

# WORLD TRIATHLON COMPETITION RULES (CHANGES)

Approved by the World Triathlon Executive Board in January and March 2025

## 2. GENERAL CONDUCT

### 2.7 Registration:

#### a.) Entry:

(iii) Prior to competing in World Triathlon Championships, World Triathlon Cups, World Triathlon Championship Series events, World Triathlon Para Series, World Triathlon Para Cups and World Triathlon Multisport Championships, Elite, U23, Junior athletes and Para triathletes must sign the World Triathlon Athletes' Agreement, which states that any dispute arising from the World Triathlon Rules that cannot be settled by its existing protests and appeals procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) ~~to the exclusion of recourse to ordinary courts.~~ Once signed, the World Triathlon Athletes' Agreement is valid until the end of the competition year it has been signed in. The Athletes' Agreement is published on [www.triathlon.org](http://www.triathlon.org);

## 3. PENALTIES

### 3.5 Procedure while serving a time penalty:

#### c.) Time penalty in Transition 1 (for any infringements up to this point):

(i) Athletes who are given a time penalty have the option to decide whether to stop at the Transition 1 and serve the penalty or continue to the finish. Not stopping will result in disqualification on crossing the finish line. The athlete may then protest the penalty. Evidence will only be made available if a ~~protest appeal~~ is ~~lodged filed~~;

#### e.) Time penalty at the Run penalty box:

(i) Athletes who are given a time penalty have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in disqualification on crossing the finish line. The athlete may then protest the penalty. Evidence will only be made available if a ~~protest appeal~~ is ~~lodged filed~~;

### 3.9 Right to Protest:

#### d.) The Competition Jury which receives the protest will decide on the correctness of the decision to issue the time penalty and will either:

(ii) Uphold the protest, ~~remove the time penalty~~ and reverse the disqualification.

## 5. CYCLING

### 5.2 Equipment:

#### c.) For draft-legal competitions. Elite, U23, Junior and Youth:

(i) Frames:

- There will be no less than 54 cm and no more than ~~70 65 cm~~ 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;

#### e.) Wheels:

(vi) For Elite, U23, Junior and Youth draft-legal competitions, wheels are allowed to be used if they are included in the current UCI approved non-standard wheels lists. (Both list applicable, the one contains wheels approved prior 1st January 2016 and the other after this date.) Wheels not on this list must comply to the following criteria:

- The maximum rim dimension (depth) will be ~~65 25 mm~~ on each side;

## f.) Handlebars:

(iv) There is no limit in the handlebar width.

## g.) Helmets:

(viii) The helmet shell and any accessories must not extend to cover, obstruct or enclose the athlete's ears. (Looking from the lateral view. Applicable for draft legal races only;

(ix) Integrated or detachable visors are not permitted. Helmets must be used without any visor attachments or shield-like accessories. Applicable for draft legal races only.

# 6. RUNNING

## 6.4 Illegal Equipment:

### e.) Shoes:

(iii) Development shoes, as defined in the World Athletics' Shoe Regulations, can be used in all World Triathlon recognised events (with the exception to the elite competitions of the World Triathlon Championship Series events, the elite events of T100 World Tour, the elite/u23 competitions of the World Triathlon Championship Finals, the elite/junior competitions of the World Triathlon Sprint & Relay Championships, the elite/u23/junior/para competitions of all the World Triathlon Multisport Championships, the World Triathlon Para Championships, the Olympic Games and the Paralympic Games) with the conditions that:

(iv) The intention of using a development shoe has to be reported to the technical officials during the athletes' lounge check in process;

(v) Athletes are subject to random shoe control in the following timelines: before, during, or after any competition;

- In the case of Elite, Youth, Junior, U23, and Para competitions: from the time the Athletes Lounge registration opens until 20 minutes after the last athlete in the competition crosses the finish line;

- In the case of Age Group competitions: from the time athlete check-in begins until 45 minutes after the last athlete in the competition crosses the finish line.

For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn;

# 12. PROTESTS

## 12.1 Protests:

a.) An Athlete, a representative of a National Federation, a representative of a Continental Confederation or a representative of World Triathlon - for all cases accredited for the event - may request a change to protest against the start lists or competition results, or protest against the conduct of another Athlete (including the equipment they used), a Technical Official, a Coach or any accredited personnel, or protest against decisions made by the Head Referee; Protests must be made in accordance with these Competition Rules and are identified as a Level 1 Protest;

b.) Protests received against a disqualification for not serving a time penalty must be analysed from the basis of the rule infringement which caused the time penalty will be determined according to the correctness of the penalty in regard to the violation and not the disqualification itself.

## 12.5 Protests initiation procedures:

### d.) Head Referee will admit the protest if:

(i) It is accompanied by the fee, and

(ii) It is received inside the timelines.

Protests must be lodged with the Head Referee;

## 12.6 Composition of the Competition Jury:

### a.) The World Triathlon Technical Delegate for the competition appoints the members of the Competition Jury as follows:

(ii) For all the other World Triathlon Events and other Games that do not include the Olympic Games, the Competition Jury consists of three people being selected from:

1. The Technical Delegate or the Assistant Technical Delegate, who chairs the Competition Jury; 2. A member of the World Triathlon Executive Board or any World Triathlon Committees or Commissions, ~~or LOC representative~~, or related staff, or if none are present, a member of the Continental Confederation's Executive Board or any Continental Confederation's Committees or Commission, or related staff, ~~or LOC representative~~, or if none are available, a representative from the host National Federation;
3. A representative from the host National Federation or if none are available, a member of the World Triathlon Executive Board or any World Triathlon Committees or Commissions, or related staff, or if none are present, a member of the Continental Confederation's Executive Board or any Continental Confederation's Committees or Commission, or related staff.

## 12.8 Competition Jury Integrity:

### a.) The Competition Jury must observe the following principles:

(v) ~~Its~~ ~~The Competition Jury's~~ decisions to uphold ~~or not to uphold~~ or impose a penalty shall be based upon the standard of a comfortable satisfaction of the majority of Competition Jury members that the alleged violation has occurred.

### b.) Conflict of interest:

(v) The Chair of the Competition Jury ~~is deemed not to have~~ ~~has~~ a conflict of interest ~~in case a person linked by a first-degree relationship with the Chair of the Competition Jury may be affected by the resolution of the protest.~~

## 12.9 Competition Jury meeting:

### b.) Competition Jury meetings method:

(i) Competition Jury may meet in person, or online in a virtual meeting, or in combination of in person and online, as determined by the Chair. ~~Protest received against a disqualification for not serving a time penalty must be analysed from the basis of the rule infringement which caused the penalty and not the disqualification itself;~~

## 12.10 Results revision process by the World Triathlon Technical Committee:

f.) Any revised competition results will be notified to the affected National Federations and athletes, and published by World Triathlon; ~~World Triathlon Technical Committee results revision process decisions are field of play decisions;~~

## 13. APPEALS

### 13.1 Appeal Jurisdiction:

a.) An appeal is a request for a review of a decision made by the Competition Jury or the World Triathlon Technical Committee (Level 2 Appeal), ~~the World Triathlon Anti-Doping Hearing Panel~~ solely with regard to ineligibility or the World Triathlon Tribunal (Level 3 Appeal). The content of the Level 2 Appeal Form is available in Appendix C;

### 13.2 Level 2 Appeal Procedure:

#### a.) The following procedure will be followed in the event of a Level 2 Appeal:

(ii) Appeals may be submitted up to ~~twenty-one~~ ~~thirty~~ natural days after the Competition Jury met or within ~~twenty-one~~ ~~thirty~~ natural days of the Competition Jury or Technical Committee decision;

## 14. INDOOR TRIATHLON

### 14.2 Swimming:

b.) Athletes will keep the assigned side of the lane.

## 16. TEAM AND RELAY EVENTS

### 16.4 Eligibility:

d.) The Relay races, in any multisport, format and event category, may be cancelled if 20 days before the race there are entries from less than 5 teams.

### 16.13 Age-Group Mixed Relay Specific Rules:

#### a.) Eligibility:

(i) Each team consists of two women and two men athletes from the open category;

## 17. PARA TRIATHLON

### 17.5 Eligible Classes and Competition Formats:

f.) Athletes in different classes may compete together by using the staggered start called "Interval Start System":

(i) In all competitions where all classes start together (mass start or interval start), the relevant compensation time will be added to the real final times of the athletes competing in the classes, as follows:

The compensation times are indicated in the following chart:

Category	PTWC1 Men	PTWC2 Men	PTWC1 Women	PTWC2 Women
Sprint triathlon	0:00	+3:00	0:00	+3:38
Sprint duathlon	0:00	+2:44	0:00	+3:18
Aquathlon 750 m + 5 km	0:00	+1:17	0:00	+1:33
Aquathlon 1000 m + 5 km	0:00	+1:29	0:00	+1:48

Category	PTVI1 Men	PTVI2/PTVI3 Men	PTVI1 Women	PTVI2/PTVI3 Women
Sprint triathlon	0:00	+2:51	0:00	+3:21
Sprint duathlon	0:00	+2:35	0:00	+3:02
Aquathlon 750 m + 5 km	0:00	+2:51	0:00	+3:21
Aquathlon 1000 m + 5 km	0:00	+3:14	0:00	+3:48

(ii) In races utilising the 'Interval Start System', the start list should be prepared according to the example shown in Appendix L;

(iii) If an athlete is reclassified into a different class following observation, their finishing time will be adjusted according to the designated compensation times;

### 17.21 Para Triathlon Mixed Relay

#### c.) Team Composition:

(v) In the World Championships, teams will be made of athletes from the same National Federation (NF). In all other events international teams are allowed races except the World Championships, every effort should be made for teams to be formed within the same NF, but if NFs need to combine athletes to make a mixed relay team, this will be allowed;

## 26. APPENDIX D: DEFINITIONS

Term	Definition (changed text highlighted)
Comfortable satisfaction	Situation, which is greater than a mere balance of probability, but less than proof beyond a reasonable doubt.

## APPENDIX F: WORLD TRIATHLON GUIDELINES REGARDING AUTHORISED IDENTIFICATION

### 7. Sponsor Spaces:

#### 7.4. Sponsor Space D: lower front:

- a.) The maximum height is 4 cm and the maximum length is 5 cm, or;
- b.) The maximum height is 3 cm and the maximum length is 6,5 cm;

### 8. Wetsuits:

8.2. Sizes and locations of the manufacturer's logo(s) have no restrictions provided that they are same than those in the market at least six months before the race.

~~The maximum size is 80 cm<sup>2</sup> on the front and back.~~

~~This space is allowed both on the inside and outside of the wetsuit;~~

~~If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80 cm<sup>2</sup>;~~

~~Logos on the side panel must be included within either the 80 cm<sup>2</sup> for the back or the 80 cm<sup>2</sup> for the front.~~