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Cover Photo by Nicole Garmston
A message from the President of Triathlon Australia

Triathlon is a sport which incorporates a multitude of complexities, and it appears that this is one reason for it attracting so many different types of people over such a wide variety of ages and abilities. As we venture towards the year 2000, these complexities present new challenges to all of us involved in the sport, and it has been necessary to carefully review the ways in which Triathlon is managed.

Club, regional, state, national and international triathlon bodies have been formed, and rules and procedures for the administration and conduct of events have been established. Training accreditation courses for coaches, race judges and race directors are being devised and updated. State, national and world championships are being held annually and selection processes determined for representation in these events.

Many other advances have also been achieved. Most importantly, Triathlon has been accepted as an Olympic Sport and stands poised to be raised to Olympic Programme status - an achievement which will, more than anything else, serve to promote and advance our sport in every way. The higher profile and exposure gained by participation in the Olympics will not only provide greater funding and sponsorship potential, but it will also allow Triathlon to build and eventually become self sufficient, so that in time, we will not be dependent on government funding and corporate sponsorship for the sport to survive or progress.

To reach Olympic Programme status we must continue to demonstrate that we have appropriate policies, organisations, rules and procedures in place and that they are implemented efficiently and effectively. This can only be achieved if all those involved in the sport (be they triathletes, race organisers, administrators, sponsors or simply interested observers) are aware of those policies, organisations, rules and procedures so that they can fulfil their respective roles and participate effectively.

This Handbook will help those involved in Triathlon to become aware of some of the many factors affecting its conduct. Sport is dynamic, and as such, its needs must be constantly reviewed, updated and amended with due regard to changes in social attitudes, the environment and other circumstances. Future handbooks will allow you to keep pace with those changes by advising you of developments in the sport.

I welcome the production of the Triathlon Australia Handbook and commend it to you.

John Ison
President
Triathlon Australia
Introduction

About this handbook

This handbook is the first edition of a handbook which will be produced each year by Triathlon Australia. The purpose of the handbook is to promote and explain triathlon to triathletes and interested members of the general public.

Included in the handbook is much information which is very important for triathletes.

The handbook includes both the official rulebook, and the official doping policy of Triathlon Australia. No serious triathlete can afford to be without this publication.

Future editions of the handbook will include:
- Lists of affiliated clubs
- National and International Championship Events
- Updated versions of the doping policy and rulebook
- Selection policy for world championship teams

We hope that you get a lot of useful information from this book. If you have any suggestions about the work please give Triathlon Australia a call; we will be happy to listen to what you have to say.
The Background, Role, Goals and Organisation of Triathlon Australia

Background

The sport of Triathlon came to Australia in late 1981/early 1982 and the first State Triathlon Associations were formed in 1984 and early 1985. In May 1986 these Associations formed the Triathlon Federation of Australia with the first President being Dr Jim Hazel from Sydney. In 1987 the structure of the Federation was changed to a company limited by guarantee and, under the Companies (Victoria) Code, a Memorandum of Association and Articles of Association were drawn up and approved by the National Companies and Securities Commission. In 1991 the name of the organisation was changed to Triathlon Australia Limited (TA) under the National Corporations Law.

Under the Articles, the members of TA are the six state associations, the two territory associations, the seven members of the Board and all life members (at present there is only one life member, Dr Jim Hazel). Thus there are currently sixteen members of TA. Triathletes are, in turn, members of their state/territory associations, or as in the case of one state, they are members of clubs which in turn are members of their state association.

Role and Goals of TA

The role of Triathlon Australia is to co-ordinate, develop and promote the sport of triathlon and its associated sports of Duathlon and Aquathlon. Unless otherwise specified in this Handbook, the term triathlon is used in its generic form to imply any of those events.

The following goals of TA were identified in the formulation of the TA Development Plan:

a. To control, develop and promote the conduct of triathlon in Australia at all levels, for all ages and for both genders.

b. To develop the sport of triathlon through association with educational and research institutions and sporting organisations.

c. To establish procedures for the conduct, administration and development of triathlon.

d. To promote Australia internationally through competition and administration.

e. To assist in the development of triathlon internationally, particularly in the Oceania and Asian Regions.

Areas of Prime Consideration for the Immediate Future

At the start of the Board meeting following the AGM on 31 October 1992, the incoming President, John Ison, highlighted five areas of concern which he intended TA to address as a priority. He stressed that these areas were to be given prime consideration by all levels of the TA organisation when formulating policy, assessing priorities, determining plans and conducting activities. He expressed the areas of prime consideration in the following manner:

a. We must make every effort to unify the sport, its members and factions. We must stop the pointless laying of blame for what is now history - we must learn from the past, live in the present and plan for the future.

b. We must implement the TA Five Year Development Plan in an effective manner to ensure the timely, structured progress of the sport of triathlon.

c. We must assemble and constantly review cashflow projections and initiate promotions and marketing activities which will ensure that the financial position of TA remains viable and progressive.

d. We must work to improve the PR exposure of TA at all levels.

e. We must draft the TA Corporate Plan and commence the drafting of the TA Manual of Policy, Organisation, Rules and Procedures, including duty statements for the Board members, its executive committees and honorary appointees, so that all those holding positions in TA are accountable.

Organisation of TA - The Board, State/Territory Association Delegates and the NED.

In order to fulfil its role and achieve its goals, TA is managed in accordance with the Articles of Association by a Board of Directors and a National Coaching Director (NCD) as a part time employee. The function of the NED is generally to implement the policies established by the Board and to make recommendations for changes to the policy, organisation, rules and procedures of TA.

The NCD is Rob Pickard and the newly appointed NED is Tim Wilson.

The members of the current Board are:

President: John Ison
Vice President: Brian Hinton
Treasurer: Bill Walker
Members: Lori Cameron, Mike Flynn, Toni O'Donnell, Brian Chapman
Triathlon Australia Committees

Under the Articles of Association, the Board is empowered to appoint advisory panels, normally referred to as committees, and the Articles stress that these panels have an advisory function only and shall conform to any regulations imposed by the Board. The honorary appointees of TA may be considered as an advisory panel of one individual for matters which do not need committee input. The current TA committees and their respective chairpersons, and the honorary appointees are:

Articles: James Hider (Vic)
Coaching: Rob Pickard (WA)
Gender Equity: Lori Cameron (Vic)
Marketing: Brian Hinton (Vic) & Bill Walker (NSW)
Medical: Mary Jane Fitzpatrick
Promotions: Brian Hinton (Vic)
Public Relations: Tim Wilson (NED)
Race Directors: Tim Marquardt (Vic)
Schools/Jnr Development: Don Smailes (WA)
Selection: Belinda Soszyn (NSW)
Sports Science Research: Lori Cameron (Vic)
Technical: Bill Williams (ACT) & Garry Dawson (NSW)
Triathlete Development: To be announced
Honorary Solicitor: Mark Fewell (NSW)

Apart from the one full-time position, all members of the TA organisation give their time, efforts and energies voluntarily and in fact, under the Articles of Association, they are not permitted to receive payment for the performance of their duties.

Development Plan

The Board has produced the TA Five Year Development Plan which was ratified by the association members at the AGM of 30th October 1992. The Plan plots our desired progress over the next five years, takes account of the funds and other resources needed to implement the plan and the likely source of the funding and resources. The broad objective areas identified in the Plan are:

1. Administration
2. Marketing
3. Triathlon Promotion
4. Triathlete Development
5. Women
6. Technical
7. Coaching
8. Medical
9. National Competition
10. International Competition
11. Facilities

Directing Functions of the Board

Each member of the Board has been allocated a number of portfolios which are objective areas of the Development Plan. He/she is responsible to ensure appropriate action is initiated in a timely fashion, performance is monitored and standards required by the Plan, and the remainder of the Board is kept advised of progress. In the same way, each Board member also has similar responsibilities for a number of committees whose functions are related to the allocated portfolios. In time, the committee structure will be reviewed to ensure that it adequately reflects the implementation needs of the Plan.

The allocation of portfolios and committees is shown in the following table:

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<tr>
<th>Position/Name</th>
<th>Portfolio</th>
<th>Committees</th>
</tr>
</thead>
<tbody>
<tr>
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<td>John Ison</td>
<td>Articles</td>
</tr>
<tr>
<td>Vice President</td>
<td>Brian Hinton</td>
<td>Triathlon Promotion</td>
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<tr>
<td>Treasurer</td>
<td>Bill Walker</td>
<td>Financial (Marketing)</td>
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<td>Board Member</td>
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<td>Women Medical</td>
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<td>Board Member</td>
<td>Mike Pyler</td>
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<tr>
<td>Board Member</td>
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</tr>
<tr>
<td>NCD</td>
<td>Rob Pickard</td>
<td>Coaching</td>
</tr>
<tr>
<td>NED</td>
<td>Tim Wilson</td>
<td>Administration Public Relations</td>
</tr>
</tbody>
</table>

Conclusion

It should be fairly obvious that the task of the TA organisation is not as simple and straightforward as some would claim or imply. The present organisation is working effectively, but it needs continued input from all members at all levels to remain that way. Naturally, from time to time it will require review to determine if changes are necessary.

Volunteers will always be welcome to help in the performance of particular functions of the organisation, and objective criticism and recommendations of how tasks may be better performed or objectives more effectively met will always be received gratefully.

Triathlon Australia Board Members, the NED, and the NCD.

President - John Ison

John commenced competing in triathlons in the Riverina and Murray River areas in 1984 and moved to Canberra in 1986. He has been on the committee of the A.C.T. Triathlon Association (ACTTA) since 1987, became its Technical Director in 1989 and was elected President in 1991 and again in 1992. John has been responsible for the restructure and operation of the ACTTA committee along functional lines, promoting the conduct of coaching and technical courses, and securing affiliation with the Canberra Yacht Club and the consequent free use of all their facilities by ACTTA.

In 1990 and 1991 John was ACTTA delegate to the Tri-Fed Australia Annual Congress and in 1990 he accepted the position of Chair of the Officials Committee which he later incorporated as part of the Technical Committee when he became its Chair in late 1991. He has acted in the capacity of race judge for over 30 races including Referee in 1991 and Technical Delegate in 1992 for the Forster Ironman, Chief Race Steward for the 1991 TWC on the Gold Coast and Assistant Chief Drafting Co-ordinator (Steward) at the 1992 TWC in Muskoka. John was selected to fill a casual vacancy on the Board of Triathlon Australia in November 1991 and elected to the position of Vice President at the AGM of February 1992. He was assistant delegate for Australia at the 1991 Triathlon World Congress, and Australian delegate at the 1992 Congress where he was elected to the ITU
Technical Committee.

John has redrafted the TA Race Competition Rules and written a TA Race Judges Conversion Course to be used as a temporary measure until the formal TA Race Judges Accreditation Course is written. He has assisted Mark Fewell in the initial review of the Articles of Association to remove inconsistencies and more specifically detail the election process.

John's tertiary qualifications include a Graduate Diploma in Management Studies and a degree in Sports Science, and he is a member of the Australian Sports Medicine Federation. He maintains a close association and liaison with the Australian Olympic Committee, the Australian Sports Commission, the Sydney 2000 Bid Committee and the Confederation of Australian Sport, and has been elected to the Voting Academy for the Sport Australia Awards. He has recently retired from the Army and established a Remedial Therapy Sports Consulting business.

Vice President - Brian Hinton

Brian commenced competing in triathlons in early 1986 with the Melbourne Triathlon Club. He became President of the Club later that same year and retained the position through to 1990. He was Vice President of the Triathlon Association of Victoria (TAV) for two years before being elected President in 1990 and again in 1991.

Brian was Head of the Secretariat for the 1991 Triathlon World Congress on the Gold Coast and was responsible for co-ordinating and reporting on the day to day activities of the Congress and its many Board and Committee meetings. He was an Australian delegate to the 1992 Triathlon World Congress at Muskoka at which he was elected to the Executive Board of the ITU. He again also assumed the responsibility of Head of the Congress Secretariat and still managed to find enough energy and time to compete in the TWC in his age group.

Brian is employed as a Product Manager for Kodak, frequently travelling interstate and overseas, facilitating further triathlon contacts and business conduct.

Treasurer - Bill Walker

Bill has been active as an age group triathlete for several years and represented Australia in the age group category at the 1992 TWC at Muskoka. He was selected to fill a casual vacancy on the Triathlon Australia Board of Directors in May 1992 and has assisted in the management of Triathlon Australia and the determination of the One Day Race Permit proposal aimed at encouraging all triathletes to become licensed. Bill has also contributed to the framing of the budget and expenditure forecast and the promotion and marketing of Triathlon Australia to increase sponsorship support.

Bill is a Practising Chartered Accountant and a partner in the Sydney accounting firm of Walker, Williams and Mason. He brings a depth of director experience with him, having been on the Board of a Sydney Rugby Union club for a number of years.

Members of the Board

Lori Cameron

As a active recreational triathlete since 1985, Lori has progressed from an interest in the sport relating to her Bachelor of Science (Honours) studies in exercise physiology to a larger administrative involvement in both general and women-specific areas. Currenty Vice President of the Triathlon Association of Victoria and a member of the Board of Triathlon Australia, Lori also chairs the Victorian Committee for Women in Triathlons (VICWIT) and the Triathlon Australia Women's Committee. Lori competed in the age group category in the 1992 TWC at Muskoka and at the 1992 Triathlon World Congress she was elected as Co-chair of the ITU Women's Commission.

Lori's work involves university lecturing and PhD studies in health science, and she is closely associated with the coaching of triathletes at all levels. She has also recently taken on the position of Chair of the Triathlon Australia Sports Science Research Committee for which her tertiary qualifications and her membership of the Australian Association of Exercise and Sports Science suit her admirably. Lori intends to promote, through the Committee, the use of sports science research to provide the best possible advice and support to triathletes at all levels, and also to coaches and administrators.

Michael Flynn

Michael has been the President of the Triathlon Association of South Australia for the last two years. He is a veteran of many marathons and Ironman triathlons, including Hawaii in 1990.

As coach and chairman of selectors for the Norwood Australian Rules Football Club and fitness consultant for the South Australian Basketball and Cricket teams, Michael has a broad ranging experience in sport. Currently Michael is employed as a coaching coordinator for the South Australian Sports Institute.

Michael has a Bachelor of Education degree in Physical Education and is also a South Australian delegate of the Australian Coaching Council.

Toni O'Donnell

Toni has been competing in triathlons since 1986 and has been a committee member of the Western Australia Triathlon Association, and more recently Triathlon Western Australia (TWA), since July 1987. She currently holds the TWA Committee position of Women's Interests and Special Events. Toni is a qualified race judge and in 1990 she commenced organising and conducting triathlons as a race director including the 1990 Club Capricorn Triathlon, and the 1991 and 1992 Women's Triathlon and Club Capricorn Triathlon.

Toni has been actively involved in implementing initiatives for women in triathlon as well as contributing to committee issues and decisions on a broader level. She is currently working full time with the Health Promotion Services (W.A. Health Department) as a Health Education Officer, and she also manages sponsorships approved through Healthway W.A. Health Foundation including QUIT sponsorships. She is nearing the completion of a Bachelor of Business degree at the Edith Cowan University.

Brian Chapman

Brian brings 11 years of professional sports administration experience to the TA Board. Originally a high school teacher (1968-74), he graduated from the University of Oregon as a Ph.D in Phys. Ed. Sports Administration in 1978. He has been state general manager for the sports of athletics (SA 1979-84), volleyball (SA 1984-87) and basketball (NT 1990).

Among career highlights Brian lists lifting SA registrations and national medal wire to record levels, visiting the former East Germany after the 1976 Olympics to study their sports "secrets", and introducing formal beach volleyball competition to Australia 1984. He also promoted an NT Men V Australia Women basketball match for national TV and authored chapters of SA's level I and 2 Sports Administration manual.

His spare time has been taken up overseas pursuits, fun running club promotions, professional coaching (Sparta Runners and Border Striders) and voluntary committee work. A former Australian Bronze Medallist in 1972, Brian remains an active veteran runner (Australian Masters Games 1989, 10 km bronze) and contests several triathlon relay events each year.
His first involvement with triathlon was in the 1980's as the colourful PA commentator at Adelaide's Hash House Harriers Triathlon, a role he continues at many Queensland Events. He has been Triathlon Queensland's honorary secretary since 1992 after a 12 month stint with Surfer's Paradise Triathlon Club as an Event organiser and fund-raiser.

**National Executive Director**

**Tim Wilson**

After a Rugby injury forced retirement from first grade competition, Tim began competing in triathlons. As a nine year veteran he has competed in every distance in the sport. The most recent event being the 1992 Canadian Ironman.

Tim has studied sports Administration in both Australia and overseas and will graduate with a Masters of Business Administration (MBA) degree this year.

Over the last four years Tim has worked for the Australian Sports Commission (ASC). Firstly as the Co-ordinator of the Sports Talent Encouragement Plan at the Australian Institute of Sport (AIS), and then for the ASC's the Sports Development Program as a Senior Sports Development Officer.

Tim has also been involved in the development of the AIS's Road Cycling Program. He is the Originator and Director of the AIS Cycle Classic, in Canberra.

**National Coaching Director**

**Rob Pickard**

Rob was appointed National Coaching Director 12 months ago. Since that time he has directed the Cadbury Junior Elite team and co-ordinated many level 1 coaching courses.

Rob is currently producing the level 2 coaching course.

Although a state representative in both Rugby and Surf Life Saving, Rob has made Triathlon his sport, and has completed over 100 triathlons in every distance, including the Hawaiian Ironman. He has represented Australia in the last two World Championships and finished 3rd and 4th respectively in the 40-44 age group over the Olympic distance.

Rob has both a undergraduate degree and a masters degree in Physical Education, majoring in exercise physiology.
AUTHORITY

1. Triathlon Australia (TA) is recognised by the Australian Sports Commission as the National Sporting Organisation (NSO) for the multi-endurance sports of triathlon, duathlon and aquathlon, and similarly by the International Triathlon Union (ITU) as the National Governing Body (NGB) of those sports in Australia. TA is a founding member of the ITU and has resolved to adopt the rules and procedures of those sports as laid down by the ITU.

2. The Technical Committee of TA has been charged with ensuring that the technical aspects of triathlon, duathlon and aquathlon are of the highest quality, with particular emphasis on the safety of each competitor and the fairness of each event. To this end the Technical Committee has to date developed management criteria for events of two or more segments comprising two or more of the disciplines of swimming, bicycling and running to be conducted in a safe, efficient, effective and fair manner according to standardised race procedures and rules. Successfully meeting these criteria results in an event being designated as 'sanctioned', creating direct benefits to the event and its participants. Criteria for segments for other endurance sports such as canoeing, kayaking, and cross country skiing may be developed in the future at which time these race competition rules will be amended accordingly.

3. The Australian Sports Commission has empowered TA with the authority to sanction events and enforce race rules on events planned and conducted in accordance with the rules and procedures laid down in this Technical Manual. TA has delegated this authority to its affiliated state and territory associations for all events conducted within their respective geographical state/territory borders, except for national championship events, races of a national race series, and international events staged in Australia. State and territory affiliated associations are not permitted to delegate those sanctioning powers to any lower level of authority.

4. Authority to sanction and enforce race rules at national and international level events is retained exclusively by TA, but initial sanc-
tions of RA Race Competition Rules from occurring; to report violations where they occur; to assess, rule on and award penalties as appropriate for violation reports; and to hear and rule on protests and appeals.

e. TA Race Technical Delegate Accreditation Course. This course qualifies state/territory association members to examine and advise on an application by a race director for event sanctioning, to grant, deny and withdraw the sanctioning of an event as appropriate, and to ensure that all aspects of the TA Race Operations Procedures and the Race Competition Rules are fulfilled in preparation for, during and after an event.

6. The rules and procedures detailed in the TA Technical Manual are subject to judgement, interpretation and adaptation, depending on the specific event and the course conditions. At no time are less stringent standards or rules to be used. Higher standards may at times be necessary in order to conduct a safe and fair event.

**Disclaimer**

7. The management criteria laid down in the TA Technical Manual are intended solely for the organisation and management of Triathlon Australia's state and territory associations and its state and territory associations and its sanctioned events, and to provide for the orderly conduct of Triathlon and other similar multi-endurance sports events.

8. All participants in sanctioned events are deemed by their participation to have voluntarily agreed to comply with the TA Technical Manual. Triathlon Australia and its affiliated state and territory associations make no express or implied warranty of safety or guarantee against damage, loss, harm, injury or death to participants, volunteers, spectators or others as a result of the publication of, or any compliance with the Manual.

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**Race Competition Rules**

**Rule No**

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INTRODUCTION

Purpose of Triathlon Australia Competition Rules

1. The TA Race Competition Rules are intended to:
   a. create an atmosphere of sportsmanship, equality and fair play;
   b. provide safety and protection;
   c. emphasise ingenuity and skill without unduly limiting the competitor's freedom of action;
   d. penalise competitors who gain an unfair advantage;
   e. endorse the principle that triathlon is an individual sport, and encourage individual performance and initiative; and
   f. promote team competition between TA affiliated associations.

2. Definitions of all terms used in these Race Competition Rules are provided at Annex A. Any difficulty in the interpretation or application of these Rules should be referred to the Chairman of the TA Technical Committee without delay.

Modifications

3. These rules will be adopted to govern all events which fall within the jurisdiction of TA, namely triathlon, duathlon band aquathlon. To that end, and notwithstanding paragraph 2, throughout these Race Competition Rules, unless otherwise specified, the term 'triathlon' is used in its generic form to imply any of those events.

4. It is important to know the intent and purpose of a rule so that it may be intelligently applied in a given situation. A competitor must not be permitted an advantage not intended by a rule, nor place the health or welfare of him/herself or others in jeopardy. To implement this philosophy, many of the rules are written in general terms. This practice eliminates the necessity for a multiplicity of rules and provides the race judges with ample authority to adapt their application of the rules to fit conditions. Race judges must base their determination on whether an advantage, not intended by the rules, has been gained or, health or welfare has been jeopardised.

5. Exceptions. These TA Race Competition Rules will be applicable to all events sanctioned by TA or its affiliated state and territory associations, and are to be implemented by the relevant national or state/territory body as appropriate. Exceptions for special circumstances in a particular event may only be gained from TA with prior approval. A request for an exception to these Rules must be made in writing to TA through the state or territory association to whom the application for sanctioning has been, or is to be submitted.

6. Special Rules. A race technical delegate may approve the addition of special rules for a particular race, provided that:
   a. each additional special rule does not conflict with another TA Race Competition Rule,
   b. each additional special rule is made available in written form and is announced to the participants before the event, and
   c. each additional special rule and the reasons for its inclusion are advised to the Chairman of the TA Technical before the day on which the event is to be conducted. The Chairman of the Technical Committee may invalidate the incorporation of an additional special rule only on the authority of the Board of TA.

7. Unauthorised Exceptions and Additions. The unauthorised exception to or addition of a race competition rule will prevent an event from being sanctioned and will invalidate a sanction which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from state/territory and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid. This matter is addressed in further detail in TA Race Operations Procedures.

8. Rule Changes. These Race Competition Rules may be changed from time to time by the Board of TA in its absolute discretion. Any such rule change shall be advised in writing to the affiliated state/territory associations at least 14 days before it is to take effect.

COMPETITION DETAILS

Age Determination

9. Age for all categories is determined by age on July 1st preceding the season of the triathlon competition. For duathlon competitions, and for the tropical northern areas of Australia where, due to climatic conditions, the triathlon season is conducted mid-year, age for all categories is determined by age on July 1st of that season.

Note: Triathletes competing in events overseas and in international events in Australia should be aware that the ITU ruling for age determination may be applied for those events. The ITU ruling, effective from 1 October 1992, for the Junior category is 15-19 years of age on January 1st of the calendar year of competition, and for the Open and Age Group categories is age on race day.

Individual Competition Categories

10. Open. This category is open to all licensed entrants. A one day or one year race permit holder will not be eligible to race in the Open category.

11. Junior. This category is reserved for triathletes in the 14 - 19 years age group.

12. Age Groups. The categories for age group competitors are:
   a. 20 - 24 years,
   b. 25 - 29 years,
   c. 30 - 34 years,
   d. 35 - 39 years,
   e. 40 - 44 years,
   f. 45 - 49 years,
   g. 50 - 54 years,
   h. 55 - 59 years,
   i. 60 - 64 years,
   j. 65 - 69 years,
   k. 70 + years.

Team Competition Categories

13. A State/Territories Teams Championship is incorporated with the Australian Olympic Distance Championship for Open and Junior categories under the following conditions:
   a. Initial Eligibility. Each member of a state or territory team must be:
      (1) domiciled in that state or territory, and
      (2) an Australian citizen or currently married to an Australian citizen for a period greater than one year, and
      (3) a resident of Australia for a period greater than two years, and,
      (4) a fully licensed member of a state or territory association affiliated with TA.
   b. Open. States and territories may nominate up to six males and six females for each team from either the Open or Age Group categories. The Team result is to be calculated by adding the placings of the first five of each team to finish, with Age Group competitors included in the placings based on finishing times.
   c. Junior. States and territories may nominate up to three males and three females for each team from the Junior category. The Team result is to be
Distances for National Championship Events

16. The National Championship events titles and the distance of each course segment of each event are:

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<tr>
<th>Event</th>
<th>Swim Course Distance (km)</th>
<th>Bicycle Course Distance (km)</th>
<th>Run Course Distance (km)</th>
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<tbody>
<tr>
<td>a. Sprint</td>
<td>0.75</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>b. Olympic</td>
<td>1.50</td>
<td>40</td>
<td>10</td>
</tr>
<tr>
<td>c. Long</td>
<td>2.0-2.5</td>
<td>80</td>
<td>20</td>
</tr>
<tr>
<td>d. Ultra</td>
<td>3.8-6.0</td>
<td>1502</td>
<td>42.2</td>
</tr>
</tbody>
</table>

Restrictions

17. The maximum swim/bicycle/run course segment distances permitted for a competitor under 14 years of age in a sanctioned event are the respective course segment distances of the National Championship Sprint Event.

18. The maximum race course segment distances permitted for a competitor in the 14 - 16 years category in a sanctioned event are the respective course segment distances of the National Championship Olympic Event.

19. Where the distance of only one or two course segments of an event exceeds the respective National Championship course segment distances, the rulings of paragraphs 16 to 18 are to apply, even if the distances of the other two or one course segments respectively are less than those of the National Championship course segments.

Prizes and Awards

20. Prizes for all TA sanctioned national and international events will be distributed to male and female divisions in equal value by placing and on a pro-rata basis for depth.

21. Until 30 June 1994, prizes for all state/territory sanctioned events will be distributed equally in value to male and female divisions for at least the first three places in each age category. From 1 July 1994, prizes for these events will be distributed to male and female divisions in equal value by placing and on a pro-rata basis for depth.

22. All competitors who place in the top three of their male and female individual categories in TA sanctioned national championships will be awarded official TA National Championship medals.

23. The first three men's and women's teams in the Open and Junior categories and in each of the Age Group categories in TA sanctioned national championships will be awarded a team trophy, and all members of those teams will be awarded medals except members who have been disqualified in the event.

GENERAL CONDUCT OF COMPETITORS

General

24. A Triathlon involves many competitors. Race tactics are an integral part of the interaction between competitors. Competitors must make instantaneous decisions based upon their state of conditioning and experience. However, competitors must:

a. practise good sports conduct at all times;

b. be responsible for their own safety, the safety of their own equipment and the safety of others;

c. be responsible for understanding and following TA Race Competition Rules which are available through their own clubs from their state and territory associations;

d. obey traffic regulations and instructions from race officials;

e. treat other competitors, officials, volunteers and spectators with respect and courtesy;

f. not use abusive language; and

g. if they violate the rules knowingly, retire promptly from the competition and report the violation and the fact that they have withdrawn to a race judge.

Doping Rules

25. The ITU, the ASC and TA condemn the use of substances or practices which artificially enhance performance. Competitors in events sanctioned by the ITU and by TA or its affiliated state or territory associations are expected to comply with the TRIATHLON AUSTRALIA DOPING POLICY as laid down by the TA Board of Directors on the recommendation of the TA Medical Committee, and set out at Annex B to these Race Competition Rules.

26. All competitors must familiarise themselves with Annex B, including prohibited conduct, medical control tests, testing obligations and procedures, and penalties and appeal processes.

Health

27. Triathlons are strenuous activities and to be able to compete, competitors should be in excellent physical condition. The health and welfare of competitors, officials, spectators and the general public are of paramount importance. Any competitor who appears to an official to present a danger to the health and welfare of him/herself, another competitor, an official, a spectator or a member of the public may be immediately disqualified and removed from the competition.

28. Time limits for each of the swim, bicycle, and run course segments of an event and for the overall finish time may be established by the sanctioning authority for the event.
DISCIPLINE OF COMPETITORS

Result of a Rules Violation

29. Failure to comply with the Triathlon Australia Race Competition Rules may result in the competitor being given a warning or a stop-start penalty, or being reported which may lead to disqualification, suspension or expulsion. The meanings of these terms are defined in Annex A and their applications are described in the following paragraphs.

30. Warning. This action may be taken under the following conditions:

a. It is not mandatory for a race judge to give a warning prior to issuing a penalty or reporting a violation.

b. The issue of a warning will be at the discretion of a race judge.

c. A warning may be given when:

   (1) a rule violation appears unintentional and can be corrected after a warning, or

   (2) a race judge believes a violation is about to occur.

d. A race judge is not required to give a warning in a formal manner, but will do so normally by attracting the attention of a competitor and then issuing a verbal caution or, if appropriate, pointing or gesticulating to indicate as clearly as possible the meaning of the warning.

31. Stop-Start Penalty. This is an on-the-spot penalty imposed by a race judge on the bicycle course of the event. It is more fully described under the later section on Policing of Drafting. Violation Reports are normally submitted by race judges but all officials are able to submit violation reports for acts such as poor sports conduct or the blatant crossing of a course lane boundary.

32. Violation Report. This is a written submission concerning an observed blatant violation of a race rule. All Violation Reports are submitted in the same manner, the most frequent being Drafting Reports which are more fully described under the later section on Policing of Drafting. Violation Reports are normally submitted by race judges but all officials are able to submit violation reports for acts such as poor sports conduct or the blatant crossing of a course lane boundary.

33. Disqualification. This penalty may be awarded by the Race Referee as a result of a report made by a race judge or the upholding of a protest under the following conditions:

a. A race judge may indicate that a violation will be reported by sounding a whistle or horn, showing a red card or flag and calling out and visibly displaying the competitor’s number.

b. It is not mandatory for a race judge to indicate to a competitor that a violation will be reported.

c. It is not mandatory for a race judge to give a warning prior to issuing a penalty or reporting a violation.

d. A competitor may complete the event if a race judge has indicated that he or she will be reported for a violation.

e. A competitor awarded a penalty for a reported violation may appeal the decision of the Referee in accordance with the provisions of the section on Appeals in these Rules.

f. A competitor may be disqualified for, but not limited to, the following:

   (1) failing to re-enter the course at the point of departure after leaving the course through disorientation or for reasons of safety or the need to conduct mechanical repairs or carry out personal toilet;

   (2) except as covered by sub-paragraph (1), failing to follow the prescribed course, including the short-cutting of corners or the crossing to the outside of a designated lane boundary;

   (3) using abusive language or behaviour toward any official, spectator or other competitor or displaying bad sports conduct;

   (4) blocking, charging, obstructing or interfering with the forward progress or jeopardising the safety and welfare of another competitor or race official or spectator or member of the public;

   (5) unfair contact; (the fact that contact occurs between competitors does not constitute a violation; when several competitors are moving in a limited area, contact may occur but this incidental contact between competitors in equally favourable situations is not necessarily a violation).

   (6) accepting assistance from anyone other than a race official, or accepting assistance from a race official which is not given to provide for the safety or welfare of a competitor or other person, or which constitutes an unfair advantage, including accepting assistance which is not consistent with the official’s area of responsibility (e.g. the only assistance which can be given by or sought or accepted from a street corner marshal is an indication of the direction of the course, i.e. he/she cannot provide food/drink or massage, or help change a tyre);

   (7) refusing to follow the instructions of a race official or a public authority, except where the competitor believes the official or authority has incorrectly indicated the race route, or where such instructions may compromise the health and safety of the competitor or other person; but if the competitor takes an incorrect route, the conditions of Rules 33 f (1) and (2), and Rules 41, 53 and 76 apply;

   (8) not wearing the unaltered race number provided by the Organising Committee in the required manner (on the bicycle course the number must be worn on the lower back of the torso or on the pelvis, and on the bicycle; on the run course the number must be worn on the front);

   (9) leaving equipment or discarding articles of equipment on the course; tyres, tyre tubes, plastic bottles and other discarded items must be placed safely off the course in a manner not likely to jeopardise the safety and welfare of a competitor or other person; personal clothing, footwear and personal items such as goggles, swim caps and wetsuits must be placed only in the competitor’s bag or individual kit storage area in the transition zone;

   (10) wearing items deemed to be a hazard to self or others, e.g. a hard cast, jewellery, headphones or head-phones;

   (11) using unauthorised equipment to provide an advantage or which will be dangerous to others; and

   (12) violating traffic regulations.

34. Suspension and Expulsion. These are penalties awarded for the more severe violations at a national or international level by the TA Board of Directors on the recommendation of the TA Technical Committee, and at lower levels by their respective state/territory associations and regional/club committees.

35. After awarding a disqualification, the Race Referee of a national or international level event may refer, through the Technical Delegate to the TA Technical Committee, a report made by a race judge of, but not limited to, the following violations together with
CONDUCT ON THE SWIM COURSE

General Rules

41. The responsibility of keeping on the course rests with the competitor.

42. A competitor may use any swimming stroke for propulsion through the water. A competitor may also tread water or float.

43. A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary boat. However, a competitor may not make use of either the bottom or inanimate objects to gain an unfair advantage (disqualification).

44. In an emergency a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered beyond the provision of an inanimate object on which to rest, the competitor must retire from the competition.

45. The upper and lower temperature limits for the use of wet-suits and the maximum time a competitor is allowed to remain in the water for the varying swim distances of events are to be in accordance with the following table:

<table>
<thead>
<tr>
<th>Swim Distance</th>
<th>Wetsuits forbidden at or above</th>
<th>Wetsuits mandatory at or below</th>
<th>Maximum stay in water</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000 m or less</td>
<td>22°C</td>
<td>14°C</td>
<td>1 hr 10 min</td>
</tr>
<tr>
<td>2000 - 3000 m</td>
<td>23°C</td>
<td>15°C</td>
<td>1 hr 40 min</td>
</tr>
<tr>
<td>3000 - 4000 m</td>
<td>24°C</td>
<td>16°C</td>
<td>2 hr 15 min</td>
</tr>
</tbody>
</table>

Equipment

48. A competitor must wear the swim cap provided by the race organisation (disqualification). If the swim cap is lost unintentionally on the swim course, the competitor will not be penalised.

49. Goggles and nose clips are allowed.

Illegal Equipment

50. Any artificial propulsion device, e.g., fin, sock, glove, paddle or flotation device except a wetsuit is prohibited (disqualification).

51. Any wetsuit with a thickness exceeding 5 mm at any point is prohibited (disqualification).

52. The wearing of wetsuit pants of any length without a wetsuit top is prohibited (disqualification).

CONDUCT ON THE BICYCLE COURSE

General Rules

53. The responsibility for remaining on the course rests with the competitor.

54. Where only one traffic lane is allocated as part of the bicycle course, a competitor must keep as far to the left of the lane as is practicable unless passing another bicycle, motor cycle or vehicle (disqualification).

55. Any competitor who has established the right of way may not block others (disqualification).

56. A competitor must obey traffic laws unless otherwise directed by a course official (disqualification).

57. Any competitor who appears to an official to present a danger to the health or welfare of him/herself or another competitor, an official, a spectator or a member of the public may be immediately disqualified and removed from the competition (disqualification).

58. A competitor, whether mounted on the bicycle or not, is not permitted to have a bare torso while removing the bicycle from the bicycle rack to the exit of the mounting zone (disqualification).

59. A competitor is not permitted to have a bare torso while removing the bicycle from the rack or moving the bicycle from the bicycle rack to the exit of the mounting zone (disqualification).

60. A competitor is not permitted to have a bare torso while moving the bicycle from the entrance of the dismounting zone to the bicycle rack or placing the bicycle on the rack (disqualification).

61. A competitor is not permitted to make any forward progress on the bicycle course without the bicycle and its components (disqualification).

Drafting

62. Competitors, vehicles and motor cycles create a draft which acts as a drawing force on those following. Drafting of another bicycle or motor vehicle or motor cycle is forbidden, because competitors who draft benefit unfairly and are a safety hazard (disqualification).

63. A competitor is entitled to any posi-
64. A competitor who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.

65. A competitor is deemed to have been overtaken once the leading edge of the front wheel of the overtaking bicycle has moved in front of the leading edge of the front wheel of the bicycle being overtaken.

66. Bicycle Draft Zone.

a. The bicycle draft zone is a rectangle which surrounds every bicycle competitor and every motor cycle on the bicycle course. The front edge of the front bicycle and motor cycle wheel defines the centre of the leading three metres edge of the rectangle. In national and international level events for OPEN and JUNIOR categories the zone is ten metres long and three metres wide (Diagram 1 on next page), and for AGE GROUP categories and all categories in all other levels of events the zone is seven metres long and three metres wide (Diagram 2).

b. The draft zone of one competitor may not overlap the draft zone of another competitor or motor cycle unless the rear is passing the forward competitor or the forward motor cycle (disqualification). (Diagrams 3 and 4).

c. When passing, once the rear competitor’s draft zone overlaps the forward competitor’s draft zone or a forward motor cycle draft zone, the rear competitor is allowed a maximum of 15 seconds to overtake the forward competitor or forward motor cycle (disqualification). (Diagram 5).

d. At every instant during the overlapping of draft zones, the rear competitor must be seen to be gaining on the forward competitor or the forward motor cycle (disqualification).

67. A competitor’s draft zone may overlap the bicycle draft zone of another competitor or a motor cyclist in the following circumstances subject to the judgement of a race steward:

a. in passing the forward competitor or motor cyclist, overlaps the draft zone of the forward cyclist or motor cyclist and AT ALL TIMES is progressing through it, but for a period of no longer than 15 seconds;

b. for safety reasons;

c. for an aid station;

d. for entrance to or departure from a transition area;

e. in making an acute turn; and

f. when the Race Referee excludes a section of the course because of narrow lanes, construction, detours, or for safety or other reasons, and deemed such a section as a GREEN ZONE which imposes the following conditions:

(1) All Green Zones on the course are to be fully advised to all competitors no later than 24 hours before the start of an event.

(2) All Green Zones will be indicated by signs with the wording ‘Green Zone’ at the start and finish of each Zone and every 200 metres through the Zone.

68. Once overtaken, a competitor must, if necessary, immediately move to the rear in order that his/her draft zone is not overlapping the draft zone of the overtaking competitor, before attempting to re-overtake (disqualification).
qualification). A competitor may also move to the side to stop the overlap of draft zones but only if the laneway provided for the particular event is wide enough so that the overtaken competitor does not cross the lane boundary; this will rarely be the case, and in many races competitors will not have the option to move to the side. (In many cases the momentum of the overtaking competitor will carry him/her sufficiently far forward to automatically remove the overlap immediately, but it should not be presumed that this will occur and the onus always remains with the overtaken competitor to disengage from the overlap of draft zones.)

69. Vehicle Draft Zone
   a. The vehicle draft zone is a rectangle 35 metres long by five metres wide which surrounds every vehicle on the bicycle course (Diagram 6). The centre of the front edge of the vehicle defines the centre of the leading five metres edge of the rectangle.
   b. The responsibility for ensuring that this zone is not overlapped by the draft zone of a competing bicyclist lies with the driver of all race participation vehicles and the Vehicle Control Marshall (VCM). Where a course is not cleared of non-race vehicular traffic, it is the responsibility of the bicyclist not to overlap the draft zone of a forward non-race vehicle unless passing it, in which case the bicyclist has 90 seconds to overtake the vehicle and during this period the bicyclist must always be gaining on the vehicle (disqualification).

Policing of Drafting

70. To assist in breaking up drafting bicyclists, the following penalties are to be imposed for drafting in the manner indicated:
   a. Stop-Start Penalty. The steward must sound a whistle or horn, and call out the competitor’s number, and show a yellow card (all three actions must be taken). The competitor must immediately:
      (1) pull off the course in a safe manner (disqualification);
      (2) stop, fully dismount by placing both feet on the ground on the same side of the bicycle, and raise both wheels of the bicycle off the ground simultaneously (disqualification);
      (3) listen to and acknowledge any brief verbal warning by the steward (disqualification); and
      (4) proceed only when the yellow card has been withdrawn and it is safe to do so (disqualification).
   N.B. To argue with or swear at a steward is considered to be bad sports conduct and will immediately result in a Report of such conduct.
   b. Drafting Report. The steward may sound a whistle or horn, call the competitor’s number and show a red card. The competitor may continue to race but should expect the Referee to confirm a disqualification ruling when the steward submits the Report.

71. Race stewards will attempt to be proactive and give verbal warnings whenever possible to try and prevent violations from occurring, but competitors should be clear that these Race Competition Rules do NOT require that a warning must be given before a penalty is issued.

72. Competitors should not assume that they will be warned before receiving a Stop-Start Penalty or being reported. Moreover, blatant or repetitive drafting will be the subject of a Drafting Report and there is no requirement for this to be preceded by a Stop-Start Penalty. It is also not mandatory for a race judge to indicate to a competitor that a Drafting Report will be submitted, though he/she will attempt to do so whenever possible.

Equipment

73. Bicycles. Bicycles must have all of the following characteristics (disqualification):
   a. no more than two metres long and 75 centimetres wide;
   b. measure at least 24 centimetres from the ground to the chain wheel axle;
   c. a vertical line touching the frontmost point of the saddle will be no more than five centimetres in front of and no more than 15 centimetres behind a vertical line passing through the centre of the chain wheel axle (Diagram 7), and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;
   d. measure 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 (Diagram 8). Exceptions may be given only by the Technical Delegate for the bicycles of very tall or very short competitors.
   e. farings which reduce air resistance are prohibited. The front wheel may be a different diameter from the rear wheel, but must be of spoke construction; covers are allowed on the rear wheel only; these provisions may be changed by the Race Referee in the interests of safety (e.g. in the case of the potential for high winds);
   f. no wheel may contain mechanisms which are capable of accelerating it;
   g. handlebar ends must be plugged, tires securely glued, headsets tight and wheels true;
   h. there must be a safely operational brake on each wheel.

74. Helmets. Bicycle helmets are compulsory and must be in accordance with the following specifications:
   a. The helmet must be approved by an officially recognised testing authority, i.e. SAA, ANSI, Snell Memorial Foundation, or any testing authority recognised by an NGB (disqualification).
   b. An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited (disqualification).
   c. The helmet must be securely fastened on the head of a competitor before the...
bicycle is removed from the bicycle track in the Transition Zone (disqualification);

d. The helmet must remain securely fastened on the head of a competitor while the bicycle is being moved from the bicycle rack to the exit of the mounting zone, including during the action of mounting (disqualification);

e. The helmet must be securely fastened on the head of a competitor at all times when he/she is on the bicycle course, whether mounted or dismounted (disqualification);

f. 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 she/he has moved outside the boundary of the bicycle course route and has dismounted the bicycle (disqualification); and he/she must fasten the helmet securely on the head before returning onto the bicycle course route or before remounting the bicycle (disqualification).

In such a situation, the conditions of Rule 33.f.1 also apply.

g. The helmet must remain securely fastened on the head of a competitor while the bicycle is being moved from the entry of the dismounting zone to the bicycle rack, including during the actions of dismounting the bicycle and racking bicycle (disqualification).

**CONDUCT IN THE TRANSITION ZONE**

82. The following conditions apply:

a. The helmet must be securely fastened on the head of a competitor before the bicycle is removed from the bicycle track in the Transition Zone (disqualification);

b. A competitor is not permitted to have a bare torso while removing the bicycle from the rack or moving the bicycle from the bicycle rack to the exit of the mounting zone (disqualification).

c. The helmet must remain securely fastened on the head of a competitor while the bicycle is being moved from the bicycle rack to the exit of the mounting zone, including during the action of mounting (disqualification).

d. A competitor must mount and dismount the bicycle at the respective designated mounting and dismounting zones (disqualification).

e. When riding the bicycle a competitor must slow and exercise caution when exiting the mounting zone or entering dismounting zone of the Transition Zone (disqualification).

f. A competitor is not permitted to have a bare torso while moving the bicycle from the entrance of the dismounting zone to the bicycle rack or while placing the bicycle back on the rack (disqualification).

g. The helmet must remain securely fastened on the head of a competitor while the bicycle is being moved from the entry of the dismounting zone to the bicycle rack, including during the actions of dismounting the bicycle and racking bicycle (disqualification).

h. A competitor must at all times rack his/her own bicycle only at the designated bicycle rack location and leave it in a stable position (disqualification).

i. A competitor may not interfere with another competitor’s equipment in the Transition Zone (disqualification). Where accidental interference occurs, the offending competitor must replace the clothing and/or equipment to its former position and state (disqualification).

j. A competitor must not impede the progress of another competitor in the Transition Zone (disqualification).

k. A competitor must not impede the progress of another competitor in the Transition Zone or at any time before, during or after an event (disqualification).

**CONDUCT AT RACE START AND FINISH**

83. The following conditions apply:

a. A competitor must remain behind the start line until the start signal is given (disqualification).

b. A competitor must start from within the starting enclosure and remain within the starting enclosure until crossing the start line (disqualification).

c. A competitor must avoid bad sports conduct and making unfair contact in all parts of the race, particularly in the approach to the finish line (disqualification).

d. After crossing the finish line, a competitor must move away from the immediate area of the finish line and not obstruct the finish of another competitor (disqualification). A competitor who appears to be suffering physical, mental or emotional effects of the competition shall not be judged in breach of this rule unless it can be shown beyond reasonable doubt that the action perpetrated was intended to improve his/her own finish placing and/or time, or was intended to affect the finish placing and/or time of another competitor.

e. If medical staff assess that intervention is necessary and assistance is rendered before a competitor crosses the finish line, the competitor is to be removed from the competition and is
to be ruled as 'did not finish' (DNF). Where, after crossing the finish line, a competitor collapses or undergoes other severe physical trauma, he/she may be moved clear of the immediate area of the finish line without penalty, and if necessary may be given appropriate medical treatment.

f. Before starting and after finishing a race a competitor is not to engage in bad sports conduct within the environs of the race start or finish areas (disqualification).

OFFICIALS

Terminology

84. The word 'official' embraces all categories of authoritative personnel engaged in conducting an event, and it includes race operations and administration personnel as well as those who make judgments on the performance of competitors in relation to Race Competition Rules (i.e. those who observe, assess and report on the performance of competitors and those who consider and rule on reports, protests and appeals). The following terms and categories have been derived, and are shown in diagram 9.

85. The Race Operations Staff and the Race Administration Staff are under the immediate direction of control)ing the Race Director who must conduct and administer the event in accordance with TA Race Operations Procedures. The Race Judges Bare under the immediate direction and supervision of the Race Referee, and to ensure that the judging of competitors is unbiased and strictly in accordance with TA Race Competition Rules, they are to be appointed by the national or state/territory sanctioning authority for the event, and not the Race Director.

Organisation of Race Officials

86. Diagram 10 depicts the organisational structure of race officials for national championships and national race series, and for international events staged in Australia. For all other events the structure is to be the same except that the positions and responsibilities of the TA Board and the TA Technical Committee are to be assumed by the state/territory association and its Technical Sub-Committee respectively.

87. The general functions of each category of race official are explained in the following paragraphs and briefly defined in Annex A to these Race Competition Rules.

88. Technical Delegate (TD). The TD is appointed by the TA Board on the recommendation of the TA Technical Committee for all national championships and national race series, and for all international events staged in Australia. For all other events, the TD is appointed by the state/territory association sanctioning the event. The TD is responsible for ensuring that all aspects of the TA Race Competition Rules and Race Operations Procedures (including all sanctioning requirements) are fulfilled in preparation for, during and after the event. Where appeals are lodged, the TD is responsible for convening and chairing the Race Competition Jury.

Race Judges

89. The general functions of each category of Race Judge are shown below:

a. Race Referee. The Referee is appointed by the TA Board for each of the swim course, the bicycle course and the run course of the event, for the Start, Finish and Transition Zones(s), and for the Kit Inspection Area at both Registration and Race Check-In. The Assistant Chief Steward is responsible to the Chief Steward for controlling and co-ordinating the employment of the stewards assigned to his/her race course segment or area.

b. Chief Steward. The Chief Steward is appointed by the association of the state/territory in which the event is held and is responsible to the Referee for the control and co-ordination of the employment of race stewards.

c. Assistant Chief Steward. As the Chief Steward responsible to the Chief Steward for each of the swim course, the bicycle course and the run course of the event, for the Start, Finish and Transition Zones(s), and for the Kit Inspection Area at both Registration and Race Check-In. The Assistant Chief Steward is responsible to the Chief Steward for controlling and co-ordinating the employment of the stewards assigned to his/her race course segment or area.

d. Stewards. These officials are appointed by the Chief Steward and are responsible to their respective Assistant Chief Stewards to prevent, where possible, rule violations from occurring and to report violations where they do occur.

e. Competition Jury. For all national and international level events, the Jury is to comprise the TD and two other race judges, qualified wherever possible to Race Referee level, who are appointed by the TA Board on the recommendation of the TA Technical Committee. For all state/territory level championship events, the Jury is to comprise the TD and two other race judges, qualified wherever possible to Race Referee level, who are appointed by the state/territory sanctioning committee as the race sanctioning authority. For all other events, the Jury is to comprise the TD and two other persons appointed by the sanctioning authority, each of whom are either:

(1) accredited race judges, if possible of
race referee or chief steward qualification level, or
(2) members of the state/territory association committee, or
(3) members of the committee of a triathlon club recognised by the state/territory association.

The Jury is to be convened and chaired by the TD and is responsible to the Race Sanctioning Authority to determine, hear and rule on all appeals against decisions handed down through the Referee, including decisions on protests.

**Race Operations and Administration Staff**

90. The general functions of some of the major categories of Race operations and administration staffs are outlined below:

a. **Race Director.** This official is responsible to the sanctioning authority, through the TD, for the preparation and safe conduct of the event, the compilation and distribution of results and the submission of the post-race report.

b. **Marshalls.** The marshalls are responsible to the Race Director to maintain the flow of the race, control of spectators and traffic, and maintain security. There may be appointed a Chief Marshall, and also Assistant Chief Marshalls for each sector of the event. On approval of the TD, some marshalls may be tasked with preventing, where possible, outside assistance from being given and reporting situations where assistance is given.

c. **Administrators.** These officials are responsible to the Race Director for race registration, timing, recording, scoring, data manipulation, course set up and dismantling, and catering.

d. **Medical Team.** The medical team are responsible to the Race Director for establishing the necessary level of medical treatment facilities at the race HQ and providing medical care and evacuation from all points of the race to hospital facilities.

e. **PR Officer.** This official is responsible to the Race Director for all advertising and media coverage of the event in order to obtain the exposure required.

**PROTESTS**

**Protest Jurisdiction**

91. A competitor may file a protest with the Race Referee provided that the action protested has not previously been reported by a race official and ruled upon by the Referee.

92. A protest cannot be made on a judgement decision.

93. To enable race results to be compiled quickly and efficiently and to avoid delays in the presentation of prizes and/or trophies, it has been necessary to impose time restrictions on the submission and processing of protests in the following paragraphs.

94. **Protest Concerning the Course.** A protest that the course does not conform to the requirements of the Race Operations Procedures of the TA Technical Manual, or is unsafe, must be made in writing to the Referee before the start of the race.

95. **Protest Concerning Eligibility.** A protest concerning the eligibility of a competitor is to be made in writing to the Referee before the start of the event. The affected competitor may compete. A decision on the protest will be made prior to the announcement of results.

96. **Protest Concerning Equipment.** A protest concerning a competitor's equipment being in violation of the conditions set out in these Race Competition Rules must be delivered in writing to the Referee no later than 30 minutes after the protesting competitor's finish time.

97. **Protest Against Another Competitor or an Official.** A competitor who protests against the actions of another competitor or official carried out before, during or after the race must do so in writing to the Referee within 30 minutes of the protesting competitor's finish time. Such a protest may be submitted only if the protesting competitor claims that the action of the alleged offender was detrimental to the performance of the protestor.

98. **Protest Concerning Timekeeping.** A protest concerning an error in timing must be submitted to the Referee within 30 minutes after the posting of the unofficial results. A state or territory association may protest an error in timekeeping in the official results of a national or international championship event within 30 days after the competition, in writing, to the TA Board of Directors through the TA Technical Committee.

**Consideration of a Protest**

99. A protest will not be considered unless:

a. the protest is submitted to the Race Referee within the time laid down in the foregoing paragraphs,

b. the protest is accompanied by a Protest Fee of $50.00 for national and international level events and a fee determined by the sanctioning association for other events, and which will be refunded only if the protest is upheld,

c. the protest is submitted in writing, preferably on a TA Race Protest Form (Annex C), which may be obtained from the Race Referee, but in any case contains the following information:

(1) The name, race number, address and home and business telephone numbers of the protesting competitor,

(2) The rule or procedure alleged to have been violated,

(3) The location and approximate time of the alleged violation.

(4) The person(s) involved in the alleged violation.

(5) A statement, including a diagram if possible, of the alleged violation.

(6) The name or identity of one or more witnesses who observed the alleged violation.

100. **Protest Hearing Procedures.** The following procedures are to be observed in the handling of protests:

a. A protest is to be submitted in writing, preferably on a TA Race Protest Form (Annex C) but in any case is to be signed by the protestor, to the Race Referee within the time limit specified in the foregoing paragraphs and accompanied by the Protest Fee.

b. A copy of the protest is to be made available to the competitor(s) and official(s) named in the protest at least 30 minutes prior to the hearing.

c. The protestor and the accused, and/or their state, region or club representatives should be present at the hearing. Failure of either party to attend the hearing may justify the Race Referee making a decision without that party. If both parties cannot attend, the Race Referee is to postpone or cancel the hearing, or if the Race Referee deems it appropriate, make a decision based on the information available.

d. A representative for either the protestor or the accused may be desig-
nated to appear if approved by the Race Referee.

c. The hearing is not to be open to the public or the media.

d. The Race Referee is to read the protest.

e. The protestor and the accused (or their representatives) are to be allowed three minutes each to give his/her account of the incident.

f. The protestor and the accused are each to be allowed a maximum of two witnesses. Each witness may speak in for three minutes.

g. The Race Referee may ask questions of the protestor, the accused (or their representatives) and the witnesses to clarify statements made by them. The time taken for questions is additional to the time each is allowed to give an account of the incident.

h. After hearing and considering all evidence, the Race Referee is to render a decision.

i. The completed TA Protest Form endorsed by the Technical Delegate is to be submitted to the Race Director.

j. The Technical Delegate is to convene the hearing if the protest has been upheld.

k. The hearing is not to be open to the public or the media.

l. The Race Referee is to read the protest.

m. The protestor and the accused are each to be allowed a maximum of two witnesses. Each witness may speak in for three minutes.

n. The hearing is not to be open to the public or the media.

o. The Race Referee is to read the protest.

p. The protestor and the accused (or their representatives) are to be allowed three minutes each to give his/her account of the incident.

q. The protestor and the accused are each to be allowed a maximum of two witnesses. Each witness may speak in for three minutes.

r. The Race Referee may ask questions of the protestor, the accused (or their representatives) and the witnesses to clarify statements made by them. The time taken for questions is additional to the time each is allowed to give an account of the incident.

s. After hearing and considering all evidence, the Race Referee is to render a decision.

AEPEALS

Appeal Jurisdiction

101. A competitor may file an appeal with the Technical Delegate provided that the decision appealed against has not previously been the subject of an appeal and ruled upon by the Competition Jury.

102. An appeal cannot be made on a decision of the Technical Delegate made within the specified time limit.

103. To enable race results to be compiled quickly and efficiently and to avoid delays in the presentation of prizes and/or trophies, it has been necessary to impose time restrictions on the submission and processing of appeals in the following paragraphs.

Consideration of an Appeal

104. An appeal against a decision will not be considered unless:

a. the appeal is submitted to the Technical Delegate within 30 minutes of the Race Referee’s decision being formally advised;

b. the appeal is accompanied by an Appeal Fee of $50.00 for national and international level events and a fee determined by the sanctioning association for other events, which will only be refunded if the appeal is upheld; and

c. the appeal is submitted in writing, preferably on a TA Race Appeal Form (Annex D), which may be obtained from the Technical Delegate, but in any case contains the following information:

(1) The name, race number, address and home and business telephone numbers of the appellant.

(2) The rule or procedure alleged to have been violated.

(3) The location and approximate time of the alleged violation.

(4) The person(s) involved in the alleged violation.

(5) A statement, including a diagram if possible, of the alleged violation.

(6) The rational for and a summary of the appeal.

(7) The name or identity of one or more witnesses who observed the alleged incident.

105. Appeal Hearing Procedures. The following procedures are to be observed in the handling of an appeal:

a. The appeal is to be submitted, in writing on the appropriate form and signed by the appellant, to the Technical Delegate within the specified time limit.

b. The Technical Delegate is to convene the Competition Jury.

c. A copy of the appeal is to be made available to the Competition Jury, the competitor(s) and official(s) named in the appeal at least 30 minutes prior to the hearing.

d. The appellant and other competitors and officials named in the appeal, and/or their state, region or club representative should be present at the hearing. Failure of any party to attend the hearing may justify the Competition Jury making a decision without that party being present. If no party can attend, the Technical Delegate may postpone or cancel the hearing.

e. A representative for the appellant or any other competitor or official may be designated to appear if approved by the Competition Jury.

f. The hearing is not to be open to the public or the media.

g. The Technical Delegate is to read the appeal.

h. The appellant (or his/her representative) is to be allowed three minutes to give his/her account of the incident.

i. The appellant (or his/her representative) is to be allowed three minutes to give his/her account of the incident.

j. The appellant (or his/her representative) is to be allowed three minutes to give his/her account of the incident.

k. Members of the Competition Jury may ask questions of the appellant, the other competitors and officials named in the appeal (or their representatives) and the witnesses to clarify statements made by them. The time taken for questions is additional to the time each is allowed to give an account of the incident.

l. After hearing the evidence, the Competition Jury will retire to consider the case and is to:

(1) give equal weight to the evidence and testimony provided by all,
(2) appreciate that honest testimony can vary and be in conflict as a result of personal observation or reaction,

(3) keep an open mind until all evidence has been submitted,

(4) consider a competitor innocent until the alleged violation has been established to the complete satisfaction of the Race Competition Jury, and

(5) render a decision by simple majority.

The decision is to be advised by the TD to all parties and posted immediately, and recorded in writing on the form on which the appeal was submitted. In the case of an appeal which has been upheld, the TD is to ensure that the Appeal Fee is returned to the appellant.

After endorsement, the TD is to dispatch the appeal form to the sanctioning state/territory association together with the Appeal Fee in the case of an appeal which has not been upheld. The association is to endorse the appeal form to confirm that the appeal and its reported handling are in accordance with these Race Competition Rules. If the association considers this is not the case, the matter is to be referred back to the TD for corrective action.

The association is to ensure that the appeal is despatched to reach the TA Technical Committee within one calendar month of the race day, and that the Appeal Fee for any appeal not upheld at national and international level events is disbursed in the following manner:

(1) $10.00 to the Race Director,
(2) $10.00 to TA,
(3) $30.00 to the state/territory association.

Appendix A: Definitions

Aid/Nutrition
Any food, drink, equipment or relief allowed by competition rules.

Appeal
A request to the Technical Delegate of an event for a review of a decision of the Race Referee. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to the Board of TA.)

Appellant
A competitor submitting an appeal.

Aquathlon
The TA term for a swim-run competition.

Assistance
Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor.

Assistant Chief Steward
Responsible to the Chief Steward for controlling and co-ordinating the employment of the stewards assigned to his/her race course segment or area.

Bicycle Course
That part of the race route over which it has been defined in the race brief that the bicycle is to be ridden, walked or carried within distinctive lane boundaries. The bicycle course commences at the end of the Bicycle Mounting Zone and concludes at the start of the Bicycle Dismounting Zone.

Bicycle Dismounting
A designated area at the entrance to the Zone Transition Zone from the bicycle course within or before which competitors are to fully dismount their bicycles and proceed to the bicycle racks. The dismounting zone will normally extend for the width of the entrance and be between two and ten metres deep. The Dismounting Zone shall be interpreted as being a part of the Transition Zone and its outer boundary shall be interpreted as the outer boundary of the Transition Zone.

Bicycle Mounting Zone
A designated area at the exit from the Transition Zone onto the bicycle course within or after which competitors are to mount their bicycles and proceed on the bicycle course. The mounting zone will normally extend for the width of the exit and be between two and ten metres deep. The Mounting Zone shall be interpreted as being a part of the Transition Zone and its outer boundary shall be interpreted as the outer boundary of the Transition Zone.

Block
The deliberate impeding or obstructing the progress of one competitor by another.
Charge
The contacting of one competitor by another from the front, rear or side, and hindering that competitor’s progress.

Chief Steward
Appointed by the association of the stateterritory in which the event is held and is responsible to the Referee for the control and co-ordination of the employment of race stewards.

Course
A forward line of progress from start to finish which must be clearly marked and measured to prescribed specifications.

Crawl
The action by a competitor of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.

Disqualification
A penalty which TA has assigned as appropriate for the rule violation which has been reported or for which a protest has been upheld. As a result of this penalty the competitor will not be given finish or split times for the event, no account will be taken of the competitor when placings are assessed for any category or for the race as a whole, and the competitor’s details will not be included in the published race results.

Drafting
Any time the draft zone of a competitor overlaps the draft zone of another competitor on the bicycle course of an event.

Draft Zone
Bicycle and Motor Cycle. The draft zone for all competitors and motor cyclists is a rectangle 7 metres long and 3 metres wide which surrounds every bicycle and motor cycle on the bicycle course. The front edge of the front wheel defines the centre of the leading 3 metre edge of the rectangle.

Draft Zone
Vehicle. The draft zone for a motor vehicle is a rectangle 35 metres long and 5 metres wide which surrounds every vehicle on the bicycle course. The centre front of the vehicle defines the centre of the leading 5 metre edge of the rectangle.

Duathlon
The term recognised by the ITU, TA and the ASC for a sport of individual character and motivation which combines bicycling and running skills in continuum.

Expulsion
A competitor penalised by expulsion will not be permitted, during his or her lifetime, to take part in any TA sanctioned event, or any event sanctioned by one of its member associations, or any ITU sanctioned event or event sanctioned by a National Governing Body (NGB) affiliated with the ITU.

Finisher
A competitor who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).

Incapable Competitor
A competitor deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another competitor.

Indecent Exposure
The willful complete uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female competitor, the willful complete uncovering of either or both nipples.

Interference
A deliberate block, charge or abrupt motion which impedes another competitor.

Judgement
Any determination by a race judge or other Decision official, a competitor or spectator which requires at least some mental assessment of the degree to which a competitor’s action has extended and which cannot be measured or determined physically because of the race environment. A judgement decision shall include, but not be limited to the determination of drafting, blocking and bad sports conduct.

Overtake
On the bicycle course, when the leading edge of the front wheel of the overtaking bicycle moves in front of the leading edge of the front wheel of the bicycle being overtaken.

Pack
Two or more competitors with overlapping draft zones.

Pass
When one competitor’s bicycle draft zone overlaps another competitor’s bicycle draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 15 seconds.

Protest
A formal complaint against the conduct of another competitor or a race official, or against the conditions of the competition.

Race Competition
The Jury consists of three persons as Jury described in the Race Competition Rules. It is appointed by the Race Sanctioning Authority and convened and chaired by the TD. It is responsible to the Race Sanctioning Authority to determine, hear and rule on all appeals against decisions handed down through the Referee, including decisions on protests.

Race Competition
The official TA rules which govern all Rules triathlon, duathlon, aquathlon and other multi-endurance sports events.

Race Judge
A generic term embracing those authorised race officials who are qualified by TA as delegated to stateterritory associations, and are appointed to be responsible for observing, assessing and reporting on the performance of competitors in a sanctioned event in relation to TA Race Competition Rules (Race Stewards), and those who consider and rule on violation reports and protests (Race Referee) and appeals (Race Competition Jury).

Race Marshall
A race official who is responsible for maintaining the flow of the event, keeping control of spectators and traffic, or maintaining security.

Race Official
Any person authorised to perform an operational, administrative or race judging task to enable the conduct of an event in
accordance with the rules and procedures laid down in the TA Technical Manual.

Race Referee
A race judge who is responsible to the Race Technical Delegate to hear and make final judgement on all rules violations reported by Race Stewards and on all protests, and to award penalties in accordance with the directions of the TA Technical Manual.

Race Steward
A race judge who is appointed for the event to be responsible for preventing, where possible, rule violations from occurring, and for reporting violations where they do occur.

Race Technical
A race official who is qualified by TA or Delegate (TD) as delegated to state/territory associations, who is responsible for ensuring that all aspects of the TA Race Competition Rules and Race Operations Procedures are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the TD is responsible for convening and chairing the Race Competition Jury. The TD will normally be responsible for conducting or overseeing the conduct of race sanctioning.

Results
The timed finish positions of all competitors after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.

Right of Way
When a competitor has established a lead position and pursues a desired course within the limits of these Race Competition Rules.

Run Course
That part of the race route over which it has been defined in the race brief that the competitor is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the Transition Zone boundary and concludes at the finish line. In Duathlons, the first Run Course commences at the start line and finishes at the entry to the boundary of the Transition Zone; the second Run Course commences at the exit from the Transition Zone boundary and concludes at the finish line.

Sanction
A permit issued by the authority of Triathlon Australia for the conduct of a national championship, or a race of a national race series, or for an international event staged in Australia, and by a state/territory association, through the authority delegated to it by Triathlon Australia, for all other events. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of the TA Technical Manual to provide the greatest potential for the conduct of a safe and fair event.

Sports Conduct
The behaviour of a triathlete during competition. Previously referred to as 'sportsmanship', good sports conduct is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour on the part of a competitor which is judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.

Stop-Start Penalty
A method of imposing a brief delay on a competitor who is assessed by a race judge to be drafting on the bicycle course. The aim of the Stop-Start Penalty is to break up two or more competitors who are moving together in a drafting situation.

Suspension
A competitor awarded this penalty will not be permitted during the stated suspension period, to take part in any events sanctioned by TA or its member associations, or any ITU sanctioned event, or any event sanctioned by a National Governing Body (NGB) affiliated with the ITU. For any suspension because of a doping violation, the competitor will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length from three months to two years, depending on the severity of the violation, or up to four years for a doping violation. In the case of a suspension imposed by TA, the length of the suspension will be determined by the TA Board.

Swim Course
That part of the race route over which it has been defined in the race brief that the competitor is to run, walk or swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course commences at the start line and concludes at the entry to the boundary of the Transition Zone.

Triathlon
A sport of individual character and motivation which combines swimming, cycling and running skills in continuum.

Transition Zone
A location within a defined boundary which is not a part of the swim course, the bicycle course or the run course and within which each competitor is allocated an area for the storage of individual items of clothing and equipment.

Violation
A rule infringement which results in the awarding of a penalty.

Warning
A verbal caution issued by a race judge (usually, but not always, a steward) to a competitor during the course of a race. The purpose of a warning is to alert the competitor to the potential for a rule violation to occur and to promote a pro-active attitude amongst race judges.
# Triathlon Australia Doping Policy

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1. Definitions

In this policy:

“ASDA” means the Australian Sports Drug Agency established by the Australian Sports Drug Agency Act 1991;

“AOC” means the Australian Olympic Committee Incorporated;

“ASC” means the Australian Sports Commission established by the Australian Sports Commission Act 1989;

“doping” means:

(a) the taking or use of substances or use of doping methods prohibited by the IOC as identified on the IOC list of doping classes and methods as amended from time to time; or
(b) refusal to provide a sample for testing when requested by TA, ASDA, ITU, or any other Agency recognised and authorised by those bodies; or
(c) aiding, abetting, counselling or procuring or being knowingly involved in an activity referred to in (a) or (b).

“final anti-doping body” means:

(a) an organisation established in a foreign country for the purpose of discouraging or eliminating the use of drugs or doping methods in sport; or
(b) an accredited laboratory in a foreign country; or
(c) an international sporting federation; or
(d) a foreign government sports agency.

“IOC” means the International Olympic Committee being an association created by the Congress of Paris on 23 June 1894 and which is entrusted with the control and development of the modern Olympic Games;

“ITU” means the International Triathlon Union being the international governing body for the sport of triathlon;

“TA” means Triathlon Australia Limited being the National Sporting Organisation for the sport of triathlon in Australia as recognised by ASC and the National Governing Body for the sport of triathlon as recognised by ITU;

“triathlon” includes the sports of triathlon, duathlon, aquathlon or any other multi-endurance sport event being conducted under the jurisdiction, control or sanctioning consent of Triathlon Australia Limited or its affiliated State or Territory associations;

“TA’s Record of Doping Breaches” means the written record which will be kept by TA of all instances and details where this policy has been breached.

2. Introduction

The sport of triathlon requires good health and fitness, physically demanding training and dedication to the ideals of competition. The use of performance enhancing drugs or methods, and the encouragement of such use, is contrary to fair play and can cause serious damage to health. This policy sets out the basis for testing for doping of Australian athletes and foreign athletes competing in triathlon in Australia, and the penalties for breach.

3. Policy Statement

(a) Doping is forbidden. No athlete or official shall engage in doping in triathlon.

(b) TA condemns the use of doping substances and methods prohibited by the IOC to enhance performance in sport, and totally supports the ASDA, ASC, AOC, ITU and IOC in their opposition to doping. TA recognises the need to take strong and positive action to eliminate doping to protect the health of athletes, and to preserve the ethics, integrity and values of fair play in sport and competition.

4. Object and Application of this Policy

(a) The object of this policy is to:
   (i) detail the responsibilities of athletes, officials and TA relating to doping;
   (ii) deter doping in triathlon by providing for the testing of athletes both in and out of competition at any time;
   (iii) provide a method for determining whether a breach of this policy has occurred;
   (iv) provide for penalties in the event that a person is found to have breached this policy; and
   (v) provide for grounds of a procedure for appeals from penalties that have been imposed.

(b) This policy applies to:
   (i) all Australian athletes involved in the sport of triathlon whether in or out of competition and in Australia or overseas;
   (ii) all officials involved in the sport of triathlon in any way;
   (iii) all foreign athletes competing in triathlon competition in Australia.

5. Responsibilities of Athletes

(a) All athletes shall:
   (i) agree not to use prohibited drugs to enhance performance;
   (ii) abide by the terms and spirit of this policy;
   (iii) consent to providing samples for testing procedures;
   (iv) inform TA of an intention to train and/or compete in any country and provide contact details;
   (v) inform themselves in relation to the banned substances and procedures (doping) and ensure that they are not using a prohibited substance or procedure, whether intentionally or unintentionally.

(b) No Leniency for Inadvertent Use.

ITU does not provide for leniency in the event of inadvertent use of a banned substance or procedure. Under this policy, and the Doping Control Regulations of ITU, there shall be no exceptions for breach of this policy caused by the taking of medication for legitimate purposes or where prescribed by a doctor where such medication contains banned substances. Athletes requiring medication must satisfy themselves that the taking of such medication will not breach this policy. The athlete should report the necessary use of medication to TA, and actively work with TA and his or her doctor or...
medical adviser to find alternative medication. The reasons for there being no leniency for inadvertent use are:

(i) Alternative medications that do not contain banned substances are available;
(ii) principles of fair play in competition require that an athlete should not have an unfair advantage where artificially caused;
(iii) to prevent claims of inadvertent use as a ground for the non-imposition of penalty where an athlete has or may have gained an unfair advantage over other athletes as a result of ingestion of a banned substance.

6. Responsibilities of Triathlon Australia

TA, its officials and members shall:

(a) Permit and assist ASDA to attend any competition or other activity conducted by or under the control of TA in order to obtain samples for testing of doping;

(b) Permit ASDA to obtain samples for testing from athletes out of competition and provide reasonable assistance for this purpose;

(c) Notify athletes that they are liable for selection to provide samples for testing of doping, whether in Australia or overseas;

(d) Arrange for completion and return of any forms required for the purposes of ASDA, ITU or any other Agency at the request of ASDA, ITU, IOC, AOC or ASC;

(e) Require and cause athletes and officials to permit ASDA or any other foreign anti-doping body to collect samples for testing and provide reasonable assistance for this purpose;

(f) Use ASDA to conduct any additional tests required by TA in Australia at the expense of TA;

(g) Provide a copy of this policy and the ITU policy to the ASC and ASDA and advise these organisations of any amendments made to it from time to time;

(h) Deal expeditiously with any breaches of this policy;

(i) Support the information and education initiatives of ASDA, to endeavour to develop and implement drug education and information dissemination programs in support of ASDA and other sporting organisations, and endeavour to inform the State and Territory affiliated associations, clubs and individuals of information and education relating to this policy, banned substances and permissible medication.

7. Testing Procedure

(a) Testing of athletes in Australia, both in and out of competition, shall be conducted by or under the control of ASDA provided such testing is conducted substantially in accordance with the ASDA Act and regulations 1991 (as amended from time to time).

(b) Testing of Australian athletes while outside of Australia, both in and out of competition, may be conducted by ASDA, the ITU Doping Control Commission or a foreign anti-doping body provided the sampling and testing procedures are consistent with the IOC Charter against Doping in Sport.

(c) All samples collected for testing shall be analysed by a laboratory accredited by the IOC.

8. Admissions of Doping

(a) Where an athlete or official has made a public statement admitting to doping such admission may be treated by TA as evidence of breach of this policy and as grounds for the imposition of penalties under this policy.

(b) Where such a public admission is made, TA may conduct an inquiry to decide whether, taking into account the spirit of this policy has occurred. If after the inquiry TA decide a hearing ought to be held, the athlete or official will be notified in accordance with clause 9, and a hearing conducted in accordance with clause 10.

(c) In determining whether a penalty ought to be imposed, the Hearing Committee may consider any relevant facts and effects of admissions of doping, including the need to deter doping and protect the image of the sport generally for the benefit of all athletes.

(d) The Hearing Committee may impose any penalty it considers appropriate, but such penalty shall not be more than the minimum applicable under clause 11(a)(i). Such penalty shall commence from the date the decision to impose the penalty was made.

9. Notification of Alleged Breach

(a) Where TA receives notification from ASDA, a foreign anti-doping body or ITU that an athlete has returned a positive test result or has failed to comply with a request to provide a sample, or where an official has in the opinion of the Board of TA breached this policy, notice of the alleged breach shall be given to the person concerned. Such notice shall:

(i) be in writing;

(ii) set out details relating to the alleged breach;

(iii) detail the penalties that may be imposed if it is determined that the alleged breach has occurred;

(iv) set a date being not less than fourteen (14) days from the date of receipt of the notice by the person concerned for a hearing to determine whether a breach of this policy has occurred and, if so, the penalty to apply. TA and the person concerned may agree to a reduced notice period;

(v) invite the person concerned to make representations or be heard prior to making a determination whether a breach of this policy has occurred;

(vi) enclose a copy of this policy, and point out the provisions detailing the grounds on which a person may claim that a finding of breach of this policy ought not be made.

(b) TA shall also notify the Chairman or Executive Director of the ASC of the name of any person concerned with an alleged breach of this policy.

(c) TA, ASDA, and the ASC will maintain confidentiality of information relating to the person's name and details of the alleged breach until after a decision to impose a penalty for breach of this policy has been made.

10. Hearing to Determine Whether Policy Breach has Occurred

(a) Where TA has given an athlete or official notification of an alleged breach of this policy pursuant to clause 9, the Board of TA shall appoint a committee ('the Hearing Committee') to conduct a hearing to
determine whether a breach of this policy has occurred and what penalty (consistent with this policy) should be imposed.

(b) The Hearing Committee shall consist of a minimum of three (3) persons, and may be made up of such persons as the Board of TA decides.

c) The Hearing Committee may conduct hearings in any manner it decides. As a general guide only, hearings may be conducted as follows:

(i) with as little formality and technicality, and expeditiously, as proper consideration of the matter before it permits;

(ii) by telephone or other conference facility;

(iii) representations by or on behalf of the person concerned should be in writing for consideration by the Hearing Committee. Where the Hearing Committee considers it appropriate the person concerned may be invited to give oral testimony by telephone or other conference facility;

(iv) the Hearing Committee will consider any claim by an athlete that sampling or testing was not conducted substantially in accordance with the ASDA Act and regulations (as amended) where conducted in Australia, or the minimum standards of the IOC Charter where conducted overseas, whichever is applicable. The circumstances in which such a claim should be upheld are:

(A) where there is evidence that the sample was tampered with in an unauthorised manner before it was sealed; or

(B) where there is evidence that the sample was not properly sealed; or

c) the test was not conducted at an IOC accredited laboratory.

The athlete bears the onus of proving his (or her) contention on the balance of probabilities and that as a result the sampling and/or testing has been conducted improperly and therefore there is no valid evidence of doping. The Hearing Committee may request such expert assistance as is necessary in considering such contention;

(v) the Hearing Committee shall consider, as the evidence on which to base its decision, any notification that a person has returned a positive test, or has failed to comply with a request to provide a sample, or any other relevant material and facts.

(d) Failure by a concerned person to make 2 representations for whatever reason shall not invalidate any penalty imposed.

e) The Hearing Committee shall inform the Board of TA of its findings and decision as to whether a breach of this policy has occurred and the penalty to be imposed.

(f) The decision of the Hearing Committee shall be approved and ratified by the Board of TA as if it had been the decision of the Board itself, and any penalty imposed shall apply forthwith.

g) The outcome of the hearing shall be notified to the Chairman or Executive Director of the ASC and any other responsible body.

(h) Where a breach of this policy has occurred, the name of the person concerned and the penalty imposed shall be entered in TA's Record of Doping Breaches.

(i) TA may issue a press release in relation to any penalty imposed under this policy.

11. Penalties for Breach

(a) Any athlete who has breached this policy shall be disqualified and suspended from all triathlon competition as follows:

(i) where breach occurred as a result of the presence of anabolic steroids, androgenic agents, amphetamine related and other stimulant, caffeine, diuretics, beta-blockers, human growth hormone, narcotic analgesics or designer drugs or evidence of blood doping;

First Offence: Four (4) year suspension. 

Second Offence: Life time ban from competition.

(ii) where breach occurred as a result of the presence of ephedrine, phenylpropanolamine etc., taken orally as a cough suppressant pain killer or decongestant, or any other substance or method banned by the IOC and not previously provided for herein:

First Offence: 3 month suspension

Second Offence: Two (2) years suspension.

Third Offence: Life time ban from competition.

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a penalty imposed shall not be less than any penalty which would be imposed by the ITU under the same circumstances.

(b) Any official who has breached this policy shall be subject to the same penalties in the circumstances as if that person was an athlete

(c) Commencement of Suspension

(i) The period of suspension imposed on an athlete shall take effect from the date of collection of the relevant sample or on which the athlete refused to provide a sample when requested. Accordingly, an athlete will be disqualified from any event in which that athlete competed between the date of testing and the date the penalty is imposed.

(ii) The period of suspension imposed on an official who has breached this policy shall commence from the date the decision to impose the penalty was made.

(d) Any person who has breached this policy, in addition to the other penalties imposed under this policy, shall be ineligible for selection in any State or Territory or Australian representative team, or to hold or exercise the function of any official position for the period of suspension, and shall be ineligible for any funding by TA or the ASC or any State or Territory government sporting organisation. Where a person has been selected for a representative team or position and is subsequently found to have breached this policy, he or she shall be removed forthwith and may be requested by TA to refund any funds expended by TA in relation to such selection.

(e) Where a penalty is imposed, the person concerned will be notified in writing. Such notice shall set out:

(i) The nature of the breach of this policy;

(ii) The penalties imposed;

(iii) The dates relevant to the penalties;

(iv) The requirements of TA and of this policy for reinstatement; and

(v) The person's rights to appeal the imposition of the penalties in accordance with Clause 13 of this policy.
12. Eligibility for Reinstatement

(a) An athlete may only recommence competing once reinstated. An athlete will not be eligible for reinstatement unless:
(i) the period of suspension has expired; and
(ii) the athlete has refunded any monies or awards received in any competition from which the athlete was disqualified as a result of breach of this policy (ie. the event at which testing took place and any other events in the period between testing and the penalty being imposed); and
(iii) the athlete has submitted to testing as required by ASDA or TA.

If the athlete satisfies the above requirements, he or she will be informed and the reinstatement noted in TA's Record of Doping Breaches.

(b) An official may only be re-eligible to hold an official position once reinstated. An official will not be eligible for reinstatement unless:
(i) the period of suspension has expired; and
(ii) the official has fulfilled any requirements of ASDA, ITU, ASC or TA.

If the official satisfies the above requirements, he or she will be informed and the reinstatement noted in TA's Record of Doping Breaches.

13. Appeal from Imposition of Penalties

(a) Grounds for Appeal

(i) An athlete may appeal from an imposition of a penalty on the grounds that:
(A) the sampling or testing procedures were not conducted substantially in accordance with the ASDA Act and Regulations or the minimum standards of the IOC Charter requirements, whichever is applicable, on the same grounds as in Clause 10(iv) of this policy;
(B) the decision to impose the penalty ought not to have been made on the evidence before the Hearing Committee that made the decision. The onus shall be on the person appealing the decision, on the balance of probabilities, to show that they had not breached this policy and to bring to the Appeal Tribunal's attention any other evidence relevant to the decision.

(ii) An official, or any other person on whom a penalty is imposed pursuant to this policy, may appeal on the ground that the decision to impose the penalty ought not to have been made on the evidence before the Hearing Committee that made the decision. The onus shall be on the person appealing the decision, on the balance of probabilities, to show that they had not breached this policy and to bring to the Appeal Tribunal's attention any other evidence relevant to the decision.

(b) Request for Appeal

A person on whom a penalty is imposed must notify TA in writing within 21 days of notification of the penalty imposed, requesting an appeal to be held. Pending determination of the appeal the penalty imposed shall continue in full force and effect.

(c) Appeal Tribunal

The tribunal selected to determine the appeal shall be independent of TA. Where the ground of appeal is pursuant to (a)(i)(A) of this clause the tribunal shall be the ASC Medical Advisory Panel or such other medical panel as may serve the same function. Where the ASC Medical Advisory Panel or such other medical panel is not in existence at the time required, the appeal shall be heard by a tribunal consisting of a minimum of three independent persons comprising a medical expert, a legal expert and one other person. Where the ground of appeal is pursuant to (a)(ii) of this clause the tribunal shall consist of a minimum of three independent persons comprising a medical expert, a legal expert and one other person. Where the tribunal is not in existence at the time required, the appeal shall be heard by a tribunal consisting of a minimum of three independent persons comprising a medical expert, a legal expert and one other person. Where the tribunal selected is not available or cannot be convened, the appeal shall be heard by a tribunal consisting of a minimum of three independent persons comprising a medical expert, a legal expert and one other person.

(d) Notification of Appeal

The person requesting the appeal shall be informed in writing of the date and place for the hearing of the appeal (the date should be set taking into account the need for the person appealing to have adequate time to prepare for the hearing. The person appealing should be consulted as to the preparation time required, provided such required time must be reasonable).

(e) Conduct of Appeal

The hearing of the appeal should be conducted by the Appeal Tribunal with as little formality and technicality, and as expeditiously, as the matter permits and in accordance with the principles of natural justice. The following are to be used as a guideline:
(i) The person appealing shall be entitled to be legally represented at his or her own cost;
(ii) The person appealing shall be entitled to make representations on any evidence which may be used by the Appeal Tribunal in making a decision;
(iii) The person appealing shall be entitled to present new evidence to assist the Appeal Tribunal in making a decision.

In reaching a decision the Appeal Tribunal shall take into account the provisions of this policy, and any other relevant doping policy, and the intent behind them. The Appeal Tribunal may also take into account any other matter it considers relevant to making a decision.

(f) Decision by Tribunal

The Appeal Tribunal may:
(i) Dismiss the appeal in which case the penalties previously imposed shall stand;
(ii) Uphold the appeal in which case the penalties imposed shall be reversed, and the athlete or official affected reinstated.

(g) The effect of the decision by the Tribunal, Triathlon Australia, and the person involved shall be bound by the decision made by the Appeal Tribunal.

(h) Notification of Tribunal's Decision

The Appeal Tribunal shall make a statement in writing of its decision and any relevant reasons for that decision. Such a statement shall be provided to TA and the person concerned. Such statement shall also be provided to the Chairman or Executive Director of the ASC.

(i) No compensation. Where the Appeal Tribunal upholds an appeal (on any ground) the person concerned shall not
be entitled to any compensation of any kind from Triathlon Australia, its offices and members, ASC, ASDA or any other person or body for any damages, whether financial or otherwise, suffered as a result of the suspension or imposition of penalties prior to the upholding of the said appeal. This clause also applies and has effect whereby any appeal is upheld by any other tribunal, person, body or court.

14. Reciprocity

TA shall enforce any penalties imposed by the responsible sporting organisation for another sport or other national governing bodies for the sport of triathlon, where such penalties have been imposed as a result of any breach of that organisation’s or body’s doping policy or provisions. Any person who is ineligible to compete under the jurisdiction of his or her own responsible sporting organisation or national governing body shall be ineligible to compete in competitions held under the jurisdiction of TA. Such ineligibility shall remain in force so long as the penalty imposed by any responsible sporting organisation or national governing body shall continue.

15. Amendment of this Policy

(a) TA may amend this policy at any time, such amendment to take effect upon notification to the affiliated State and Territory association.

(b) Any change to the IOC list of banned substances and procedures or to the ASDA Act and Regulations are deemed to automatically be included in this policy. TA shall endeavour to make the state associations aware of such changes and it shall then be the responsibility of that state to inform its members.

(end of TA doping policy)

Triathlon Australia Insurance Policies

As an integral part of administration, Triathlon Australia has given a high priority to ensuring adequate insurance cover for competitors, clubs and race directors/organisers of sanctioned events. Details of this insurance are set out below.

1. Competitors

From 1st July, 1993 competitor insurance falls into 2 categories

(a) Members

Included in a members annual subscription to his/her respective state association is a $10.00 insurance premium which provides the following cover:

- Capital benefit up to $30,000
- Income assistance up to $200.00 per week for 104 weeks.
- Student Tutorial Allowance up to $200.00 per week for 52 weeks.
- Domestic help up to $200.00 per week for 52 weeks.
- Non medical expenses up to $5,000.00 in any one claim.
- Additional expenses up to $1,000.00 in any one claim

Personal Injury

Public liability

- Up to $5,000,000 in sanctioned events only.

(b) One day race permits

From 1st July, 1993 Triathlon Australia is introducing a system of $5.00 1 day race licensing for races of official sprint distance and above. The two main objectives of this process are to:

(i) Increase the numbers of registered participants in the sport.

(ii) Provide a basic personal accident insurance cover for competitors as follows:

- Capital benefit up to $10,000
- Non medicare expenses up to $2,000
- Public liability insurance of up to $5,000,000 in a sanctioned events only.

2. Clubs

Club insurance was effective from 1st March, 1993 to cover club officials and voluntary workers as follows:

- Public liability $5,000,000

It applies only to Clubs affiliated with each State Association. Each club must apply to A.S.I.B

3. Race Directors/Organisers

Included in the sanctioning process is an insurance component which covers race directors/organisers for the following insurance cover

- Public liability $5,000,000

Enquiries

All insurance enquiries should be directed to:

Australian Sports Insurance Brokers
P.O. Box 308
Miranda NSW 2228
Fax (02) 540 5860  Phone (02) 540 5100

This cover is only in force during organised training and sanctioned events.
OFFICIAL SPORTS INSURANCE BROKERS TO TRIATHLON AUSTRALIA

Providing Sports Injury Insurance and Liability Insurance for all members of Triathlon Australia.

PRIVATE TRAINING INSURANCE COVER NOW AVAILABLE

Why risk high medical expenses as a result of an injury. Contact us for Private Training Insurance Cover.