

# Indoor Triathlon USA Competitive Rules

## Article I

### Scope and Purpose

**1.1 Scope.** The Competitive Rules (“Rules”) are adopted by Indoor Triathlon USA and govern the administration of all races and events produced or sanctioned by Indoor Triathlon USA. These rules are binding on all participants of Indoor Triathlon USA events and persons who enter or participate in any event sanctioned by Indoor Triathlon USA.

**1.2 Purpose.** These rules are designed to set forth a standard set of parameters within which athletes can participate in indoor triathlons and compete in a positive atmosphere of equal opportunity. These rules are intended:

- a. To promote and maintain sportsmanship, equal opportunity and fair play;
- b. To encourage and reward individual performance and initiative;
- c. To protect the health, safety and well-being of participants;
- d. To promote the integrity of sport and indoor triathlon as a positive cultural force in modern day society.

## Article II

### General Rules of Conduct and Penalties

**2.1 Preparation and Training.** No person shall participate in an indoor triathlon unless such person:

- a. Is trained adequately for that specific event, as might be expected of a prudent person entering a similar completion, and
- b. Is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

**2.2 Age Group Competition.**

- a. All age group athletes must participate and compete in the age group division corresponding to the athlete’s age on December 31<sup>st</sup> of the year of the event.

**2.3 General Conduct.** At or during the event, or while at the event site, all participants must:

- a. Act in compliance with these Competitive Rules;

- b. Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, race officials or volunteers and acceptable in the community;
- c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;
- d. Refrain from the use of abusive language or conduct; and
- e. After violating any of the competitive rules, report such violation to the head referee or race director or retire from the event.

**2.4 Race Conduct.** All participants in Indoor Triathlon USA produced or sanctioned events must adhere to the rules in this section 2.4:

- a. **Unsportsmanlike Conduct.** Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable distance penalty depending on the severity of the violation as determined in the sole discretion of the Race Director.
- b. **Obstruction.** Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable distance penalty.
- c. **Unauthorized Assistance.** No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts, unless an express exception has been granted and approved, in writing, by Indoor Triathlon USA. The receipt of information regarding the progress, split times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable distance penalty.
- d. **Race Numbers.** Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. For the swim portion this includes body markings and mandatory swim caps. For the bike and run portions this means body markings and displaying their race bib on

the front of their body between their shoulders and waistline. Any violation of this Section shall result in a variable distance penalty.

- e. **Unfair Advantage.** No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable distance penalty.
- f. **Abandoned Equipment.** No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable distance penalty.
- g. **Glass Containers.** No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable distance penalty, unless the race director determines that such conduct constituted endangerment in which case the penalty shall be disqualification.
- h. **Endangerment.** No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification
- i. **Wave Starts.** When the beginning of any event is commenced by starting designated "waves" or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified.
- j. **Indecent Exposure.** Public nudity at any time during the event is prohibited. Any violation of this Section shall result in a variable time penalty.

## 2.5 Unregistered Participants.

- a. Any person who participates in any portion of a Indoor Triathlon USA produced or sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from participation in any sanctioned or produced Indoor Triathlon USA event for a period of up to one year.

- b. Any person who in any way assists another athlete to violate Section 2.5a by providing or selling a race number to that athlete shall be suspended or barred from participation in any sanctioned or produced Indoor Triathlon USA event for a period of up to one year.

**2.6 Penalties and Prohibited Conduct.** Penalties, including disqualification and suspension, may be imposed upon race participants of Indoor Triathlon USA events who violate any of these Competitive Rules or who solicit, encourage, or assist a violation of these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by Indoor Triathlon USA. The following penalties may be imposed for a violation of these Rules:

- a. Assessment of a distance penalty
- b. Disqualification
- c. Suspension from future Indoor Triathlon USA events
- d. Permanent expulsion from Indoor Triathlon USA events

### **Article III Swimming Conduct**

**3.1 Swim Lane.** Lanes will be marked 1 - 12 (depending on available lanes in the pool this number might vary). Athlete must be in the numbered lane corresponding with their race number. Every four lanes will be monitored by an official lap counter. Athlete must check in with lap counter to confirm they are in the correct lane. A violation of this section may result in a variable distance penalty.

**3.2 Swim Start.** All athletes must start the swim portion of the event in the pool with one hand on the pool edge of their designated lane. There are absolutely no diving starts. A violation of this section shall result in a variable distance penalty with the possibility of disqualification.

**3.3 Swim Exit.** To signal the end of the swim a horn shall sound. The participant may then exit at either end of the pool. If the athlete needs the assistance of a pool ladder

they must FIRST touch either of the pool (for that length to be counted in their race total) before wading over to the nearest ladder.

**3.4 Swim Distance Accumulation.** Swimmers have 10 minutes to accumulate as much distance as they can in the pool. Swimmers must complete a full length (25 yards) for that distance to count towards their total Swim mileage. Partial lengths are not given partial credit.

**3.5 Permissible Strokes.** Swimmers may use any stroke to propel themselves through the water and may tread water or float.

**3.6 Bottom Contact and Resting.** A participant may stand on the bottom or rest by holding an inanimate object such as a lane line or pool edge. Excluding the bottom, a participant shall not use any inanimate object to gain forward progress. A violation of this section shall result in a variable distance penalty. If the race official in his/her sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 2.4(h) the penalty could result in disqualification.

**3.7 Emergencies.** A swimmer experiencing difficulty and in need of assistance shall secure themselves on a lap lane, raise an arm overhead, pump it up and down, and call for assistance. A swimmer, who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraw from the race or receive medical assistance.

**3.8 Official Equipment.** Race participants must wear the supplied official swim cap corresponding to their wave. The penalty for an infraction of this rule is a variable distance penalty.

**3.9 Goggles.** Swimmers may wear, but shall not be required to wear, swim goggles or face masks.

**3.10 Illegal Equipment.** Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, wetsuits or floating devices of any kind shall be disqualified.

## Article IV Cycling Conduct

**4.1 Propulsion.** All bicycles shall be propelled only by human force and power. That power must come only from the registered participant.

**4.2 Bike Set-Up.** While the athlete's bike will be set-up on their designated trainer by race volunteers, it is the athlete's responsibility to inspect set-up and make any adjustments they feel might be necessary. If bike disengages from trainer during the event, race volunteers will assist if available but it is ultimately the athlete's responsibility to re set-up their bike.

**4.3 Mounting.** Athlete may not mount their bike until the horn sounds signaling the beginning of the bike portion of the event. The athlete must have two feet on the ground until this point. A violation of this section shall result in a variable distance penalty.

**4.4 Dismounting.** An athlete may dismount (and remount if they choose) their bike at any point during the 30 minute bike portion of the race. The athlete must stop pedaling and dismount immediately at the 30 minute point. But the athlete may not leave their bike's side or begin transition 2 until the signal has been given that the bike portion has concluded. A violation of this section shall result in a variable distance penalty.

**4.5 Wheel Size.** The Elite Qubo Trainer is compatible with a wheel size range of 20 – 29 inches. Using a measuring tape you can confirm your wheel's size by measuring from one outside edge of the tire to the opposite outside edge of the tire. If an athlete shows up to race with a non-compatible wheel sized bike the athlete will not be allowed to participate in the bike portion of the event.

**4.6 Bike Distance Accumulation.** Athlete has 30 minutes to accumulate as much distance as possible. Athlete's bike will be mounted on an Elite Qubo Trainer with automatic weight calibration. Every bike will be set up with race supplied odometer measuring how far athlete traveled.

## **Article V Running Conduct**

**5.1 Run Start.** Athletes must line up behind the starting line of the run course until the signal is given to begin the run. A violation of this section shall result in a variable distance penalty.

**5.2 Permitted Conduct.** Except for reasons of safety and when no advantage is gained, all runners shall follow and remain within the prescribed course. Due to the confined layout of most Indoor Triathlon USA Run Courses (100 yard perimeter) athletes must be aware of not blocking another athlete from passing. If an approaching runner yells out the word “Pass” to the runner in front of him/her that athlete is expected to veer to the right allowing the approaching runner to pass. However athletes may not pass on the inside at a turn. Only at straight portions of a run, when the pass can be completed before the turn, may an approaching athlete pass.

**5.3 Run Distance Accumulation.** Runners have 15 minutes to accumulate as much distance as possible. Athlete must complete a 50 yard length for that distance to count towards their total run mileage. Partial lengths are not given partial credit.

## **Article VI Transition Area Conduct**

**6.1 Transition Free Time.** Athletes are given a set amount of time for transitions one (1) and Two (2) that is not deducted from their allotted 55 minutes of race time: 10 minute swim/ 30 minute Bike/ 15 minute Run. The general default amount of time granted is five (5) minutes per transition. However, depending on the specific layout of the course and if the race director deems it necessary, that time can be increased. For allotted transition times for a specific Indoor Triathlon event athletes should always refer to that event’s RACE PAGE. The intent of this allotted time is not to allow the athlete recovery time before the next discipline. Rather, it is to allow just enough time for the athlete to safely transition from one area to the next. If the athlete surpasses their allotted transition time leading into their next discipline, that next discipline will start as scheduled hence reducing the time the athlete could spend racing and accumulating distance.

**6.2 Placement of Equipment.** No later than 30 minutes previous their Wave Start Time participants shall place any necessary race equipment – Except Swim Gear - in the designated transition bag (supplied to athlete by the race) and check in both bag and bike to the designated bicycle corral area. When athlete arrives at their bike following the swim, their bike will be set up on the trainer with their transition bag on or next to the bike. Following the bike portion athletes may again utilize the gear, food, etc, in their transition bag, place their transition bag on or next to their bike and proceed to the run course. Bike and transition bag will be waiting for athlete to pick up after the event. For security purposes the athlete’s race number must match the number on bike and transition bag to be picked up.

**6.3 Obstruction and Interference.** No participant shall impede the forward progress of another participant or interfere with another participant's equipment while in the transition area. Any violation of this Section shall result in a variable time penalty, unless such obstruction or interference renders another participant unable to complete the event, in which case the penalty shall be disqualification.

**Article VII**

**Race**

**Officiating**

**7.1 Race Officials.** Each leg of the event will have a lead referee. Those referees coordinated and under the guidance of the race director shall conduct each event in accordance the these Competitive Rules and shall uphold and enforce these rules and any other regulations or policies of Indoor Triathlon USA in an impartial manner.