

Overview of changes to the British Triathlon Competition Rules, effective January 2017

Competition Rule Number	Change made	Impact
1.5.b, 1.6.a, 1.8.a	References to “Home Nation Technical Committee” changed to “BTF Technical Committee”	Event Organiser rule exemption requests are now to be directed towards the British Triathlon Technical Committee
1.5.c	Addition of “Exceptions for special circumstances in a particular competitor may only be gained from British Triathlon with prior approval. A request for an exception to the BTF Competition Rules must be made in writing 30 days prior to the event to the BTF Technical Committee by the competitor for whom the exception is being applied for;”	Competitors requesting rule exemptions are to be made to the BTF Technical Committee, via the British Triathlon Events Team - events@britishtriathlon.org
1.5.d	Addition of “The BTF Technical Committee may consult with other committees, commissions or appropriate parties.”	
2.1.a.xiii	Addition of “Avoid displaying any kind of demonstration of political, religious or racial propaganda;”	Consistency with ITU Competition Rules update
2.1.a.xiv	Addition of “Not use any device that will distract the athlete from paying full attention to their surroundings.”	Consistency with ITU Competition Rules update
2.6.b	Addition of “Failure to adhere to the British Triathlon Competition Rules may invalidate your public liability or personal injury insurance.”	
2.8.b	Rule superseded by 2.1.a.xiii	
2.8.c.vi	Update to trisuit zipper rules “Where the suit has a front zipper, the following apply: <ul style="list-style-type: none"> • Middle and long distance events: the zipper can be undone to the point no lower than the breastbone (sternum) during the competition, with the exception of the last 200m of the run (or on the finish straight), when it needs to be zipped up; • Sprint and standard distance events: the zipper must be completely fastened at all times unless there is underneath a top covering up to the neck; in any case the suit must be completely fastened during the final 200m of the run (or on the finish straight.)” 	Clarifies that trisuits with front zippers can be used
2.8.c.xii	Addition of “Wetsuits, where authorized, may cover the arms but not the hands.”	Consistency with ITU Competition Rules update
2.12.a.iii	Addition of “The Event Organiser, in conjunction with the Chief Technical Official, may take an alternative decision if the above options are not possible to set up”	
3.3	Different time penalties awarded now based on the length of the event: <ul style="list-style-type: none"> • Drafting - 5 minutes in long and middle distance races; 2 minutes in standard distance races; 1 minute in sprint and shorter distance races • Other infringements - 1 minute in long and middle distance races; 15 seconds in standard distance races; 10 seconds in sprint and shorter distance races 	All competitors and Technical Officials to familiarise and understand changes to time penalties in Section 3.3 of the Competition Rules Appendix C: Violations and Penalties has been updated accordingly to reflect these changes
4.9.b.iii	Rule superseded by 2.8.c.vi	
4.9.b.iv	Clothing which covers the arm to the elbow, where the use of wetsuits is forbidden, is now permitted during the swim segment.	
4.9.c.vi	Addition of “Competitors may wear ‘shorty’ style wetsuits, but should be aware that they offer less protection against the cold.”	
4.9.d.i	Addition of “• Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs;”	Competitors must be able to hear instructions from Technical Officials or marshals at all times
4.9.d.iii	Addition of “Any jewellery deemed to be a hazard to themselves or other athletes (Athletes may be requested to remove any such items).”	Consistency with ITU Competition Rules update

5.1.a.vi	Addition of “Use a different bike during the competition than the one checked-in.”	Consistency with ITU Competition Rules update
5.2.b.i	Amendment to “• Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the ITU Technical Committee for approval at least 30 days before the event. Provided all other criteria of the ITU rules are met then full details of the equipment including images must be supplied to the ITU Technical Committee. The procedure is outlined in Appendix P. A catalogue of all previously submitted equipment will be available on the ITU website with confirmation as to whether it has been accepted or rejected. A form is available on the ITU website for athletes wishing to submit equipment for approval;”	This equates to new ITU Competition Rule 5.2.c.iii; numbering in the British Triathlon Competition Rules has not changed to reduce the impact on the remainder of the section
5.2.b.ii	Amendment to “• Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the ITU Technical Committee for approval at least 30 days before the event. Provided all other criteria of the ITU rules are met then full details of the equipment including images must be supplied to the ITU Technical Committee. The procedure is outlined in Appendix P. A catalogue of all previously submitted equipment will be available on the ITU website with confirmation as to whether it has been accepted or rejected. A form is available on the ITU website for athletes wishing to submit equipment for approval; • In domestic competition, Brompton-style bikes are permitted; competitors wishing to use fixed wheel bikes must submit a request to the BTF Technical Committee for approval at least 30 days before the event.”	This equates to new ITU Competition Rule 5.2.d.iii; numbering in the British Triathlon Competition Rules has not changed to reduce the impact on the remainder of the section Requests related to the use of fixed wheel bikes in <u>draft-illegal domestic competition</u> are to be submitted to the British Triathlon Technical Committee.
5.2.c.vi	Adoption of the UCI wheel lists for Elite (Senior, U23, Youth and Junior) draft-legal races	Competitors and Technical Officials to familiarise with both UCI wheel lists
5.2.c.ix	Addition of “Both wheels must be free wheels”	
5.2.e.iv	Addition of “and fit properly” in relation to helmets	Consistency with ITU Competition Rules update
5.2.g.i	Amendment to “Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears”	Competitors must be able to hear instructions from Technical Officials or marshals at all times
5.2.h	Amendment to “Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Technical Official before the race and must be securely mounted, not endangering any competitor or give unfair advantage.”	Consistency with ITU Competition Rules update
5.2.i	Addition of “Disc brakes: (i) Disc brakes are allowed in the following events: • All draft-illegal triathlon and duathlon competitions; • Cross triathlon and cross duathlon; • Winter triathlon.	Clarification of use and consistent with ITU Competition Rules update
5.3.e	Addition of “A bike check may include all items listed in 5.2.”	Consistency with ITU Competition Rules update
6.3.b	Addition of “Competitors can’t be accompanied by any non-competing person in the finish chute.”	Consistency with ITU Competition Rules update
6.4.a	Amendment to “Headphone(s), headset(s) or technical earplug(s), which are inserted in or covering the ears”	Competitors must be able to hear instructions from Technical Officials or marshals at all times
6.4.f	Addition of “Running spikes are not permitted, unless being worn in a cross-duathlon or cross-triathlon (see Competition Rule 19.5.a)”	
7.1.d	Modification of rule to include “clothing required for the bike segment” being placed on the bike when racked in transition	
7.1.p	Addition of “Where using bike lights would improve competitor safety, these are permitted.”	
11.4.b	Addition of “Active competitors are defined as those who are currently racing on any part of the course.”	

11.9.a	Addition of “British Triathlon encourages Technical Officials to undergo an annual health evaluation.”	Duty of care and consistency with ITU Competition Rules update
15.7	Amendment to “a.) Front zipper is allowed; b.) Zipper can be undone to the point of the end of the breastbone (sternum) during the competition, with the exception of the last 200 meters of the run, when it needs to be zipped up.	Consistency with ITU Competition Rules update
16.3	Three changes of word from “the watch” to “timing”	Consistency with ITU Competition Rules update
Section 17	Section 17 - Paratriathlon has seen significant change, due to the addition of a sixth Paratriathlon classification. All references and appropriate updates have been adopted. Due to the changes, Section 17 now encompasses all paratriathlon events in Great Britain.	Competitors with queries about the changes to Paratriathlon Competition Rules should contact the Paratriathlon or Events Teams directly.
19.4.a	Addition of “Front and rear wheels may have different diameters”	Consistency with ITU Competition Rules update
19.4.d	Addition of “Drafting is allowed; for safety reasons it may be forbidden to pass other athletes before entering the transition area.”	Consistency with ITU Competition Rules update
19.4.g	Addition of “Ends must be plugged”	Consistency with ITU Competition Rules update
19.4.h	Addition of “Cyclocross bikes are forbidden unless they comply with the above criteria” in relation to cross-duathlon and cross-triathlon events	
21.1.b	Addition of “with the same swim and bike distances”	Consistency with ITU Competition Rules update
Section 22	Following the ITU changes to the paratriathlon categories, the redundant Section 22 Non-Elite Paratriathlon in Great Britain has been removed from the Competition Rules. Section 17 - Paratriathlon provides Competition Rules for paratriathletes, any competitor, event organiser or Technical Official with queries are encouraged to contact the Events and Paratriathlon teams.	
23.6.b.i	Time penalties revised for children’s races to: TriStars 1 - 10 seconds TriStars 2 - 20 seconds TriStars 3 - 30 seconds	Revised following changes to ITU time penalties structure
24.1.f	Amendment of Category Q to age 80-84; addition of Category R - Veterans 10 - age 85+	
24.2.c.ii	Addition of “Members can only have one club named on their membership card at any one time, with the exceptions as stated in 24.2.b.”	
24.2.d	Addition of “Home Nation Associations (i) Members can only be a member of one Home Nation Association within any one membership year (defined as one calendar year or twelve months); (ii) Members may switch between Home Nation Associations only once in a twelve-month period, unless in the following circumstances: • The member has a permanent change of address into the Home Nation they have moved into; • Exceptional circumstances by written application to the British Triathlon Board, within 28 days of the change is due to take effect; (iii) Requests to switch between Home Nation Associations must be made in writing to the British Triathlon Membership Services Team no later than 28 days before the member wishes for the change to take effect.	
24.3.a.i; 24.4.a.i	Correction of numbering references	
24.3.a.ii; 24.4.a.ii	Amendment to wording “3 working days”	

24.5.a	Amended to “To be eligible to compete in the Great Britain Age-Group Team an athlete must be both: (i) A valid current member of a Home Nation Association on the date(s) of the event (ii) A British Citizen holding a British passport or have been a legal resident in the United Kingdom for a minimum of one (1) year prior to the Championships.”	
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