft legal events;

5.2.4 Vehicle draft zone

The draft zone behind a vehicle will be 35 metres long and applies to every vehicle on the bike segment. This applies also for draft legal events.

5.2.5 Entry into the bicycle drafting zone

An athlete may enter a bike draft zone in the following circumstances:

- If the athlete enters the draft zone, and progresses through it within 20 seconds in the overtaking manoeuvre;
- For safety reasons;
- 100 metres before and after an aid station or transition area;
- At an acute turn;
- If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

5.2.6 Overtaking

- An athlete is passed when another athlete's front wheel is ahead of theirs;
- Once overtaken, an athlete must move out of the draft zone of the leading athlete within 5 seconds;
- Athletes must keep to the side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
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5.2.7 Penalties for Drafting

- It is forbidden to draft in a race declared as draft-illegal;
- Technical Officials will notify the athletes who draft they are subject to a time penalty. This notification must be clear and unambiguous;
- The athlete sanctioned has to stop in the next penalty box and must stay there for a specific time depending on the race distance. One minute for the sprint distance, two minutes for standard distance and five minutes for middle and long distance;
- It is the athlete's responsibility to stop in the next penalty box. Failing to stop will result in a disqualification;
- A second drafting offence will lead to a disqualification in standard distance events or shorter;
- The third drafting offence will lead to disqualification for middle and long distance events.

A warning will be given at the discretion of the Technical Official. A blue card will be used for drafting infringements during the bike segment, and a yellow card will be used for the rest of the infringements. If time and conditions permit, a Technical Official will assess a time penalty by:

- Sounding a whistle or horn; showing a blue or yellow card; calling in English the athlete's number and saying "Time penalty". For safety reasons, a Technical Official may have to delay issuing a warning;
- Alternatively, athletes may be informed about penalties by displaying the athlete's number on a panel posted at the entrance of the penalty box. It is the athlete's responsibility to check this board.

5.3 Equipment

5.3.1 Bicycles

Bicycles must have the following characteristics:

- The frame will be no more than two (2) meters long and seventy-five (75) centimetres wide will be permitted.
- The frame will measure at least 24 centimetres from the ground to the centre of the chain wheel axle.
- 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.
- 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).
- Fairings which reduce air resistance are prohibited.
- No wheel may contain mechanisms which are capable of accelerating it.
- Handlebar ends must be plugged, tires well glued, headsets tight and wheels true.
- There must be a brake on each wheel.
- Non-traditional or unusual bicycles or equipment shall be illegal.

5.3.2 Helmets

- Helmets must be approved by an accredited testing authority.
- An alteration to any part of the helmet including the chin strap, or the omission of any part of the helmet, including an outer cover, is prohibited.
- 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.
- 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.

6. RUNNING CONDUCT

6.1 General Rules

The competitor:

- May run or walk
- May not crawl
- May not run with a bare torso
- 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:

- 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.
- Competitors must use only their designated bicycle rack and must rack their bike.
- 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.
- Competitors must not impede the progress of other competitors in the Transition Area.
- Competitors must not interfere with another competitor's equipment in the Transition Area.
- Competitors must mount and dismount their bicycle at the designated area.
- Cycling is not permitted in the Transition Area.
- Nudity or indecent exposure is forbidden.

8. COMPETITION CATEGORIES (2016)

- Top 3 Finishers Male (only Triathlon distance)
- Top 3 Finishers Female (only Triathlon distance)
- Juniors Male 14-19 (only Sprint Triathlon)
- Juniors Female 14-19 (only Sprint Triathlon)
- Male 20-39
- Female 20-39
- Masters Male 40 and over
- Masters Female 40 and over
- Team Relay

9. RACE DISTANCE AND AGE REQUIREMENTS (AS FOR 2017)

Triathlon:

	Swim	Bike	Run	Minimum age required
Team relay	250 to 300 m	5 to 8 km	1,5 to 2,0 km	15
Super Sprint Distance	250 to 500 m	6,5 to 13 km	1,7 to 3,5 km	15
Sprint Distance	Up to 750 m	Up to 20 km	Up to 5 km	16
Standard Distance	1500 m	40 km	10 km	18
Middle Distance	1900 to 3000 m	80 to 90 km	20 to 21 km	18
Long Distance	1000 to 4000 m	100 to 200 km	10 to 42,2 km	18

Duathlon:

	Run	Bike	Run	Minimum age required
Team Relay	2 km	8 km	1 km	15
Sprint Distance	5 km	20 km	2,5 km	16
Standard Distance	10 km	40 km	5 km	18
Long Distance	20 km	80 km	10 km	18

Aquathlon:

	Run	Bike	Run	Minimum age required
Team Relay	2 km	8 km	1 km	15
Sprint Distance	5 km	20 km	2,5 km	16
Standard Distance	10 km	40 km	5 km	18
Long Distance	20 km	80 km	10 km	18