



Triathlon Ontario Provincial Competition Rules

Introduction

The Triathlon Ontario Provincial Competition Rules are additions, deletions, amendments and clarifications to the International Triathlon Union (ITU) Competition Rules.

The ITU Competition Rules apply in all sanctioned events that are International, National or ITU Qualification events. For Provincially sanctioned events, the ITU Competition Rules apply unless there is a Triathlon Ontario amendment, in which case, the Triathlon Ontario Provincial Competition Rules supersede the ITU Competition Rules.

Triathlon Ontario Amendments

Unless otherwise stated, all competition rule amendments refer to Age Group events.

Uniform

- If a race suit has a zipper, it can be located in the front or back of the suit, regardless of the race distance.
- Short sleeves are permitted for any distance.

Swimming

Wet Suit Use

Provided the event is not an ITU qualifier, the maximum temperature for a wet suit allowed for a swim portion of an event is 24.6 degrees Celsius, regardless of the distance.

If the event is an ITU qualifier and the swim is less than 1500m, the race organizer is allowed to permit athletes not interested in claiming an ITU qualifying spot to wear a wetsuit when the water temperature is between 22-24.6 degrees Celsius. It is the responsibility of the race organizer to determine an accurate system to determine who is and who is not intending to qualify for an ITU World Championship spot, not the Head Official.

Cycling

Centre Line

- Where the cycle course is not completely closed to motor vehicle traffic, athletes shall not cross the centre of a roadway so as to ride counter to the direction of traffic. (DSQ)

Equipment

- Mirrors on the bike or helmet are allowed provided they are securely affixed and are in no danger of falling off during the competition. The Head Official has the right to ask for the removal of the mirrors if they determine them to be loose or in danger of falling off during the competition.
- Kick stands are strongly discouraged but are allowed provided they are demonstrated to be secure and not in danger of falling off or in a dangerous position to the rider or other athletes. Tape may be permitted to secure a kickstand to the bike. The Head Official has the right to ask for the removal of the kickstand if it is not possible to secure safely to the bike in a safe position.
- Toe clips or pedal cages with straps are also strongly discouraged but permitted.
- Any kind of cycling cleat is permitted for youth events.

Drafting Zones

- The drafting zones for all Provincially sanctioned non-drafting events is five metres. The length of penalties remains consistent with the ITU Competition Rules based on the length of the event (one minute for sprint, two minutes for Standard, five minutes for middle and long distance events).

Water Quality Guidelines

The ITU Competition Rules provide the following guidelines for water quality based on E.Coli parts per million (ppm).

Very Good Water Quality	< 250ppm with no visual pollution or forecasted heavy rain
Good Water Quality	< 250ppm with poor visual pollution or forecasted heavy rain
Good Water Quality	250-500ppm but with no visual pollution or forecasted heavy rain
Fair Water Quality	250-500ppm but with visual pollution and/or forecasted heavy rain
Poor Water Quality	> 500ppm with visual pollution and/or forecasted heavy rain

Canada's national guidelines for posting a warning on a beach about increased health risks due to increased E.coli tests when bathing is 200 ppm. Ontario's guidelines for a posting is the 100 ppm threshold. A "posting" is not a closure and events may continue provided that the local municipality or facility has not closed the beach/water as per their own guidelines and policies.

E.coli counts can change hourly based on the weather conditions. When considering whether or not to move forward with a swim based on a high reading it is important to note when the test was taken and under what kind of weather conditions (i.e. after a heavy rain fall versus clear, calm conditions), as well as what the weather conditions have been like since the test was taken.

A race organizer should contact Triathlon Ontario if there is any question about potential water quality issues for advice on how to proceed. If the water quality is higher than normal but deemed safe to proceed, participants should be informed and given the option to switch to a duathlon or another non-swim event if they do not feel comfortable.