

# TRIATHLE RULES

Please note that these will be integrated into new UIPM Rules Biathlon/Triathlon only from 2014.

## 1 GENERAL ASPECTS

### 1.1 Definition

Triathlon is a UIPM sport combining the disciplines of Shooting, Swimming and Running. Triathlon competitions are organised nationally and internationally.

### 1.2 Categories

At present there are two Triathlon Categories:

- Category A: World Championships
- Category B: Regional Championships, World Ranking Competitions
- Category C: Other international and national competitions

1.3 Triathlon Category A competitions are an integral part of the Biathlon World Championships.

### 1.4 Formats

1.4.1 There are three formats: Beach Triathlon, Street Triathlon and Discontinuous Triathlon:

- Beach Triathlon is continuous, outdoor and athletes compete barefoot;
- Street Triathlon is continuous, outdoor, the running is on hard surface and athletes must wear footwear for Running;
- In Discontinuous Triathlon the three disciplines are disputed separately, although the Shooting and Running can be disputed as a Combined Event, outdoor or indoor.

### 1.5 Age Groups and sequence of events

1.5.1 The **age groups** are as follows:

- 10 and younger: Under 11 (YE)
- 11 – 12 years: Under 13 (YD)
- 13 – 14 years: Under 15 (YC)
- 15 – 16 years: Under 17 (YB)
- 17 – 18 years: Under 19 (YA)
- 19 – 21 years: Junior
- 22 and over: Senior
- 40 – 49 years: Master A
- 50 – 59 years: Master B
- 60 and above: Master C

1.5.2 **Events - Individual:**

<b>Groups</b>	<b>Shoot</b>	<b>Swim</b>	<b>Run</b>
Under 11 – YE Under 13 - YD	1 series	50m	400m
Under 15 – YC Master C	2 series	2 x 50m	2 x 400m
Under 17 – YB Master B	3 series	3 x 50m	3 x 800m
Under 19 - YA Junior, Senior Master A	4 series	4 x 50m	4 x 800m

1.5.3 **Events - Team Relay and Mixed Relay (for each athlete, in teams of 2 or 3):**

<b>Groups</b>	<b>Shoot</b>	<b>Swim</b>	<b>Run</b>
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Under 11 – YE Under 13 - YD Under 15 – YC Master C	1 series	50m	400m
Under 17 - YB Under 19 - YA Junior Senior Master A Master B	2 series	2 x 50m	2 x 800m

1.5.4 In Beach Triathlon, if the running course is on very soft sand, the running distances must be reduced by 20%.

1.5.5 The sequence of the competition, in continuous Triathlon, is:

- Pack Start – up to 25m from the shooting station;
- Shooting –5 green lights with laser;
- Swimming;

(In Street Triathlon, a transition area with numbered boxes must be provided before running segment)

- Running;
- number of sequences SHO-SWI-RUN according 1.4.2 for Individual and 1.4.3 for Relay;
- Finish Line (or transition in Relay).

1.5.6 Individual events can be organised separately for men and women, or combined so that they compete against each other.

## **1.6 Organisation of events**

1.6.1 The organisation of events is in accordance with current Biathlon Rules.

1.6.2 Additionally, two Judges must be stationed at the Last Penalty Stop Area, located in the middle of the running leg, ready to apply penalties that cannot be applied at the shooting station.

1.6.3 Concerning equipment, the current Biathlon Rules apply. Additionally for the Shooting discipline, the competition organiser must provide shooting targets according to UIPM Rule 5.1.2, stating in the invitation letter the type and number of targets that will be available for the competition.

## **1.7 Clothing**

The same rules as for Biathlon apply also to Triathlon. Footwear must be worn for Running, if not on soft sand surface. The competition invitation must state the surface type.

## **1.8 Schedule of Events**

1.8.1 Training sessions must be organised according to current Biathlon Rules. For shooting, open training sessions must be organised during the day preceding the competition at the competition range.

1.8.2 The competition begins with a pack start, in which all competitors gather at the starting line. The firing of a start gun or a whistle commences the race. In case of a false start, a second start will be given. In case of a second false start, the respective athlete's start number will be called and the athlete will be penalised with 10 seconds on the starting line.

1.8.3 The competitors must stay inside the competition lane during the race. Competitors leaving the competition lane will be disqualified.

1.8.4 The athletes start in a line up to 25m from the respective shooting position. In Street Triathlon they must previously have placed their shoes in the boxes in the Transition Area. If the shooting

position is also on a hard surface, athletes start the competition with shoes and the Transition Area must be placed before the swimming segment.

- 1.8.5 At the shooting range, athletes must complete successfully 5 hits before continuing to the next segment (the swimming). If after 30" the athlete has not completed 5 hits, they can continue to swimming.
- 1.8.6 Then athletes dive into the water and swim free style (in any fashion) the required swimming distance before exiting the water, putting back their shoes (if necessary) to start the running segment.
- 1.8.7 After finishing the running leg, athletes return to their dedicated shooting position for the next shooting series. After the last lap they will cross the finish line in Individual events or changeover zone in Relay. The last team member in the Relay crosses the finish line.

## **1.9 Participation**

The current Biathlon Rules apply also for Triathlon

## **1.10 Doping Controls**

The current Biathlon Rules apply also for Triathlon

## **1.11 Competition Authorities**

- 1.11.1 **The Competition Jury** is composed of the Competition Director or his Deputy, the Event Director for Swimming, for Running and Shooting respectively, and an elected Team Representative. Referees for each discipline must be appointed.
- 1.11.2 **The Jury of Appeal** is composed of the Chairperson nominated by the UIPM Executive Board, one member nominated by the LOC and three further members elected from amongst the Team Representatives.

## **2 VARIATIONS FOR DISCONTINUOUS TRIATHLE**

### **2.1 Schedule of events**

There is a break between the events (Swimming and Combined Event Running /Shooting or among all the three disciplines) and the separate times for each athlete's performance in the different events are added to determine his/her overall performance time. The athlete with the fastest overall time wins.

### **2.2 Time keeping**

Discontinuous Triathlon requires time keeping for every athlete in shooting, running and swimming events. A computer should be used for the calculation of the overall athletes' times.

## **3 AWARDS FOR WORLD CHAMPIONSHIPS**

### **3.1 World Championships Medals**

- 3.1.1 Gold, Silver and Bronze medals will be given in each category and event competition.
- 3.1.2 The UIPM will provide the Organiser with medals for the Men's and Women's Youth, Junior and Senior categories.

### **3.2 World Championships Titles**

- 3.2.1 The gold medallists in the Men's and Women's Youth, Junior and Senior categories will receive the title "Triathlon World Champion."

For Annexes see Biathlon Rules