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Triathlon Australia handbook, race competition rules 1997

Jane Hunt
jhunt@bond.edu.au

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Triathlon Australia Handbook

Triathlon Australia Technical Manual

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 Federation (NF) 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 TA Technical Committee 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 to standardised race procedures and rules. Successfully meeting those criteria results in an event being designated as 'sanctioned', creating direct benefits to the event and its participants. Criteria for segments for other than endurance sports such as canoeing, kayaking, and cross country skiing may be developed in the future at which times these race competitions 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. 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 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 sanctioning is to be conducted and clearances gained from state and territory civil authorities by state and territory associations in which those events are staged, and recommendations made to TA as to the suitability or otherwise of the events for sanctioning. Final sanctioning endorsement of national and international level events by the NSO/NF provides assurance at the national and international levels that the event is planned and structured to be safe and fair.
Triathlon Australia Race Competition Rules

Race Competition Rules

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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. encourage integrity 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;
   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 and aquathlon. To that end, and not withstanding paragraph 2, throughout these Race Competition Rules, unless otherwise specified, the term 'triathlon' is used in its generic form to imply any of these 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 officials with ample authority to adapt their application of the rules to fit conditions. Technical Officials must base their determination on whether an advantage, not intended by the rules, has been gained or, health or welfare has been jeopardized.

5. Exceptions. These TA Race Competition Rules will be applicable to all events sanctioned by TA or its affiliated state territory associations, and are to be implemented by the relevant state or 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 has been submitted or is being 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 Committee 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.

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 24 days before it is to take effect.

COMPEITION DETAILS

Age Determination

9. Age for all categories is determined by age on October 1st preceding the season of the triathlon competition.

Individual Competition Categories

10. Elite. This category is open to all licensed entrants. Certain Elite events will require a TA Professional Licence. A one day or one year race permit holder will not be eligible to race in the Elite category.

11. Junior. This category is reserved for triathletes in the 13 - 19 years age group. Juniors 16-19 years can compete at all distances.

** For Selection Races only age can be determined as 16 on Race Day.

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 Triathlon Distance Championship for Elite, Junior and Age Group 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,

      (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.

Teams are made up of three male and three female athletes. The Championship is a determined by assessing the performance of the three best performed male and female finishers from each State/Territory irrespective of competition category. One point is awarded for first place, two for second and so on. The team with the lowest total wins. In the event of a tie, the team with the lowest team average will win.

Eligibility to Compete in Individual or Team Competition Categories

14. All entrants for any sanctioned event are required to produce at race registration a membership licence in their name from any of the state or territory associations affiliated with TA. Where an entrant cannot produce a race licence, the following conditions apply:

   a. All non-licensed entrants for the Age Group Category, and for the Junior Category, are to pay the full licence fee of the state or territory association sanctioning the event or purchase a One Day Race Permit where one day permits are available. The decision on the option is to be made by the entrant. Australian Championship events are only open to current licensed members

b. All entrants in the Elite Category are to pay the full licence fee of the state or territory sanctioning the event. A One Day Race Permit is not acceptable for Elite Category entrants. Certain Elite events will require a special TA Professional Licence in addition to their the state or territory membership.

15. The One Day Race Permit will provide personal accident and public liability insurance cover for the entrant and compensate the state body sanctioning the event and/or the race director for the additional administration costs.

Triathlon Australia Handbook Revision July 1997
**Distances for Australian Championship Events**

16. The Australian triathlon championship events titles and the distance of each course segment of each event are:

<table>
<thead>
<tr>
<th>Championship Event</th>
<th>Swim Course Segment (km)</th>
<th>Bicycle Course Segment (km)</th>
<th>Run Course Segment (km)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a Sprint</td>
<td>0.75</td>
<td>20</td>
<td>5</td>
</tr>
<tr>
<td>b Triathlon</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>3.8-5.0</td>
<td>180.2</td>
<td>42.2</td>
</tr>
</tbody>
</table>

17. The Australian duathlon championship events title and the distance of each course segment of each event are:

<table>
<thead>
<tr>
<th>Championship Event</th>
<th>Swim Course Segment (km)</th>
<th>Bicycle Course Segment (km)</th>
<th>Run Course Segment (km)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a International</td>
<td>10</td>
<td>40</td>
<td>5</td>
</tr>
</tbody>
</table>

**Restrictions**

18. The maximum race course segment distances permitted for a competitor in the junior (13-15 years age group) category in a sanctioned event are the respective course segment distances of the Australian sprint championship event.

19. Where the distance of only one or two course segments of an event exceeds the respective Australian Championship course segment distances, the rulings of paragraphs 16 to 17 are to apply, even if the distances of the other two or one course segments respectively are less than those of the Australian 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 and depth. Prizes for the Australian Triathlon Championship will be distributed to male and female divisions in equal value to a minimum of top 15 finishers.

21. Prizes for all state/territory sanctioned 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 category in TA sanctioned national championships will be awarded official TA Australian Championship medals.

23. Team Trophy is awarded to winning STTA.

**GENERAL CONDUCT OF COMPETITORS**

**General**

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

   a. practice 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 official.

**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 C 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 any member of the public may be immediately withdrawn 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 official 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 official.

c. A warning may be given when:

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

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

d. A race official 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 official during the course of the event. It is more fully described under the later section on Policing of Drafting.

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 officials 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 official or the upholding of a protest under the following conditions:

a. A race official 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 official to indicate to a competitor that a violation will be reported.

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

d. A competitor may complete the event if a race official 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
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 the race official of, but not limited to, the following violations together with the Referee’s recommendations for suspension or expulsion:

a. Sports conduct of an unusual, protracted, violent or severe nature;

b. Fraud, entering under an assumed name or age, falsifying an affidavit, or giving false information including, but not limited to indicating the triathlete belongs to another Competition Category;

c. Participating when not eligible; and

d. As detailed in the Triathlon Australia Doping Rules, using substances or practices which artificially enhance performance.

36. The Board may also warn, suspend or expel a competitor if repeated instances of disqualification of that triathlete are brought to the Board’s notice.

37. Committees at lower levels are to follow procedures similar to those of the foregoing paragraphs for the types of violations listed.

Advice of Penalties

38. All penalties awarded as a result of violation reports are to be entered by the Race Referee on a ‘Penalties Notice Board’ which is to be clearly visible in the area of the race finish. If the Race Referee deems it appropriate, the reports may also be notified verbally. Penalties not posted within one hour of the last competitor finishing the event are invalid.

39. When a competitor is suspended or expelled at national or international level, the President of TA shall, within 30 days of the infraction occurring, notify in writing the penalised triathlete, all state and territory associations and ITU, and the penalty is to be observed by those levels of authority. All suspensions and expulsions are to be announced in a TA newsletter.

40. When a competitor is suspended at a state/territory level, the committee at that level is responsible for notifying the next higher authority if it requires the penalty to be applied at a higher level or levels.

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.

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:

**Note:** Australian triathletes competing overseas should be aware that the ITU rule for competitors in the ELITE category of races in the Triathlon World Cup Series (including the Triathlon World Championship) is 20 deg. C. It is possible that some NF’s may extend this ITU rule to other races with a swim distance of 2000 m or less.

46. A ruling on wet suit use, by the elite, is to be made by the TD in the period 18 to 24 hours before the start of the race. The Race Director is to communicate this decision to all competitors no later than 15 hours before race start.

47. The use of wetsuits is an option for age group categories in water temperature levels of up to and including 24 degrees C
** Note: Australian Triathletes competing in Triathlon World Championship events should be aware of the ITU Rule for age group as wet suits are forbidden above 22 degrees C.

48. If changing weather conditions dictate, the TD may waive the limits on wet suit use at any time at his/her discretion.

**Equipment**

48. A competitor must wear the swim cap provided by the race organisation. 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 wet suit, is prohibited.

51. Any wet suit with a thickness exceeding 5 mm at any point is prohibited.

52. The wearing of wet suit pants of any length without a wet suit top is prohibited.

**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.

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

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

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 removed from the competition.

58. A competitor, whether mounted on the bicycle or dismounted, is not permitted to have a bare torso at any time while on the bicycle course of an event.

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.

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.

61. A competitor is not permitted to make any forward progress on the bicycle course without the bicycle and its component parts.

**Drafting**

62. Competitors, vehicles and motor cycles create a draft which acts as a drawing force on those following. Except where a bicycle course of an event is determined to be criterium in accordance with the definition in Annex A to these RCR's, drafting of another bicycle or motor vehicle or motor cycle is forbidden, because competitors who draft benefit unfairly and may be a safety hazard. Where the bicycle course of an event is determined to be criterium, this RCR and succeeding RCR's concerning drafting may be suspended at the sole discretion of the Technical Delegate.

63. A competitor is entitled to any position on the course, provided he or she reaches that position first, and without contacting others. When taking up a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available to the side and ahead of the bicycle in front before passing.

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 ELITE and JUNIOR categories the zone is ten metres long and three metres wide (Diagram 1 on), and for A.GE GROUP categories and for 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 competitor is passing the forward competitor or the forward motor cycle. (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. (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.

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 judgment of a race official:

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 deems 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. A competitor may also move to the side to stop the overlap of draft zones but only if the lanes 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 cases 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 that period the bicyclist must always be gaining on the vehicle.

70. Policing of Drafting

b. Drafting Report. The official may sound a whistle or horn, call the competitor’s number and show a yellow card. A competitor may continue to race but should expect the Referee to confirm a disqualification ruling when the official submits the Report.

71. Technical Officials will attempt to be pro-active 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, blunt 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 technical official to indicate to a competitor that a Drafting Report will be submitted, though the official may attempt to do so whenever possible.
### Equipment

73. Bicycles. Bicycles must have all of the following characteristics:

a. no more than two metres long and 75 centimetres wide;

**Note: ITU for worldcup and world championships events for elite and juniors is 50cm wide.**

b. measure at least 24 centimetres from the ground to the chain wheel axle;

c. a vertical line touching the front most 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.

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**Diagram 1**

Distance of Zone

- 10 Metres
- 3 Metres

**Diagram 2**

Distance of Zone

- 7 Metres

**Diagram 3**

Drafting

- B is drafting the lead cyclist. B is making no attempt to pass A.

**Diagram 4**

Not Drafting

- A and B are maintaining adequate separation between each other, even though they are abreast of one another. As long as they maintain this position they will not be called for drafting.

**Diagram 5**

Drafting and Not Drafting

- A and B are maintaining adequate separation. C is not attempting to pass B.

**Diagram 6**

Vehicle Draft Zone

- 35 Metres
- 5 Metres

**Diagram 7**

Front to Centre Distance

- 54 to 65 cm

**Diagram 8**

Saddle Pore-Air Position

- 5 cm
- 19 cm

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**REMEMBER**

- Drafting is Cheating

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**Note: ITU for worldcup and world championship events for elite and juniors (not long distance):**

a. fairings 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);

g. no wheel may contain mechanisms which are capable of accelerating it;

h. handlebar ends must be plugged, tires securely glued, headsets tight and wheels true; and

**Note: ITU rules for worldcup and world championship events for elite and juniors (not long distance):**
(i) only traditional drop bars are permitted.

(ii) clip-ons will be permitted provided they do not extend more than 15cm beyond the front wheel axle and they are no longer than the brake levers foremast line.

(iii) straight forward clip-ons must be bridged and must not carry forward facing brake levers.

(iv) no forward facing bar or gear shifters are allowed on the end of the clip-ons. The only exception will be grip shifters.

(v) elbow pads are permitted.

i. there must be a safety 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 NF.

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.

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;

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;

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;

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 he/she has moved outside the boundary of the bicycle course route and has dismounted the bicycle; and he/she must fasten the helmet securely on the head before returning onto the bicycle course route or before remounting the bicycle. In such a situation, the conditions of Rule 33 f (i) 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 the bicycle.

Illegal Equipment

75. The following items are prohibited from use or carriage on the bicycle course:

a. headphone(s) or headset; and

b. glass containers.

CONDUCT ON THE RUN COURSE

General Rules

76. The responsibility for keeping on the course rests with the competitor.

77. A competitor may run or walk.

78. A competitor may not crawl.

79. A competitor may not run with a bare torso or without shoes on any part of the run course of an event.

80. Any competitor who appears to an official to present a danger to the health or welfare of his/herself or another competitor, an official, a spectator or a member of the public may be immediately removed from the competition.

Illegal Equipment

81. The following items are prohibited from use or carriage on the run course:

a. headphone(s) or headset; and

b. glass containers.

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 rack in the Transition Zone;

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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.

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.

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

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

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.

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.

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.

i. A competitor must deposit personal race helmet, clothing, shoes and equipment at, and retrieve each of them from only his/her bicycle rack location.

j. A competitor must not interfere with another competitor's equipment in the Transition Zone. Where accidental interference occurs, the offending competitor must replace the clothing and/or equipment to its former position and state.

k. A competitor must not impede the progress of another competitor in the Transition Zone.

l. Indecent exposure is forbidden in the Transition Zone or at any time before, during or after an event.

**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.

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

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.

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. 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.

<table>
<thead>
<tr>
<th>Violation</th>
<th>Penalty</th>
<th>Right of Appeal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drafting****</td>
<td>Disqualification</td>
<td>No</td>
</tr>
<tr>
<td>Indecent Exposure</td>
<td>Disqualification</td>
<td>Yes</td>
</tr>
<tr>
<td>Outside Assistance</td>
<td>Disqualification</td>
<td>Yes</td>
</tr>
<tr>
<td>Helmet Undone</td>
<td>Disqualification</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**** These violations can carry a warning via a yellow card, BUT repeated warnings may invoke a disqualification.

Athletes need to know that if they have any concerns regarding violations and DQ's that they voice them ONLY with the Race Referee or Technical Delegate if they wish to appeal their disqualification. If they wish to Protest for e.g. the course, another competitor etc. they must do this with the Race Referee, within the time limit explained later in the rule book under 'Protests'.

**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.

85. The Race Operations Staff and the Race Administration Staff are under the immediate direction and supervision of the Race Director who must conduct and administer the event in accordance with TA Race Operations Procedures. The Race Officials are 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 9 depicts the organisational structure of race officials for national championships and national race series. 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. 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.

Diagram 9

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Technical Officials

89. The general functions of each category of Technical Officials are shown below:

a. Race Referee. The Referee is appointed by the TA Board on the recommendation of the TA Technical Committee for all national championships and national race series, and by the state/territory association equivalents for all other events. The Referee is responsible to the Technical Delegate to hear and make final decision on all rules violations reported by Race Official and on all protests, and to award penalties in accordance with the directions of the (TA Technical Manual).

b. Chief Official. The Chief Official 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 officials.

c. Assistant Chief Official. An Assistant Chief Official is appointed by the Chief Official for each of the swim course, the bicycle course and the run course of the event, for the Start, Finish and Transition Zones, and for the Kit Inspection Area at both Registration and Race Check-In. The Assistant Chief Official is responsible to the Chief Official for controlling and coordinating the employment of the stewards assigned to his/her race course segment or area.

d. Officials. These officials are appointed by the Chief Official and are responsible to their respective Assistant Chief Officials 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 officials, 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 officials, qualified wherever possible to Race Referee level, who are appointed by the state/territory association 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 officials, if possible of race referee or chief official 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. Marshals. The marshals are responsible to the Race Director to maintain the flow of the race, keep control of spectators and traffic, and maintain security. There may be appointed a Chief Marshall, and also Assistant Chief Marshals for each sector of the event. On approval of the TD, some marshals may be tasked with preventing, where possible, outside assistance from being given and reporting situations where assistance is given.

c. Administrators. These people 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 is 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 person 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 judgment 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 Sanctioning Authority, or is unsafe, must be made in writing to the Referee at least 24 hours 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 Timkekeeping. 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 an 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, and

c. the protest is submitted in writing, preferably on a TA Race Protest Form, 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 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 representative 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 designated to appear if approved

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

f. The Race Referee is to read the protest.

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

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

i. 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.

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

k. The decision is to be advised to both parties and posted immediately, and recorded in writing on the Protest Form on which the protest was submitted.

l. The completed TA Protest Form endorsed with the Race Referee’s decision is to be passed by the Referee to the TD on race day together with the Protest Fee in the case of a protest which has not been upheld. In the case of a protest which has been upheld, the Referee is to ensure that the Protest Fee is returned to the protestor.
m. The TD is to endorse the Form to confirm that the protest and its reported handling are in accordance with these Race Competition Rules. If the TD considers this is not the case, the matter is to be referred back to the Race Referee for corrective action.

n. After endorsement, the TD is to dispatch the protest form to the state/territory association sanctioning the event together with the Protest Fee in the case of a protest which has not been upheld. The association is to ensure that the protest form is dispatched to reach the TA Technical Committee within one calendar month of the race day, and that the Protest Fee for a protest for national and international level events not upheld is disbursed in the following manner:

(1) $10.00 to the Race Director,

(2) $10.00 to TA, and

(3) $30.00 to the state/territory association.

APPEALS

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 judgment decision.

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 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, and 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 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 rationale 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 Procedure. 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 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, other competitors and officials named in the appeal (or their representatives) are each to be allowed a maximum of two witnesses. Each competitor and official named and each witness may speak in evidence for three minutes.

j. The 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 in addition to the time each is allowed to give an account of the incident.

k. 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.

l. 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.

m. 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.

n. The association is to ensure that the appeal is dispatched 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, and  

(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

Responsible to the Chief Official for Official controlling Chief Official coordinating the employment of the officials 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.

Bike Dismounting Zone

A designated area at the entrance to the 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 Triathlon Australia handbook 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 Official

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 officials.

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.

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Appendix A: Definitions

Criterion

A circuit bicycle course in a triathlon or duathlon event in which the circuit is not less than 800 metres and not more than 3000 metres, and the distance of the total course to be covered is not greater than 20,000 metres.

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 placing's 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 continuous.

Expulsion

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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 Federation (NF) 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 Decision

Any determination by a race official or other official or other Decision Official, 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 judgment decision shall include, but not be limited to the determination of drafting, blocking and bad sports conduct.
Appendix A: Definitions

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 Jury

The Jury consists of three persons as described in the Race Competition Rules. It is appointed by the Race Jury 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 Rules

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

Technical Official

Technical Accredited race officials who are qualified by TA as Officials delegated to state/territory 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 Officials), and those who consider and rule on violations reports and protests (Race Referee) and appeals (Race Competition Jury).

Marshall

A person who is responsible for maintaining the flow of the event, keeping control of spectators and traffic, or maintaining security.

Race Referee

A race official who is responsible to the Race Technical Delegate to hear and make final decisions on all rules violations reported by Race Officials and on all protests.

Technical Delegate

A race official who is qualified by TA 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 those 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.

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Appendix A: Definitions

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.

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.

Toro

That section of the body extending from the base of the neck to the base of the sternum.

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 official (usually, but not always, an official) 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 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.
Appendix A: Definitions

violation to occur and to promote a pro-active attitude amongst race judges.

Appendix B: Violation and Protest Flow Chart

Protest Flow Chart

- Protest-30 min
- Dismissed
- Referee Warning
- Warning
- DQ Issues
- Other Actions
- Appeal-30 min
- Competition Jury
- Accepted
- TA Technical Committee
Appendix B: Violation and Protest Flow Chart

Violation Flow Chart

Warning  →  Violation  →  Yellow Card

Report Filed →  Dismissed

Warning →  Disqualification Issued

Appeal 30 min. →  Competition Jury

Accepted

Appendix C: Triathlon Australia Doping Policy

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"Foreign Athlete" means an athlete from a foreign country who is not a Australian citizen or is not eligible under ITU rules to represent Australia.

"Triathlon" includes the sport of triathlon, duathlon, aquathlon or any other multi-endurance sport event being conducted under the jurisdiction, control or consent of Triathlon Australia or its affiliated State or Territory association.

"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 .

"Foreign 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.

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;
"Athlete" means a competitor in the sport of triathlon;
"Australian Athlete" means an Australian citizen or Australian resident who is eligible under ITU rules to represent Australia and who competes in the sport of triathlon.
Appendix C: Triathlon Australia Doping Policy

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 ASADA, ASC, AOC, ITU and IOC in their opposition to doping. TA recognizes 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 the 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;

(c) 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.

5. Responsibilities of Athletes

(a) All athletes shall:

(i) agree not to use banned substances or methods that may enhance performance;

(ii) abide by the terms and spirit of this policy;

(iii) consent to providing samples for testing procedures as set out in this policy;

(iv) 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) All athletes who have a TA “Professional” licence, who competes in the ‘Open’ or ‘Elite’ category of a triathlon event or who receives coaching or financial assistance through either a National or a State/Territory Junior triathlon shall:

(i) inform TA of an intention to train and or compete in any country and provide contact details;

(c) 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;

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

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

(f) Arrange for completion and return of any forms required for the purposes of ASDA,
Appendix C: Triathlon Australia Doping Policy

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, under this policy, 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.

(j) Comply with the IOC and ITU Doping Policies.

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.

(d) Where there has been some variation from the stated procedures for sampling, the test may be considered as being valid provided the variation does not cast doubt on the test result.

(e) An athlete may be selected to provide any number of samples for drug testing in a year, whether in or out of competition.

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 a hearing should be held, 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 may be imposed 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 to be made.

(b) For ITU competitions held in Australia the communication of results comply with ITU Doping Rules;

(i) If a sample is positive, the IOC accredited laboratory will inform the ITU Doping Control Commission and President of ITU.

Negative results will also be reported. All tests, negative and positive, will be announced in the competition results and ITU Newsletter.

(ii) The President of ITU will inform TA if the Sample A is positive.

(iii) TA shall be responsible for informing the athlete of his/her rights.

(iv) The analysis of the "B" sample will be carried out, if requested by the competitor. A representative of the ITU Doping Control Commission and TA, the athlete (and/or representative) will be invited to be present.

(v) A positive sample "B" is a confirmation of the banned substance.

(vi) Results shall be confidential until they have been communicated to the athlete, and he/she has filed an appeal or 10 days have lapsed since notification.

(c) 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.

(d) 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
Appendix C: Triathlon Australia Doping Policy

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. In the case of State or Territory based sports drug testing, the Hearing Committee shall also include, where ever possible, a representative of the State or Territory Triathlon Association.

c) The athlete or official shall be entitled to be represented at a hearing by a person of their choice.

d) The Hearing Committee may conduct hearings in any manner it deems. 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 ASADA Act and regulations (as amended) where conducted in Australia, or the minimum standards of the IOC Charter where conducted 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.

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

d) 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.

(g) 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.

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

Appendix C: Triathlon Australia Doping Policy

(i) 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.

(j) 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 the 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 and other banned peptide and glycoprotein hormones and analogues, banned narcotic analgesics or designer drugs or evidence of blood doping, or any other substance or method banned by the IOC which falls into this category,

First Offence: Two (2) years suspension.

Second Offence: Life time ban from competition.

(ii) where the 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

Provided that

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

(b) Any official who is found to have 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) Any 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, shall, in addition to the other penalties imposed under this policy, 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.
Appendix C: Triathlon Australia Doping 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 (i.e. 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 or to exercise the function of any 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 was 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 as selected by TA. In the case of State or Territory based drug testing, the appeal tribunal shall include, where ever possible, a representative from the relevant State and or Territory Triathlon Association. Where the ground of appeal is pursuant to (a)(i)(B) or (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. In the case of State or Territory based drug testing, the appeal tribunal shall include, where ever possible, a representative from the relevant State and or Territory Triathlon Association.

(d) Notification of Appeal

The person requesting the appeal, must have adequate time to prepare for the appeal hearing. In the case of a face to face hearing, as far as possible the hearing shall be held in the State or Territory where the athlete or official is resident, 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 to ascertain 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 all formalities and technicalities, 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, if it was unavailable at the initial hearing, 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. The Appeal Tribunal may also take into account any other matter it considers relevant to making a decision.
Appendix C: Triathlon Australia Doping Policy

(i) 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 decision by the Appeals Tribunal, shall bind the Tribunal, Triathlon Australia, and the person involved.

(h) Notification of Tribunal’s Decision
The Appeal Tribunal shall make a statement in writing of it’s 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 officers 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 where any appeal is upheld by any other tribunal, person, body or court.

14. Reciprocity
TA shall enforce any penalties imposed by ITU on the responsible national or international 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 its notification to the affiliated State and Territory association.

(b) Any change to the IOC list of banned substances and procedures, the ITU Doping Policy and 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.

Triathlon Australia Handbook Revision July 1997
# Australian Champions

## Sprint
- Year: 1992, Male: Greg Welch, Female: Michelle Jones
- Year: 1993, Male: Greg Stewart & Tim Bentley, Female: Maureen Cummings
- Year: 1994, Male: Miles Stewart, Female: Emma Carney
- Year: 1995, Male: Troy Fidler, Female: Emma Carney
- Year: 1996, Male: Loth Vollmerhause, Female: Emma Carney
- Year: 1997, Male: Chris McCormack, Female: Joanne King

## Triathlon
- Year: 1987, Male: Stephen Foster, Female: Carol Pickard
- Year: 1988, Male: Stephen Foster, Female: Carol Pickard
- Year: 1989, Male: Brad Beven, Female: Carol Pickard
- Year: 1990, Male: Stephen Foster, Female: Liz Hepple
- Year: 1991, Male: Stephen Foster, Female: Louise Bonham
- Year: 1992, Male: Brad Beven, Female: Michelle Jones
- Year: 1993, Male: Brad Beven, Female: Bianca Van Woessik
- Year: 1994, Male: Brad Beven, Female: Jackie Hallam
- Year: 1995, Male: Troy Fidler, Female: Emma Carney
- Year: 1996, Male: Miles Stewart, Female: Jackie Gallagher
- Year: 1997, Male: Brad Beven, Female: Emma Carney

## Long
- Year: 1987, Male: Greg Stewart, Female: Sue Turner
- Year: 1988, Male: Stephen Foster, Female: Virgin Bell
- Year: 1989, Male: Spot Anderson, Female: Louise Bonham
- Year: 1990, Male: Troy Fidler, Female: Liz Hepple
- Year: 1991, Male: Mark Matthews, Female: Louise Bonham
- Year: 1992, Male: Brad Beven, Female: Bianca Van Woessik
- Year: 1993, Male: Brad Beven, Female: Bianca Van Woessik
- Year: 1994, Male: Loth Vollmerhause, Female: Bianca Van Woessik
- Year: 1995, Male: Chris Legh, Female: Bianca Van Woessik
- Year: 1996, Male: Stephen Foster, Female: Bianca Van Woessik
- Year: 1997, Male: Warren Milward, Female: Robyn Rococke

**The Jim Hazel Trophy**
- Year: 1987, Male: Chris Bately, Female: Louise McKinlay
- Year: 1988, Male: Gerard Donnelly, Female: Louise Bonham
- Year: 1989, Male: Tony Stellor, Female: Louise Bonham
- Year: 1990, Male: Rod Cedaro, Female: Sally Bestea
- Year: 1991, Male: Tim Ahern, Female: Jan Warbly
- Year: 1992, Male: Tim Ahern, Female: Louise Bonham
- Year: 1993, Male: Bruce Thomas, Female: Bianca van Woessik
- Year: 1994, Male: Bruce Thomas, Female: Angela Mitchell
- Year: 1995, Male: Bruce Thomas, Female: Christina Hauser
- Year: 1996, Male: Bruce Thomas, Female: Robyn Rococke
- Year: 1997, Male: Chris Legh, Female: Robyn Rococke