

**SUPER
LEAGUE
TRIATHLON
AGE GROUP
COMPETITION
RULES**

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1. INTRODUCTION

The following rules are intended for the purpose of creating equal opportunities and fair play for all competitors, providing a basis for reasonable safety and protection in an atmosphere of sportsmanship and fair play.

Super League Triathlon (SLT) is affiliated to the International Triathlon Union (ITU) and, as such, ITU rules are applicable to all international events hosted by the SLT.

These Competition Rules mirror the ITU Competition Rules, except where a required amendment has been made due to specific course or technical requirements. These Competition Rules are applicable to age-group participants, professionals who compete in SLT will follow the Official Professional Rules guide.

If competing in international events, competitors are strongly advised to familiarise themselves with the ITU Competition Rules as they contain some variations. ITU Competition Rules can be downloaded from www.triathlon.org.

1.1 Purpose

- a.) Super League Triathlon (SLT) is the governing body responsible for Competition Rules for all SLT Triathlon competitions and formats.
- b.) The SLT Technical Committee will ensure technical aspects of SLT competitions are of the highest quality.
- c.) The SLT Event Organisers System, with its related documents set safety and fairness standards for Event Organisers; these are to be used in conjunction with this document.
- d.) It will be clearly indicated when a rule applies to a specific competition.

1.2 Intention

- a.) The SLT Competition Rules are intended to:
 - (i) Create an atmosphere of sportsmanship, equality, and fair play;
 - (ii) Provide safety and protection;
 - (iii) Emphasise ingenuity and skill without unduly limiting the competitor's freedom of action;
 - (iv) Penalise competitors who gain an unfair advantage.
- b.) Definitions of all terms used in the SLT Competition Rules are provided in Appendix B. Any difficulty in the interpretation or application of the SLT Competition Rules should be referred to the SLT Technical Committee.

1.3 Language and Communications

- a.) The official language to be used at all events is English, however regional languages may also be used in conjunction with English.

1.4 Modifications

- a.) The SLT Competition Rules will be adapted for other modern multisport competitions, which fall within SLT's jurisdiction;
- b.) A competitor must not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, every infringement related in the SLT Competition Rules has a sanction attached. Officials base their judgments on whether an advantage, not intended by the Rules, has been gained;

1.5 Exceptions

- a.) The SLT Competition Rules will be applicable to all multisport events permitted by the SLT and are to be implemented by the appointed Technical Official as appropriate. Exceptions for special circumstances in a particular event may only be gained from the SLT with prior approval.

1.6 Specific Regulations

- a.) A Technical Official may approve the addition of specific regulations for a particular race, provided that:
 - (i) Each additional specific regulation does not conflict with another SLT Competition Rule;
 - (ii) Each additional specific regulation is made available in written form and is announced to the participants before the event;
 - (iii) Each additional specific regulation and the reasons for its inclusion are advised to the Race Director and operational team for prior approval one week before the day on which the event is to be conducted. In the event of a specific amendment introduced due to factors that arise on the day, the appropriate Race Director must be notified the day before the event.

1.7 Rule Updates

- a.) The SLT Competition Rules may be changed from time to time by the SLT at its discretion. Any rule change(s) shall be advised in writing at least 30 days before it/they is/are to take effect.
- b.) When ITU Competition rules may change, these will be incorporated into the SLT Competition Rules as appropriate.

2. CONDUCT OF COMPETITORS

2.1 General Conduct

- a.) Triathlon and the SLT's other related multisports involve many competitors. Race tactics are part of the interaction between competitors. Competitors will:
- (i) Practice good sportsmanship at all times;
 - (ii) Be responsible for their own safety and the safety of others;
 - (iii) Know, understand and follow the SLT Rules & Regulations.
 - (iv) Obey traffic regulations and instructions from Event Organisers, Technical Officials and marshals;
 - (v) Treat other competitors, organisers, Officials, volunteers, and spectators with respect and courtesy;
 - (vi) Avoid the use of abusive language;
 - (vii) Inform a Technical Official and Event Organiser after withdrawing from the race.
 - (viii) Compete without receiving assistance other than from event personnel and officials;
 - (ix) Not dispose rubbish or equipment around the course except at clearly identified places, such as feed stations or rubbish disposal points. All items must be kept with the competitor and returned to their transition spot;
 - (x) Not attempt to gain unfair advantage from any external vehicle or object;
 - (xi) Follow the prescribed course.

2.2 Health

- a.) Triathlon and related multisports are strenuous.
- (i) To be able to participate, competitors should be in good physical condition. By starting in a race, the competitors declare that they are in good health and in appropriate physical condition to complete the race;
 - (ii) Competitors should, where possible, attend a coached introduction to Open Water Swimming session led by a qualified Triathlon coach/trainer, before taking part in an open water event;
 - (iii) Time limits of the swim, bike and run leg may be established for each competition by the Event Organiser and Race Director; these limits will be published pre-event in the registration material or through updates after signing up for the event, no later than 28 days before the event.
 - (iv) Should factors on the day require time limits for any segments of the events to be established, such as weather conditions, the Event Organiser or Race Director reserves the right to implement certain restrictions and should be communicated to competitors at the earliest opportunity.
 - (v) Lastly, SLT encourages competitors, competitors-to-be for all races to undergo a periodic health evaluation prior to engaging in any competitive sport to review one's physical condition before exertion.

2.4 Eligibility

See Chapter 10 – Eligibility.

2.5 Insurance

- a.) All competitors are required to sign up for appropriate day membership fee, which is non-refundable; competitors that hold a valid race license of federation in which SLT event is operating in will not be required to pay.

2.6 Race Attire

- a.) Uniforms are not permitted to display any kind of demonstration of political, religious or racial propaganda;
- b.) Competitors must follow the following rules with respect to wearing uniforms/race attire:
 - (i) Competitors must be clothed during the entire competition;
 - (ii) The uniform must cover the whole torso in the front. The back may be uncovered from the waist up;
 - (iii) Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden, but is allowed in the swim segment when the use of wetsuits is allowed. It is also allowed in all the other segments;
 - (iv) Where a two-piece uniform is used, the space between the top and the bottom may be not visible, so the two pieces overlap. The competitor must cover their torso during the entire race with the exception of the swim section; this includes front zips being completely fastened during the cycle and run segments.
 - (v) If the suit has a zipper it will be located at the back (except for middle and long distance events) and will not be longer than 40cm. Competitors wearing a front zip suit must ensure it remains fully done up for the duration of competition.
 - (vi) The uniform must be worn over both shoulders for the duration of the competition;
 - (vii) This line is intentionally omitted;
 - (viii) Rain jackets are permitted, however the competitor must ensure their race number is still visible at all times;
 - (ix) Thermal gloves and boots are not permitted unless an exception request has been applied for. A medical note stating the reason must be submitted to the Event Organiser and Technical Official on the day of the event.
- c.) For reasons of religion, competitors are allowed to have the body totally covered (except the face) provided that:
 - (i) The uniform material is approved by FINA (applicable only for the non-wetsuit swim);
 - (ii) The uniform will not interfere with the bicycle mechanisms;
 - (iii) Extra identification elements are to be worn over the uniform, following the TO's instructions.

2.7 Race Numbers

- a.) Race numbers provided by the Event Organiser must not be altered, cut down, folded or in any way mutilated. Numbers so treated will result in the competitor being disqualified if the offence is not corrected.
- b.) Race numbers must be affixed to the competitor's clothing or to a suitable race belt or bib. The number must be clearly visible at all times and it is the competitor's responsibility to ensure this to avoid any penalties.
- c.) Throughout both the running and cycling phase, a number must be seen at all times.
- d.) Additional body markings may be provided by the Event Organiser, but this is not a substitute for, or replacement of, an official race number.
- e.) All references to the wearing of race numbers specifically exclude swim phases.

2.8 Timing and Results

- a.) A race will be won by the competitor who has the shortest time from the start signal to the moment when the competitor finishes the race.
- b.) The official results will list competitors according to their finish time. In the event that two competitors tie for a place, and their performances cannot be separated, they will be awarded the same rank, and the next competitor to finish behind them will occupy the same rank plus two places, with the subsequent competitors ranked in order of finishing.
- c.) Where possible, time splits to be included are:
 - (i) Swim or first segment;
 - (ii) Transition 1;
 - (iii) Bike or second segment;
 - (iv) Transition 2;
 - (v) Run or third segment;
 - (vi) Overall finish time - In addition, at the organisers discretion additional fields that should be included
 - (i) Gender;
 - (ii) Age Group (as defined by these rules);

2.9 Exceptional Conditions

- a.) The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the Event Organiser following the same principles.
 - (i) Before the race:
 - x A triathlon may be modified to a duathlon, aquathlon, or even in a two segment race: swim-run, bike-run or run-bike, in the equivalent distance.
 - x Time trial starts are allowed;
 - x A duathlon may be modified to two segment event: bike-run or run-bike. Time trial starts are allowed; it may also be modified to a run only or bike only where required;
 - (ii) Modification once the race has started:
 - x Any segment, but only one, may be shortened during the race. Event Organisers will take all necessary actions to ensure the fairness of the event and the safety of the competitors. Otherwise, the race will be stopped.

3. SWIMMING CONDUCT

3.1 General Rules

- a.) Competitors may use any stroke to propel themselves through the water. Competitors are allowed to push off the ground at the beginning and the end of every swim lap;
- b.) Competitors must follow the prescribed swim course;
- c.) Competitors may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat;
- d.) In an emergency, a competitor should roll onto their back and raise an arm overhead, and call for assistance. Once official assistance is rendered, the competitor must retire from the competition.

3.2 Wetsuit Use

SLT Events under ITU Competition Rules will adhere to host rules for wetsuit usage; competitors taking part in these race should familiarise themselves with these difference;

- a.) The use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperatures are attained:

Swim Length	Forbidden Above	Mandatory Below
Up to 1500m	22°C	14°C
1501 – 3000m	23°C	15°C
3001 – 4000m	24°C	16°C

3.3 Modifications

- a.) At temperatures below 11°C it is recommended that open water swimming do not take place. The temperatures above are based on water temperatures alone and assume that the wind chill factor is negligible. If wind chill is significant, the swim distances may be reduced at higher temperatures.

- b.) At the following temperatures, the maximum swim distances are:

Temperature	Maximum Distance Permissible
13°C	2000m
12°C	1000m
11°C	500m

- c.) It is recommended that wetsuits are worn by all novices and Age Groupers up to 22°C.

3.4 Start Procedure (Age Groupers)

- a.) Competitors are grouped at the pre-start areas accordingly via swim cap colors assigned to each individual wave; competitors will be called to the start area and they will occupy the start positions according to the Event Organisers' instructions.
- b.) After all competitors are in position, "On your marks!" is announced, any time after the announcement, the start signal will be given by blasting a horn. Competitors will move forward;

3.5 Equipment

- a.) Swim cap:
 - (i) Competitors are required to wear a swim cap; which will be provided by SLT;
 - (ii) if a competitor chooses to wear two (2) caps, the official event swim cap must be on the outside;
 - (iii) Competitors may not alter the provided swim caps in any manner;

- b.) Tri-suits:
 - (i) Competitors are required to wear his/her personal trisuit during the swim segment;
 - (ii) Trisuits will not have any neoprene sections;
 - (iii) Trisuits may contain either a front or back zipper, but these must be fully zipped at all times;
 - (iv) Shoulders and clothing covering any part of the legs below the knee is also forbidden;
 - (v) Competitors may not alter the provided swim caps in any manner;

- c.) Wetsuits:
 - (i) Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit;
 - (ii) Propulsion devices that create an advantage for the competitor, or a risk to others, are forbidden;
 - (iii) The most external part of the wetsuits will fit to the competitor's body tightly while they are swimming;
 - (iv) A wetsuit may cover any part of the body except the face, hands and feet;
 - (v) There is no limitation regarding the length of the zipper;

- d.) Illegal Equipment - Competitors must not use or wear:
 - 1. Artificial propulsion devices;
 - 2. Flotations devices;
 - 3. Gloves or socks;
 - 4. Wetsuit bottoms only;
 - 5. Wetsuits when they are forbidden;
 - 6. Non-certified swimsuits;
 - 7. Snorkels;
 - 8. Mobile phone(s) or any other electronic listening communication device;
 - 9. Personal video recording devices;
 - 10. Official race numbers (in non-wetsuits only);
 - 11. Calf and arm compression items (in non-wetsuits only).

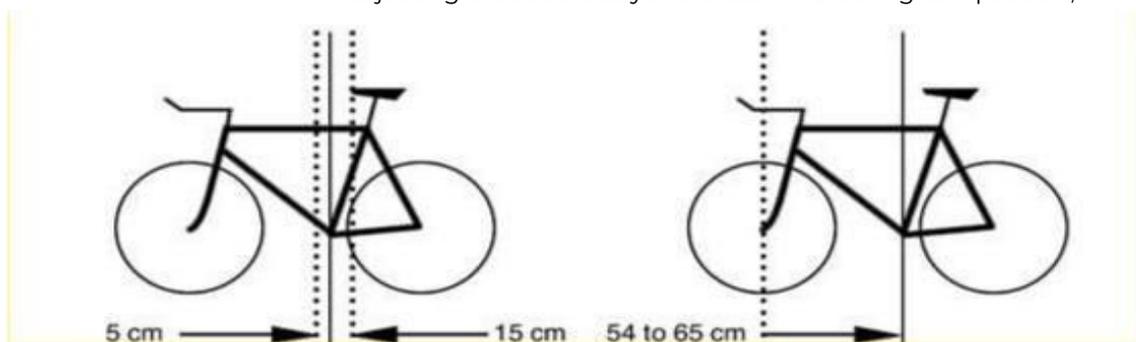
4. CYCLING CONDUCT

4.1 General Rules

- a.) A competitor is not permitted to:
 - (i) Block other competitors;
 - (ii) Cycle with a bare torso;
 - (iii) Make forward progress without being in possession of the bike;
 - (iv) Draft off another competitor or vehicle in a draft-illegal race;
 - (v) Must not pass on the inside (closest to side of road) of another competitor
- b.) Dangerous Behaviour;
- c.) Competitors must obey the specific traffic regulations for the event, unless the Event Organisers advise others;
- d.) Competitors must ensure that his/her bicycle is in a safe and roadworthy condition. Unsafe bicycles will not be allowed to start in the race;
- e.) During the event, competitors are individually responsible for their own repairs of their equipment;
- f.) Competitors must wear and have clearly visible official race number.

4.2 Equipment

- a.) In general, UCI Rules, as of January 1st of the current year, will be applied during the age group competition;
 - (i) UCI road race rules for draft-legal triathlon and duathlon races;
 - (ii) Age Group draft-legal events:
 - x The bike will be no more than one metre and eighty-five (185) centimetres long, and fifty (50) centimeters wide;
 - x The bike will measure between 24 centimetres and 30 centimetres from the ground to the centre of the chain wheel axle;
 - x There will be 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;
 - x There will be a vertical line touching the front-most point of the saddle which will be no more than 5 centimetres in front of, and no more than 15 centimetres behind, a vertical line passing through the centre of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;



- x The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements, (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable;

- x Non-traditional or unusual bikes (including fixed wheel bikes) or equipment shall be illegal unless prior approval has been granted from the SLT Technical Committee, prior to the start of the competition.
Brompton-style bikes are permitted;
 - x Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
 - x Bike race number stickers, provided by the Event Organiser, must be placed on the bike as instructed, without any alteration.
- b.) Wheels:
- (i) No wheel may contain any mechanisms, which are capable of accelerating it;
 - (ii) Tubular tyres must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly onto the frame;
 - (iii) There must be a brake on each wheel;
 - (vi) For Age Group draft-legal races, wheels must have the following characteristics:
 - x Wheels shall have at least 12 spokes;
 - x Disc wheels are not allowed.
- d.) Handlebars:
- (i) For Age Group draft-legal competitions, the following handlebar rules will apply:
 - x Clip-ons are not allowed.
 - x Tri-bars are not allowed.
 - x Only traditional drop handlebars are permitted.
 - x Handlebars must be plugged.
- e.) Helmets:
- (i) Helmet must be used in all activities when the competitor rides the bike: competition, familiarization and training sessions;
 - (ii) 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;
 - (iii) The helmet must be securely fastened at all times when the competitor is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;
 - (iv) If a competitor moves the bike off the course for any reason, the competitor may not unfasten or remove the helmet until after he/she has moved outside the boundary of the bike course route and has dismounted the bike; and he/she must fasten the helmet securely on the head before returning onto the bike course or before re-mounting the bike;
 - (v) Must be approved by the countries safety approving agency.
- f.) Platform Pedals;
- (i) Platform pedals are allowed, provided a quick-release mechanism is fitted to ensure the release of the feet in case of a fall.
- g.) Illegal Equipment:
- (i) Illegal equipment includes, but is not limited to:
 - x Headphone(s), headset(s) or technical earplugs;
 - x Glass Containers;
 - x Mobile phone(s) or any other electronic listening communication device;
 - x Personal video recording devices;
 - x Bike or parts of the bike not complying with these rules;
- h.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Technical Official before the race. Non approved devices are forbidden and may result in the disqualification of the competitor;

4.3 Bike Check

- a.) A visual bike check may take place upon check-in to the Transition Area before the competition. Technical Officials may check that bikes comply with the SLT Competition Rules;
- b.) Competitors may request approval from the Technical Official to allow them to make modifications, if necessary, to comply with the rules;
- c.) Bike checks are to ensure compliance to these Competition Rules; the condition and roadworthiness of the bike is and remains the sole responsibility of the competitor at all times.

4.4 Drafting

Drafting is an important part of cycling as it enables cyclists to conserve energy by staying in the slipstream created by the front rider

- a.) Drafting is allowed in all SLT races unless specified otherwise;
- b.) The exchange occurs outside the exchange zone, the team might receive a PENALTY of ONE (1) minute in which penalty will be added to the finish time;
- c.) As per rules in the Transition Area for individual competitors, please refer to 6.1, competitors must obey those rules.
- d.) Competitors must not put their helmet on until they have been tagged by their team mate; only once the competitor has left the exchange zone can the helmet be picked up and secured before the competitor can touch his/her bike;
- e.) Competitors must remove their helmet once their bike is racked; once the helmet is placed in their area in transition, they can enter the exchange zone whereby allocated to tag their teammate.
- (f) Overtaking
 - x A competitor is passed when another competitor's front wheel is ahead of theirs;
 - x Once overtaken, a competitor must move out of the draft zone of the leading competitor within 5 seconds;
 - x Competitors must keep to the side of the course and not create a blocking incident. Blocking is where a competitor who is behind cannot pass due to the leading competitor being poorly placed on the course;
 - x Traffic regulations must be followed when competing on open roads; competitors must only pass another competitor on the right.

4.5 Blocking

- a.) Competitors must give way to other competitors that want to overtake and this will change time to time depending on the traffic direction of the location SLT is racing at and not create a hazard by blocking other competitors on the course. Blocking is where a competitor who is behind another competitor cannot pass due to the leading competitor being poorly placed on the course. Competitors seen blocking by a Technical Official will incur a stop and go penalty where it is safe to do so.

5. RUNNING CONDUCT

5.1 General Rules

- a.) Competitors will:
 - (i) Run or walk;
 - (ii) Wear and have clearly visible the official race number, facing forward;
 - (iii) Not crawl;
 - (iv) Not run with a bare torso;
 - (v) Be permitted to run barefoot, however this is at the competitor's personal liability. The competitor is required to contact the Event Organiser to ascertain whether the surface prevents barefoot running from taking place. Where the surface is not conducive to barefoot running, it is strongly recommended this does not take place;
 - (vi) Not run with a bike helmet on;
 - (vii) Not use posts, trees or other fixed elements to assist manoeuvring curves;
 - (viii) Not be accompanied by team members, managers or other pacemakers on the course;
 - (ix) Follow the prescribed run course.
 - (x) Not dispose of litter on the course, unless in specified littering zones provided by the Event Organiser.

5.2 Finish Definition

- a.) A competitor will be judged as finished, the moment any part of the torso crosses a vertical line extending from the leading edge of the finish line.

5.3 Safety Guidelines

- a.) The responsibility of remaining on the course rests with the competitor. Any competitor who appears to Technical Official or medical personnel as presenting a danger to themselves or others, may be removed from the competition.

5.4 Illegal Equipment

- a.) Headphone(s) and headset(s), mobile phones or any other electronic listening communication device;
- b.) Glass containers;
- c.) Personal video recording devices;

6. TRANSITION AREA CONDUCT

6.1 General Rules

- a.) All competitors must have their helmet securely fastened from the time they remove their bike from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg;
- b.) Competitors must use only their designated bike rack and must rack their bike:
 - (i) For a traditional bike rack, the bike must be racked in an upright position. Bike must be racked in a way that does not block or interfere with the progress of another competitor.
 - (ii) In case of an individual bike rack, the bike must be racked facing out from the direction of the number.

- c.) Competitors should only bring required equipment into the transition area. Boxes might be provided by Event Organiser, any other boxes used to bring equipment should be removed. A small soft-sided bag such as a rucksack is allowed to be used and remained in transition area, it must not impede the progress of other competitors.
 - (i) Competitors must place within 0.5m of their racking position in transition, or within the width of the bike handlebars, all equipment to be used at a later stage in the event;
 - (ii) All equipment already used must be deposited in that Transition Area;
 - (iii) Only equipment to be used during the competition can be left in the Transition Area;
 - (iv) All other belongings and equipment outside the above rules are to be removed before race start.
- d.) If a competitor wishes to use the same shoes in the second run, these do not have to be placed in the box or the competitor's bag. However only ONE pair of running shoes may be on the ground at any given time of the race and must be located within the transition area;
- e.) Bike shoes, glasses, helmet, and other bike equipment may be placed on the bike;
- f.) Competitors must not impede the progress of other competitors in the Transition Area;
- g.) Competitors must not interfere with another competitor's equipment in the Transition Area;
- h.) Cycling is not permitted inside the Transition Area. Competitors must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line. Competitors must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line. While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the competitor's hands. If during the mount or dismount manoeuvre, the competitor loses their shoe(s) or other equipment, they will be collected by the Technical Officials or marshals. Mount and dismount lines are part of the transition area;
- i.) Nudity or indecent exposure is forbidden;
- j.) Competitors must stop in the flow zones of the Transition Area;
- k.) Marking positions in the Transition Area is forbidden. Marks and objects (such as balloons or chinks) used for marking purposes are not permitted and will be removed and the competitors will not be notified. Wetsuits or other items of clothing hung over racking is classed as marking;
- l.) The helmet strap must remain unfastened in the Transition Area while the competitor is completing the first segment;
- m.) Helpers, friends or family members are not permitted in the Transition Area;
- n.) Mobile devices can be brought into the Transition Area but may not be used whilst in race is live.
- o.) Pets MUST NOT be brought into the Transition Area at any time by any person.

7. TECHNICAL OFFICIALS

7.1 General

- a.) Technical Officials should adopt a common-sense attitude in all decisions.
- b.) Technical Officials should primarily promote the enjoyment of the sport, but uphold the rules where safety and fairness may be compromised.

7.2 Definition

- a.) Technical Official is an individual trained, assessed and passed the specific ITU examination. He or she can be identified at an event by his or her Technical Official's uniform.
- b.) Where present, Assistant Technical Officials may wear the Technical Official's uniform.

7.3 Appointment

- a.) Technical Delegate will be appointed by SLT and the Technical Delegate will form a team of Technical Officials to work under his/her direction. If there is no local federation, SLT will approach the ITU to send a recommendation list for appointment of Technical Officials.
- b.) The Technical Official shall be suitably qualified depending on status of event.
- c.) The Race Director will have FULL jurisdiction over the event.

7.4 Technology Tools

- a.) Technical Officials may use any kind of technological support to acquire data or evidence on rule infractions.

7.5 Motorcycle Officials

- a.) A Motorcycle Official is an individual identified by his or her Motorcycle Hi-Viz safety vest;

7.6 Availability of Technical Officials

- a.) If there is no formally appointed Technical Official, the Event Organiser/Race Director becomes the de facto race official.

8. TEAM AND RELAY EVENTS

8.1 Definition

- a.) **3x relay:** A team is composed of 3 competitors of the same gender. Each of them will cover a triathlon/single discipline. The total time for the team is from the start of the 1st team member to the finish of the 3rd competitor. Time is continuous and the watch does not stop between competitors;
- b.) **Standard:** A team is composed of 3 competitors regardless of gender. The first competitor will cover the swim segment, the second one the bike segment and the third one the run segment. The total time for the team is from the start of the 1st team member to the finish of the 3rd competitor. Time is continuous and the watch does not stop between competitors;

8.2 Transition Area:

- a.) The relay exchange will happen in the Transition Area and will be demarcated;
- b.) The exchange is completed by the in-coming competitor, using their hand to contact the body of the outgoing competitor within the relay zone.
- c.) The exchange occurs outside the exchange zone, the team might receive a PENALTY of ONE (1) minute in which penalty will be added to the finish time;
- d.) As per rules in the Transition Area for individual competitors, please refer to 6.1, competitors must obey those rules.
- e.) Competitors must not put their helmet on until they have been tagged by their team mate; only once the competitor has left the exchange zone can the helmet be picked up and secured before the competitor can touch his/her bike;
- f.) Competitors must remove their helmet once their bike is racked; once the helmet is placed in their area in transition, can they enter the exchange zone to tag their teammate.

9. ELIGIBILITY

9.1 General

- a.) Competitor's age is determined by their age on December 31st in the year of the competition;
- b.) Age limits:
 - (i) Youths (aged 15 to 16) and Juniors (17 to 18) may participate in events up and including Super Sprint distances. E-signed Parental Consent is required via Registration form from Active.
- c.) The following age categories will apply at all SLT Age Group/ Youth/ Juniors events:

CODE CATEGORY	AGE
Youths	15-16
Juniors	17- 19

AGE - CATEGORY
18 -24
25-29
30-34
35-39
40-44`
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80+