

Officiating and Rules at Races

* Thank-you to the Ontario Association of Triathletes for providing this information.

Officiating

The officials development model used by Triathlon Manitoba falls under the broader models that are used by Triathlon Canada (our National Sport Organization) and the International Triathlon Union (the World Governing Body). Officials are classified into four distinct levels. Level 1 and 2 are combined to cover the novice, club, and local event officials; Level 3 is aimed at Provincial and National Championship event officials; and Level 4 is required for officials at major international events such as the Pan Am Games, Olympics, etc.

Events such as provincially sanctioned events and Provincial Summer Games provide an excellent opportunity for officials to gain exposure/experience, and work with higher certified officials to learn from. Triathlon Manitoba is committed to growing our officiating program through a wide range of new initiatives. If you have suggestions please contact us.

Officiating Opportunities

We are constantly looking for new individuals to become part of our officiating crew. If you are interested in becoming an official, please contact us. Note that we would like to encourage:

- each club to have at least two certified officials;
- parents to become involved as officials at kid, youth, and junior events; and
- current members to give something back to the sport by officiating at an event.

Our sport needs dedicated and respected officials at all sanctioned events. Remember that most officials are volunteers, so after the race take the time to thank them for spending their day ensuring that you can race in a safe sanctioned event.

Upcoming Clinics

Clinics will be conducted during the winter and spring. Watch for website updates as specific dates and times have been confirmed. If you belong to a club, race organization, or community that requires individuals to be trained as officials, please contact the office and we will arrange for a clinic to be conducted in your area. We require at least seven people to attend an officials clinic, and the cost to the participants is free.

Officials ensure that competitions are conducted in a fair and safe manner under the governing rules of the sport.

Protests and Appeals

What is a protest?

A protest is a formal complaint against the conduct of a fellow competitor or the decision of a race official, or against conditions of the competition. You must have substantial evidence, including witnesses, and you must be willing to take part in an interview. A protest must be accompanied by cash or a cheque for \$50.

What cannot be protested?

Protests cannot be made on "judgment calls". A "judgment call" shall include, but not be limited to: drafting, blocking, cycling helmet rules, riding in the transition area and unsportsmanlike conduct.

What may be protested?

Protests may be made concerning the eligibility of another competitor, concerning the course of the race, concerning another competitor or official during the race, concerning time-keeping, or concerning a competitor's equipment.

What is the proper procedure?

The appropriate Protest Form may be obtained from the referee at National or Provincial Championships or from the Head Official at other Triathlon Manitoba sanctioned races. On the form must be written the alleged rule violated, the location and approximate time of the alleged violation, names of the persons involved in the alleged violation, a statement, including a diagram of the alleged violation (if possible), and the names of witnesses who observed the alleged violation. A \$50 deposit must accompany the form. This amount will be refunded if the protest is successful. The protest must be filed in writing to the proper official, signed by the protester, within fifteen minutes of his/her finish time.

What happens to the Protest Form?

The official will take the Protest Form to the Competition Jury. The Competition Jury will hear the evidence and render a decision by simple majority. This decision will be posted immediately, and communicated to the parties.

For further information see Triathlon Canada Competition Rules, Section 12.
www.TriathlonCanada.com

Top 10 Frequently Violated Rules

(with corresponding Triathlon Canada Competition Rule Numbers)

1. **Swim Caps:** A competitor must wear the swim cap provided by the race organization. (6.2.1)
2. **Helmets:**
 - a) helmets are compulsory and must be certified to existing bicycle helmet standards and
 - b) chin straps must be fastened anytime the athlete is in possession of the bicycle. This means that before the bike is removed from the rack, the chin strap must be fastened and remain fastened until the bike is placed back on the racks. (7.3.2.3) and (9.1.1)
3. **Bicycles:** Riding of bicycles in the transition zone is strictly prohibited at all times. (9.1.6)
4. **Assistance:** Competitors may not receive assistance at any time during the race, or in the transition zone. (This excludes medical or safety assistance given by designated race volunteers or qualified staff.) (5.2.4.5)
5. **Drafting:** Drafting of another competitor or motor vehicle is prohibited on the bike course. (7.2.3.1) The draft zone surrounding each competitor measures 7 metres X 3 metres from the front edge of the front wheel. (7.2.4.1) Competitors have 15 seconds to pass through this zone when overtaking another athlete. (7.2.4.2)
6. **Blocking:** Cyclists should keep to the right at all times, unless passing. Alert fellow cyclists of your intention to pass by saying, "on your left". (5.2.4.3)
7. **Race Course:** Competitors must follow the prescribed course route in all segments of the race as defined by the race organization. (5.2.4.1)
8. **Race Instructions:** It is the Competitor's responsibility to read all supplied information given in the race kits, posted at the race site and listen to verbal announcements given by the Race Director and Race Officials. (4.1.3) and (4.1.4)
9. **Unsportsmanlike Conduct:** Verbal or physical abuse of officials and race volunteers is not acceptable or tolerated. (5.2.4.2)
10. **Torsos:** All athletes must have their torsos covered on the bike (7.1.4) and run portions (8.1.3) of the event. Bib numbers must be visible on the bike and run courses. (5.2.4.8)

Drafting Rules

These are the Official ITU Rules regarding drafting. Triathlon is an individual sport so it is therefore the responsibility of each competitor to adhere to the rules. Please familiarize yourself with these rules so that you won't get stopped by an official at a race. Be aware that officials may be on motorcycles **or** in vehicles at the races, so please obey anyone who approaches you as an official. It is recommended that you read the rules fully, as this is only a summary of the rules as they apply to drafting and blocking. The complete set of ITU Rules of Conduct can be found on the ITU website.

Summary

- If you are riding within 7 meters of someone's back wheel, you are **drafting**.
- If you are riding next to someone, within 3 metres, you are **drafting**.
- If you are riding next to someone and not overtaking them, you are **blocking**.
- You are allowed 15 seconds in someone's draft zone while passing, but you must be passing -- no lingering.
- Once you are passed, you must drop back out of the draft zone before overtaking the person who passed you.
- You are considered 'passed' when another competitor's front wheel is ahead of yours. At that point you must drop back.
- Also, you can be disqualified for a **Yellow Line Violation** in which you cross over the yellow centre line on the road while passing someone. This is particularly dangerous due to the potential for a collision with oncoming traffic or competitors. If people are blocking you from passing on the left, yell at them to move to the right before risking a pass which involves a yellow line violation.
- If you are assessed a **Stop and Go Penalty** by an official, here is what you must do:
 - **Exact wording in the 1999 Triathlon Canada Rulebook - Rule 5.1.6.** When assessed a yellow card, the competitor will stop in a safe manner and follow the instructions of the official. If on a bicycle, the competitor will stop in a safe manner, dismount with both feet on one side of the bicycle, and raise both wheels off the ground at the same time. The official will then say “go”, “allez”, or “vas-y” at which time the competitor will continue in a safe manner.

Please read the following ITU rules for complete details.

E.2 Drafting

E.2.1 General Guidelines

For Elite and Junior Elite competitors only, the drafting rule will be eliminated for Triathlon World Cup, Olympic Games, ITU Regional Championships, and ITU International Events. It will **not** be eliminated for Age Group competitions or for Long Distance Triathlon and Duathlon World Championships (all categories). It is within the power of each National Federation to organize events within their jurisdiction where the draft rule applies to Elite and Junior Elite athletes (where applicable).

E.2.2 Draft-Illegal Races

In races where the drafting rule applies:

- a) Drafting of another competitor or motor vehicle is forbidden. Competitors must reject attempts by others to draft

- b) A competitor is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing

- c) A competitor who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft

E.2.3 Bicycle Draft Zone

The draft zone for all competitors in Long Distance Competitions and all Age Group competitions will be a rectangle 7 meters long by 3 meters wide. The center of the leading 3 metre edge will be measured from the back edge of the back wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the zone of another competitor.

E.2.4 Entry into Bicycle Draft Zone

A competitor may enter a bicycle draft zone (subject to the official's judgment) in the following circumstances:

- a) If the competitor enters the draft zone, and progresses through it within 30 seconds, (15 seconds for Age Group competitors)
- b) For safety reasons
- c) At an aid station
- d) At the exit or entrance of a transition area
- e) At an acute turn
- f) If race officials exclude a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

E.2.5 Overtaking Definition

A competitor is passed when another competitor's front wheel is ahead of theirs. Once overtaken, a competitor must immediately move out of the draft zone of the leading competitor.

E.2.6 Vehicle Draft Zone

Motorcycles are the only vehicles allowed on any section of the course. All drivers, officials, media, and race personnel must wear a securely fastened certified motorcycle helmet at all times when on the motorcycle.

- a) The vehicle draft zone is a rectangle thirty-five (35) meters long by five (5) meters wide, which surrounds every vehicle on the cycle segment. The front edge of the vehicle will define the center of the leading 5 meter edge of the rectangle
- b) Competitors may not pass through this zone. The responsibility for ensuring that this zone is upheld lies with the driver of the vehicle and the Vehicle Control Official (VCO). All vehicles on the course will be controlled by the regulations outlined in the Event Organizers Manual (See J Course Vehicles).