

Triathlon Canada

Level 1 Officials Course

Facilitator: Terry Hooper & Marlene Hooper

Saskatchewan Triathlon Association Corporation



Course Goals

- Triathlon Sport Organization
- Understand Triathlon Events
 - Event Organizer Perspective
 - Officials' Perspective
- Key Competition Rules
 - Applying Them
- Takeaways
 - Rulebook (Online/Hardcopy TBD)
 - For Officials: Hat, Whistle



Introduction

- Triathletes Thank You!
- Course Material is Extensive, Mostly Relevant to Level 1s, with Some Added Info for Awareness
- Level 1 Officials Qualify to:
 - Be a race official
 - Be an assistant to TD (head official)
 - Report and Enforce Rule Violations
- Your Facilitator
- What About You?
 - Background
 - Goals and Expectations of Course



Three Letter Acronym Bingo

Watch for these
terms:

You'll be asked for
their meanings at the
end

RD

LOC

TD

TRI

NF/IF

DSQ

TZ/T1/T2

HR

FoP

DNS/DNF

Triathlon Global Organizations

World Triathlon (TRI)

- Founded in 1989
- First World Championships
- Olympic sport since 2000

IRONMAN Group

- Ironman Triathlon, 70.3, 5150, etc.
- For-profit race organizers



World
Triathlon

IRONMAN[®]

Different organizations, events, approaches. Rules are different, but there has been an effort to align them.

TRI Organizations' Hierarchy

World Triathlon (TRI)

- World governing body
- Sanctions World Cup & Championships
- Selection of athletes to Games

National Federations (NF or NSF or IF)

- National level governance
- Sanction national events
- Provide athlete development at elite level
- Liaison to the TRI

Provincial Sport Organization (PSO)

- Provincial level governance
- Sanction provincial events
- Provide athlete development at all levels
- Liaison to clubs/members

Clubs and Members

- Local membership training and club events
- Host race events as Local Organizing Committee (LOC)



TRI/Tri Canada Event Sanctioning



- Olympics
- Commonwealth Games
- World Cup



- Canada Nationals
- Junior/Youth
- Canada Summer Games



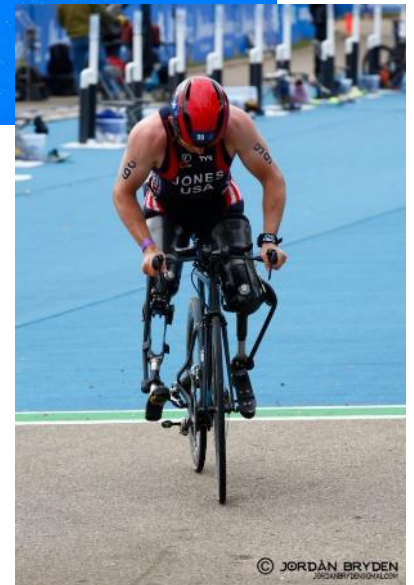
- Age Group Provincials
- Sask Summer Games
- Try-a-Tri
- Kids of Steel

Kids, Youth and Junior Distances

Triathlon			
Age Category	Swim	Bike	Run
(Age as of 31 December in the year of the race)			
4 - 5 years	25m	500m	100m
6 - 7 years	50m	1km	400m
8 - 9 years	100m	2km	800m
10 - 11 years	200m	6km	1km
12 - 13 years	400m	8km	2km
14 - 15 years	500m	13km	3.5km
16 - 17 years	750m	20km	5km
18 years and older	All Distances allowed, shorter preferred.		

Paratriathlon

- Formerly Athletes With a Disability (AWAD)
- Paralympic sport as of 2016
- Classified into one of nine classes (PTWC1-2, PTS2-5, PTV1-3)
- Evidence-based classification
- Groups impairments according to extent of activity limitation



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The Official's Role



Essential Skills of an Effective Technical Official

- Listen, Observe, Document
 - Gather Relevant Facts
- Interpret, Communicate
 - Understand the Sport
 - Understand and Interpret the Competition Rules
 - Consider Context of Competition
 - Make Decisions that Apply Fairness and Consistency
- Identify Safety, Fairness, and Organizational Issues
 - Apply Experience to Resolve
- Represent Sanctioning Authority

Conduct of Officials

- Respect for Competitors and Coaches
- Respect for Other Officials and Roles
- Guiding and Informing the Spectators
- Applying the Competition Rules
 - Understand and Apply the Rules Appropriately and Consistently
 - Provide a Safe Event
 - Create an Even Playing Field for Athletes
 - Penalize competitors who gain an unfair advantage
- SaskSport: Respect in Sport Training

Official's Etiquette

No Eating in Uniform in Public

No Cheering in Uniform

No “fan” Behaviour in Uniform

No Autographs

No Fan Photos

Use Officials' “Lounge”

When Off-Duty: Take off Vest and Cover Shirt

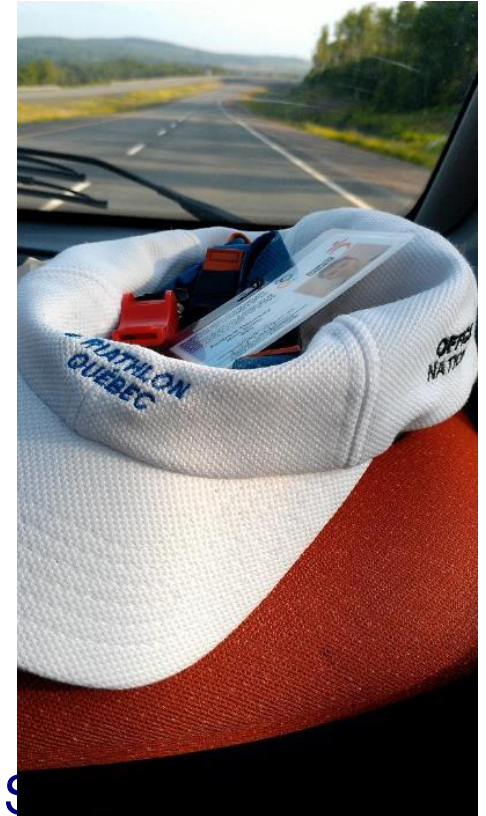
Official's Equipment: General

- Rule Book
- Pen & Pencil, Small Notepad
- Red / Yellow / Blue Card
- Whistle
- Communication Device (e.g. Radio), Harness
- Tape Measure, Electrician's or Duct Tape to Plug Handlebars
- Credentials Card / Medical Clearance
- Binoculars (observing open water swim and bikes/runners)
- Thermometer, Laser Rangefinder (if open water swim)
- Bike, Helmet (if on Bike course)



Official's Equipment: Personal

- Weather Gear (e.g. Plastic Poncho)
- Small First Aid Kit
- Fanny Pack or Backpack
- Sunscreen, Sunglasses, Bug Repellant
- Water bottle
- Comfortable Shoes
- Multitool, Headlamp
- Cell Phone, Pouch, Headset (e.g. Bluetooth)
- Work Gloves
- Vest, Cap, Black Shorts/Pants, Black Shirt/White S
- Light Snack



Official's Uniforms

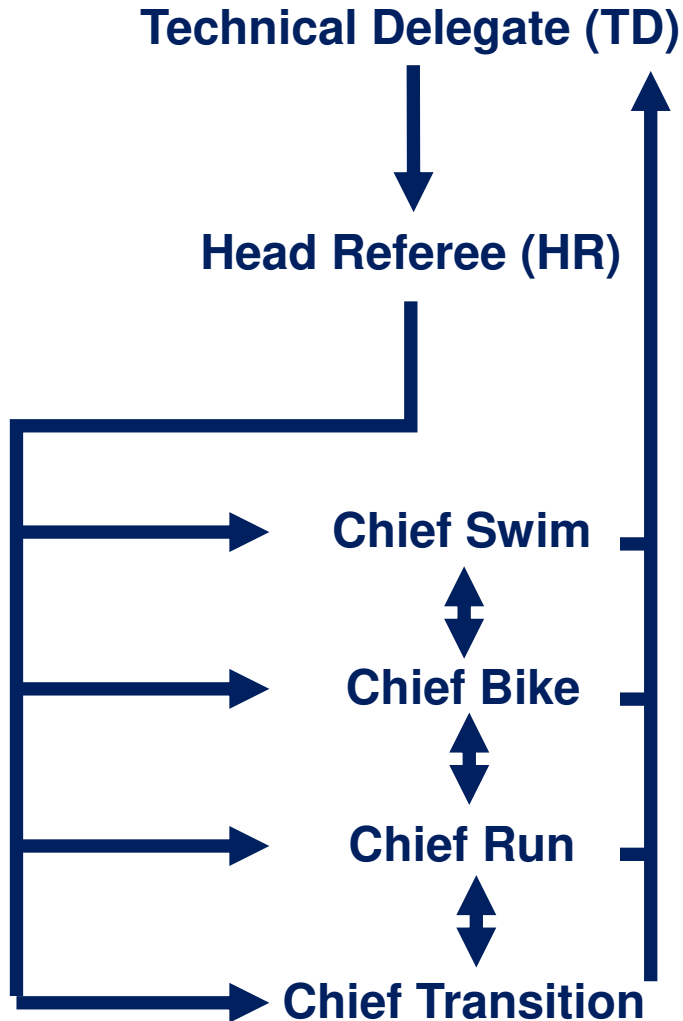
- Neutral, no logos
- Dress Code
 - Dark Shorts/Pants
 - Matching Shirts (White or Black)
 - Closed toe shoes
- PSO/NF
 - Matching hats, vests
- NF
 - Officials Vests



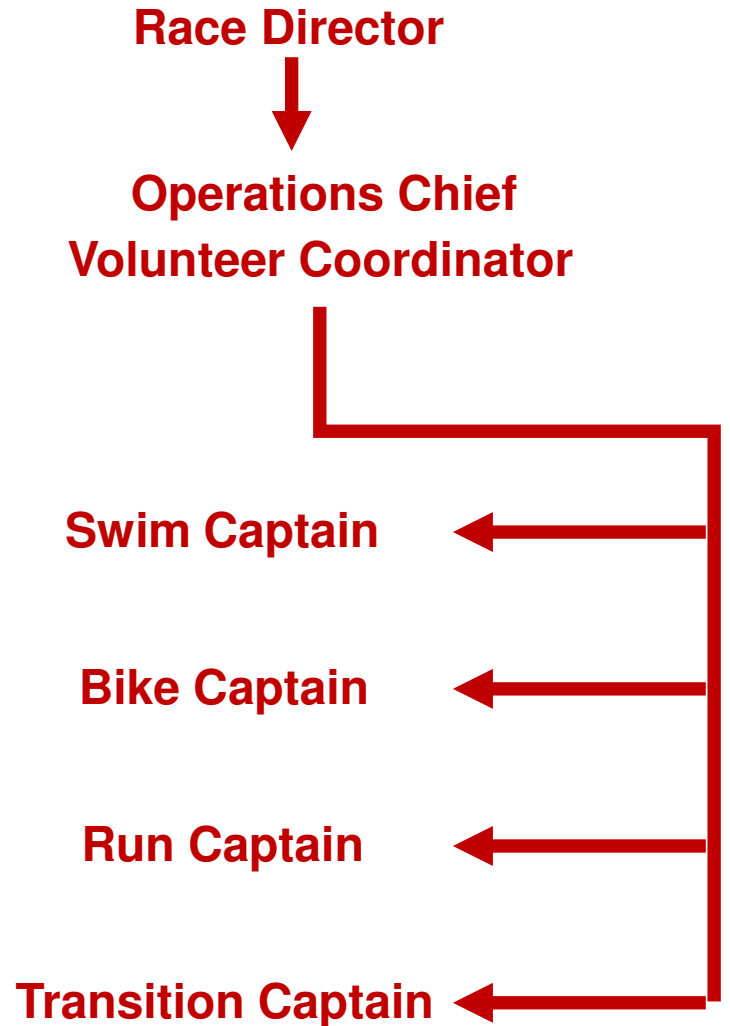
Race Event Organization

Race Organization Chart

TECHNICAL TEAM



LOCAL ORGANISING COMMITTEE (LOC)



Prime Officials: TD and HR

Technical Delegate (TD)

- Appointed by the governing body providing sanctioning
- Oversees technical preparation for the event with LOC
- Responsible for organizing officials
- Selects and heads Competition Jury

Head Referee (HR)

- Appointed by, and responsible to, the TD
- Organizes and instructs race TOs the action plan for enforcing rules
- Contacted about all violations reported by the other TOs and receives protests
- Makes decisions on violation and protest penalties, and posts them



Technical Officials (TOs)

- Appointed by TD and HR
- Sector Chiefs
 - Swim/Bike/Run/Transition/Finish
- Larger Events
 - Additional Chiefs
 - Chief Assistants
- Be proactive in preventing rule violations
 - Reports all violations to race referee
 - Document violations (e.g. notebook, photos, time of violation)



Competition Jury

Render decisions on Appeals

Members:

- Technical Delegate leads jury and receives appeals
- A representative of the host society (usually not the race director)
- A member of the governing body providing sanctioning - Executive Board or Council member



Rules Enforcement

Penalties Vetted Through Head Referee

- Note racer number, violation, and time of day in notebook with picture if applicable

Warning

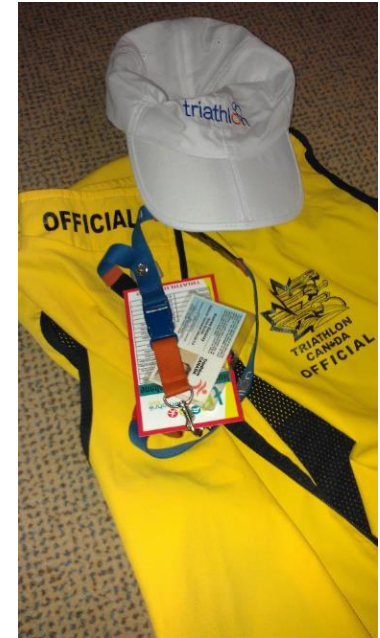
- Verbal
- Head Referee need not be involved

Blue Card

- Drafting on Bike – Bike Penalty Box (Exception: Small Events)
- “Racer 45. Drafting penalty. You have to stop at the next penalty box”.
- The Technical Official has to ensure the athlete received the penalty notification.
- Penalty Voucher dropped off for reconciliation
- Cannot be Protested

Yellow Card

- Stop & Amend
- Time Penalty (Penalty box)



Rules Enforcement

Red Card

- Disqualification
- Warnings or Yellow cards not required

Suspension / Expulsion

- PSO, National Federation or International Federation level

Usually a time penalty is an appropriate penalty for infringements, **which do not warrant a disqualification**



Conduct of Competitors

- Good Sportsmanship
- Responsible for Own Safety
- Responsible for Knowing the Race Course
- Know the Competition Rules
- Obey Traffic Regulations and/or Officials
- Respect for Fellow competitors, Officials, Rules, Sport
- No Abusive Language
- Inform Officials after Withdrawing from Race
- If a Rule is Violated, Inform Officials



Cookie Time



Pre-Race Activities

Race Briefings

Provided the Day Before Competition

Introduce Key Individuals

- Race Director, TD, HR, Chiefs

Review Race Course and Supporting Areas

Review Essential Rules

Preliminary Open Water Temperature Readings

Provide Weather Forecast

Useful to Attend as an Official

- Race Information Review
- What Specific Points Athletes are Being Told
- What Questions Arise – and the Answers

Officials' Meeting

- TD Should Contact You in Advance of Event
- Distribute Communications Equipment, Review Radio Protocols
- Roles and Responsibilities
- Review Run Sheet
- Review Venue Layout and Areas of Concern
- Event Context
- Strictness of Rules and Application of Penalties
- Officials' Debrief Meeting Plans

Wednesday August 27 Edmonton Aquathlon - Para, Age Group, Elite Men, Elite Women					
PARA	AG	ELITE Men	ELITE Women	Event	Who
8:00	8:00	8:00	8:00	TOs meet at TO's tent	All TOs
8:05	8:05	8:05	8:05	Radios turned on, radio check	CRO
10:00		13:00	13:00	*Provisional Water Temperature is <u> </u> °C and Air temperature is <u> </u> °C*	Chief Swim
10:00		13:00	13:00	*WGBT is <u> </u> °C*	Medical Delegate
10:00		13:00	13:00	Athletes' Lounge ready for check-in	Chief Registration
10:45	10:15	13:45	13:45	Transition Open for check-in	Chief Transition
11:00	11:50	13:30	13:30	*Official Water Temperature is <u> </u> °C and Air temperature is <u> </u> °C*	Chief Swim
11:00	11:50	13:30	13:30	WGBT is <u> </u> °C	Medical Delegate
11:00	11:50	13:30	13:30	*Official Time is, we have one hour to start*	Chief Technology
11:30		14:10	14:10	LOC confirms course is closed	Chief Venue
11:45		14:15	14:15	*Registration closed. All athletes except # now registered*	Chief Registration
		14:15	14:15	*Positions to have been blocked on the pontoon*	Referee
11:45	12:15	14:15	14:15	Transition closed	Chief Transition
11:45	12:35	14:15	14:15	*Pre-Start officials ready*	Chief Registration AG
11:45	12:35	14:15	14:15	*Course lockdown confirmed*	Chief Run
11:45	12:35	14:15	14:15	Swim & start officials in position, Transition, Run, Lap counter, Aid Station, Penalty Box personnel in position	TD to all Chiefs
11:46	12:36	14:16	14:16	*All clear in [position]*	All Chiefs
11:50		14:22	14:31	Start Officials lineup for presentation	Start Officials
		14:22		Cones move to positions around transition	Chief Finish/ Chief Transition
11:51	12:40	14:23	14:31	*All athletes assembled*	Chief Registration
		14:23	14:31	Move athletes' bags from Elite Lounge to Recovery	Assistant Registration
		14:23	14:32	Athletes Presentation	Chief Registration
11:59	12:49	14:29	14:34	*One minute to Race Start, Radio Silence*	TD
12:00	12:50	14:30	14:35	Race Start	Referee
12:01	12:51	14:31	14:36	Status of Start (Clean Start / Not Clean Start / False Start)	TD
12:05	12:55	14:35	14:35	Transition Officials in position	Chief Transition
12:10	13:00	14:39	14:44	*First Athlete # <u> </u> has completed swim*	Chief Swim
12:11	13:01	14:40	14:45	First athlete in Transition	Chief Transition
		14:40	14:45	Move last minute athletes' gear from the start area to recovery	Chief Swim
12:12	13:10	14:41	14:46	*First athlete on RUN course*	Chief Run
12:40	14:15	14:43	14:48	*Last Athlete # <u> </u> has completed swim. Swim course is clear.*	Chief Swim
12:42	14:17	14:44	14:49	Last athlete in Transition	Chief Transition
12:43	14:18	14:45	14:50	*Last athlete on RUN course*	Chief Lap Audit
TBD		14:46	14:51	Check transition penalties: *Athlete's numbers <u> </u> #, Penalty Box*	Referee
12:18	13:09	14:48	14:54	*First athlete has completed 1 lap on the RUN, 1 lap to go*	Chief Lap Audit
12:20	13:10	14:48	14:54	Finish Officials in position, finish tape ready	Chief Finish
12:50	14:25	14:52	14:58	*Last athlete has completed 1 lap on the RUN, 1 lap to go*	Chief Lap Audit
12:26	13:26	14:56	15:03	First athlete in finish	Chief Finish
tbd	tbd	tbd	tbd	Reconcile penalties: *Athlete's numbers <u> </u> #, didn't stop at the Penalty Box/All penalties served*	Chief Penalty box
13:00	14:38	15:00	15:07	Last athlete in finish	Chief Finish
tbd	tbd	15:05	15:10	Results signed off	Referee
		15:30		Photographers are escorted from the photographers' stand to their ceremonies' location on the finish chute	Chief Finish
		15:35		Medal Ceremony	Chief Protocol
		15:35		TO's debrief	
		16:00		Bus #1 - Depart venue to hotel	All Officials
		18:00		Shuttle from Comfort Inn to venue for meetings	All Officials
		18:30		Grand Final Technical Officials Meeting - Amphitheatre	All Officials
		19:30		Paratriathlon technical officials course	All Officials
		21:15		Bus #2 - Depart venue to hotel	All Officials

Transition Check-In

No Distractive Devices

- Phones, watches, radios for phone calls, texting, music, social media, photos

Check Body Marking

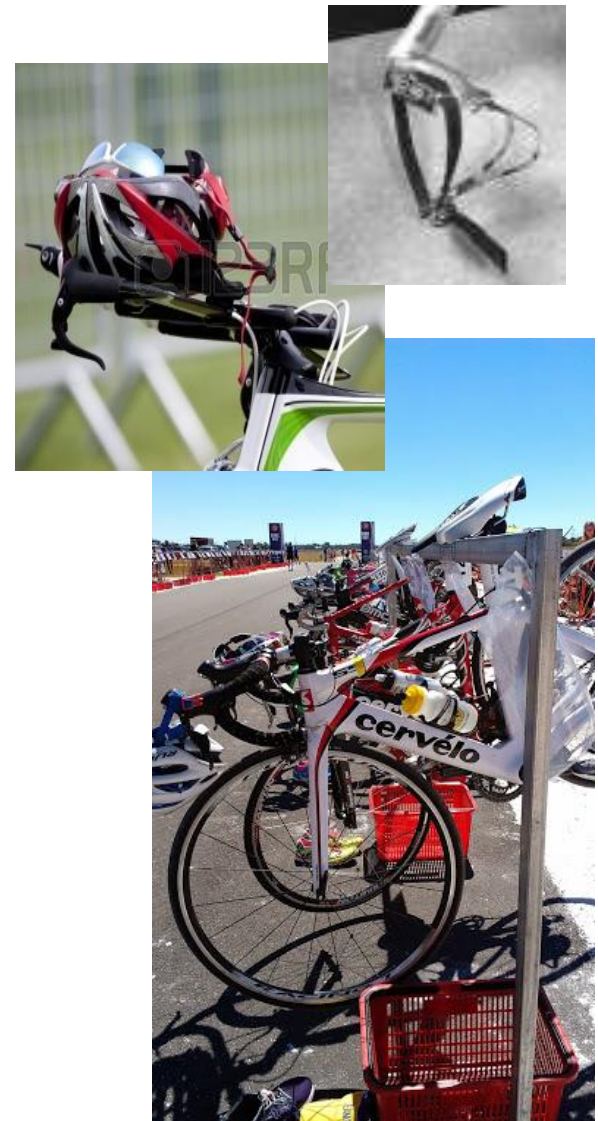
- Vertical Numbers on Sides of Both Arms and Legs
- Age Groups: Gender and low end of number of Age Category on back right calf

Bike

- Frame, wheels, handlebars, aerobars, pedals, brakes, racer number
- Cage pedals (aka 'toe clips') with straps are not permitted for non-adults. Platform pedals (i.e., no cleats) are always permitted.
- No mirrors. Consider safety risks for open roads.

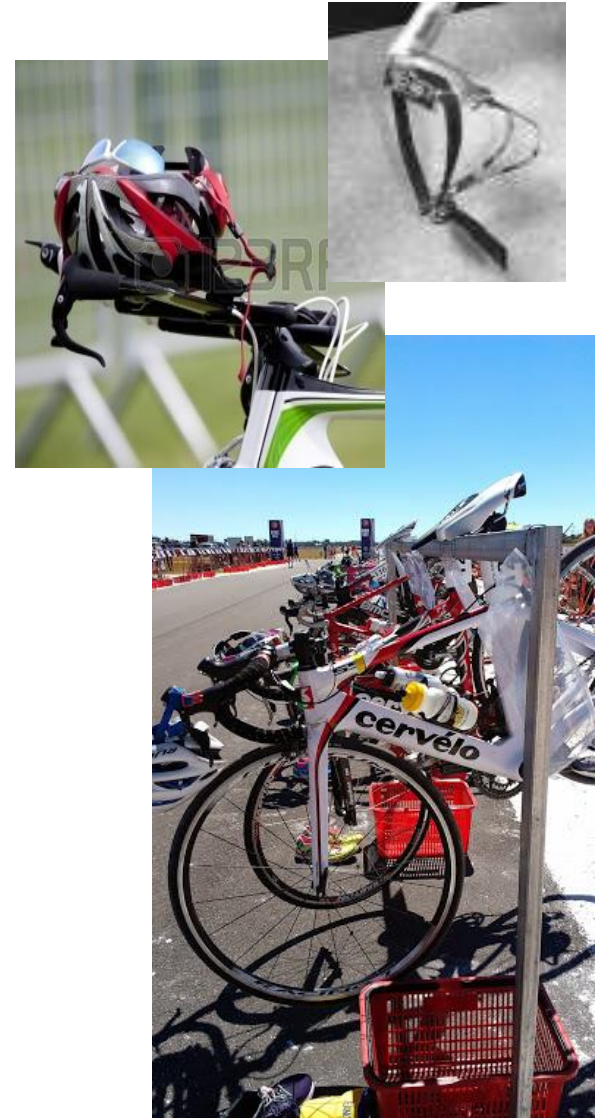
Helmet

- Meet CSA, ANSI, SNELL or other recognized safety certification standard.
- No alteration to any part of the helmet or strap
- Strap: Two-finger horizontal gap guideline
- Numbers on helmet
- Must be left unclipped in transition
- No Smart Helmets
- Helmets on during race and warmup/practice



Transition Check-In

- Racked using seat with front wheel facing out
- Must use designated rack only
- Must keep all equipment in designated area and no further out than the front wheel. Transition box will be used to collect discarded equipment
- Must not interfere with other athletes' transition spaces
- May not mark their transition spot
- Non-race equipment not in transition
- Athletes only in transition (kids can have parent assist during setup)



Kids of Steel 15 and Under

Bike Specs Part 1

Aero Bars (aka Clip Ons)

- Not allowed

Pedals

- For ages 11 and under*
 - Cleat recessed in cycling shoe
 - Be able to clip into both sides
- For ages 12 and up*
 - all clipless pedal systems permitted



*Note: Aligns with BC and Alberta rules

Kids of Steel 15 and Under

Bike Specs Part 2 - Wheels

Age 15 and Under*

- Minimum of 16 spokes
- Rims must be metal
- Maximum rim depth is 25mm
- Standard wheel guidelines may be waived for children's bikes (i.e. spoke count, spoke material) at the discretion of the referee

Age 14-15 and 16-19 (Youth and Junior)

- Non-drafting: All race wheels permitted in accordance with TRI non-drafting wheel rules
- Drafting: Refer to the TRI wheel rules for Youth and Junior draft-legal events



*Note: Aligns with BC and Alberta rules



AGE GROUP DRAFT LEGAL EQUIPMENT



Disc wheels



Clip on areobars



Short clip on areobars



Handlebars with built in areobars

Race Venue Management

Controlling Field of Play (FoP)

Only Athletes, Officials, Volunteers, and Medical in FoP

Lead and Sweep Vehicles/Personnel

Outside Assistance can result in Disqualification (DSQ)

Did Not Start (DNS)

- Recorded in Results

Did Not Finish (DNF)

- Notify Officials and Collect Chip

Accidents

- Report from Medical Team – Likely DNF

Emergency Preparedness (e.g., Lightning)

Evacuation plan

SWIM

Swim Distance Modifications

Original swim distance	Temperature of water								
	Above 33.0°C	32.9-32.0°C	31.9-31.0°C	30.9-15.0°C	14.9-14.0°C	13.9-13.0°C	12.9-12.0°C	11.9-11.0°C	Below 11.0°C
Up to 300m	Cancel	Original distance							Cancel
750m	Cancel	Cancel	750m	750m	750m	750m	750m	Cancel	Cancel
1000m	Cancel	Cancel	750m	1000m	1000m	1000m	750m	Cancel	Cancel
1500m	Cancel	Cancel	750m	1500m	1500m	1500m	750m	Cancel	Cancel
1900m	Cancel	Cancel	750m	1900m	1900m	1500m	750m	Cancel	Cancel
2000m	Cancel	Cancel	750m	2000m	2000m	1500m	750m	Cancel	Cancel
2500m	Cancel	Cancel	750m	2500m	2500m	1500m	750m	Cancel	Cancel
3000m	Cancel	Cancel	750m	3000m	3000m	1500m	750m	Cancel	Cancel
3800m	Cancel	Cancel	750m	3800m	3000m	1500m	750m	Cancel	Cancel
4000m	Cancel	Cancel	750m	4000m	3000m	1500m	750m	Cancel	Cancel

Temperature Equivalents

- Calculated at Specific Air/Water Thresholds
- Other Factors (Current, Wind)

(*)		Air temperature (All values in °C)										
		15	14	13	12	11	10	9	8	7	6	5
Water Temperature (All values in °C)	22	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	Cancel
	19	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	Cancel
	18	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel
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	15	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel
	14	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel
	13	13.0	13.0	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

Wetsuit Allowance

- Mandatory
- Allowed
- Forbidden
- Calculated Equivalent Temperature Used

Elite, U23, Junior and Youth athletes:

Swim Length	Forbidden	Mandatory*
Up to 1500m	20 °C and above	15.9 °C and below
1501m and longer	22 °C and above	15.9 °C and below

Age-Group from the youngest to 55-59 category:

Swim Length	Forbidden	Mandatory
Up to 1500m	22 °C and above	15.9 °C and below
1501m and longer	24.6 °C and above	15.9 °C and below

Age-Group from 60-64 category to the oldest:

Swim Length	Forbidden	Mandatory*
All distances	24.6 °C and above	15.9 °C and below

Maximum Stay in Open Water

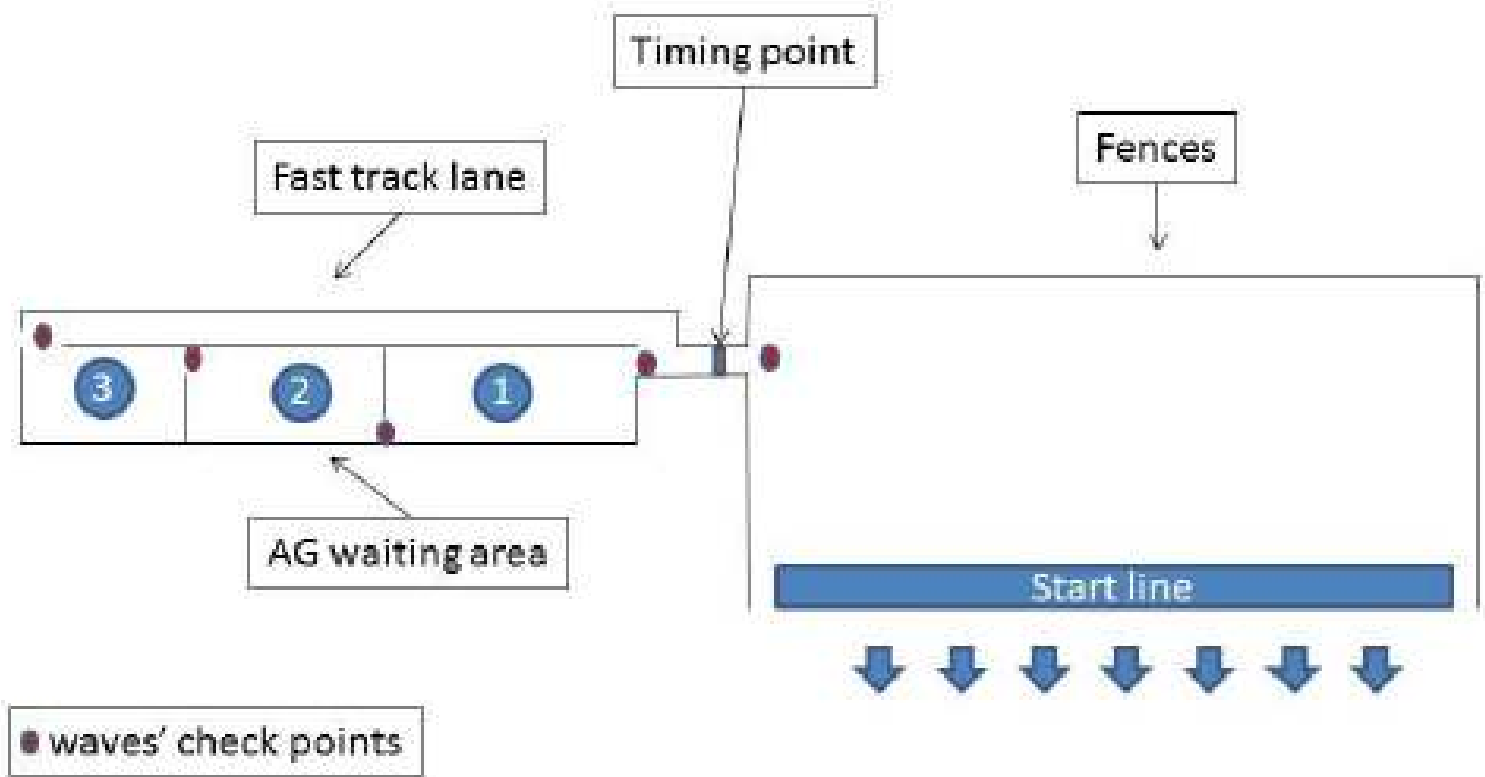
4.3. Maximum stay in water:

Swim Length	Elite, U23, Junior and Youth	Age Group
Up to 300m	10 min.	20 min.
301m to 750m - below 31°C	20 min.	30 min.
301m to 750m - 31°C and above	20 min.	20 min.
751m to 1500m	30 min.	1h 10 min.
1501m to 3000m	1h 15 min.	1h 40 min.
3001m to 4000m	1h 45 min.	2h 15 min.

Pre-Start

Audit of Athletes

- Chip Reconcile at Swim Close



Starts

Personnel Positioning

- TD and HR behind racers
 - Note racer numbers and positions taken if restart required
- Once racer chooses spot, cannot change
- False start officials on both ends of start line

Start

- Announcer: “In the hands of the starter”
- TD: “On your marks”
- HR: Start horn immediately after

False Start (Mass)

- Mass
 - HR: continual horn blasts
 - Kayakers converge onto course to stop racers
- Individual
 - Start Line Officials notify HR



Pool or Open Water Conduct

Must wear swim cap provided

Competitor responsible for staying on course

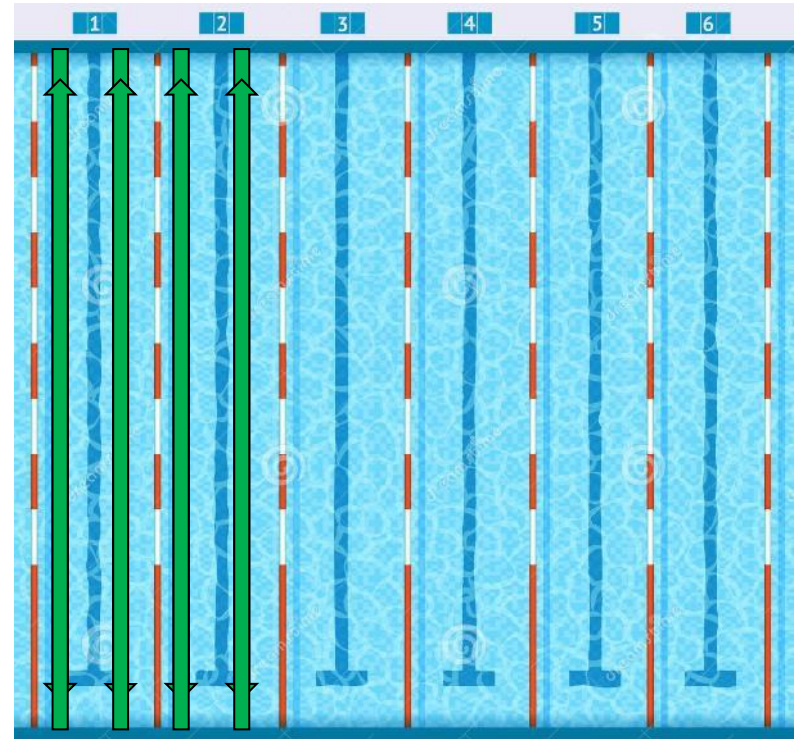
May stand on the bottom, but forward progress is via swim stroke only (TD can allow push-offs in water)

May rest with kayak, paddleboard, or buoy. But if additional assistance is accepted the competitor must withdraw from the race



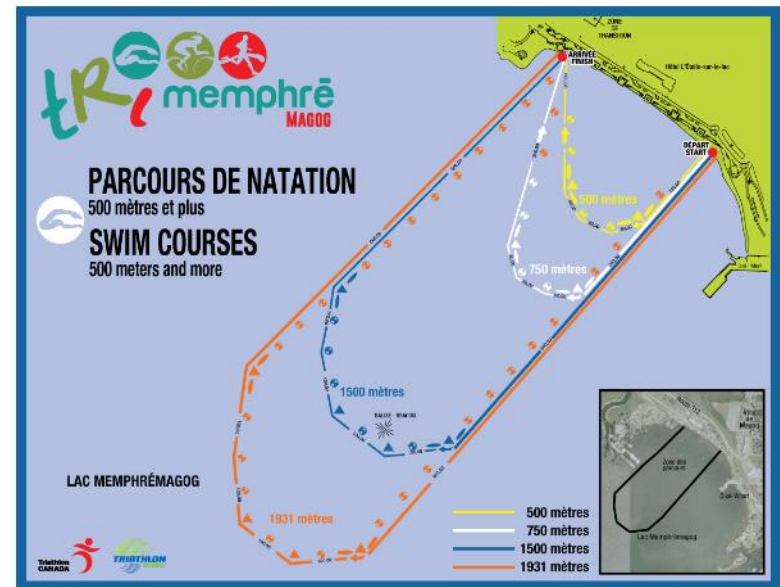
Pool-Specific Swim

- One or two racers per lane
- Start in Water – Racers hold onto pool edge for start
- Any forward stroke allowed
- For Two Sharing Lane:
 - Swim straight up and back – no looping
- For more than Two Sharing Lane:
 - Loop in one lane with 5 second interval start
 - Touch toes to signal pass request, pass at ends
- If two or more participants share a swim lane: No tumble/flip turns for safety for all in age categories
- Flutterboard insertion warning with one lap remaining
- Lap Counters will keep track, but Athlete responsible for own laps



Open Water Swim

- Turning versus Sighting Buoys
- Measuring: GPS & Laser Rangefinder
- Paddleboards, Kayaks, Boats
- Lifeguards
- Temperature Check 1 Hour before each Start
 - 60cm deep measurements from two spots on course and one measurement in middle of course
 - Announce wetsuit mandatory/allowed/forbidden
- Warm-up Area Separate from Swim Course
- Any Stroke Allowed
- No propulsion devices allowed
- No leg or arm coverings in a non-wetsuit swim (TD may allow)
- Wetsuits must not exceed 5mm thickness
- Swimmer raises both arms in emergency
- Continual Impeding Another Athlete in Swim: Time Penalty; Deliberate is DSQ
- Swimskins must remain on for the whole event in Standard and shorter events



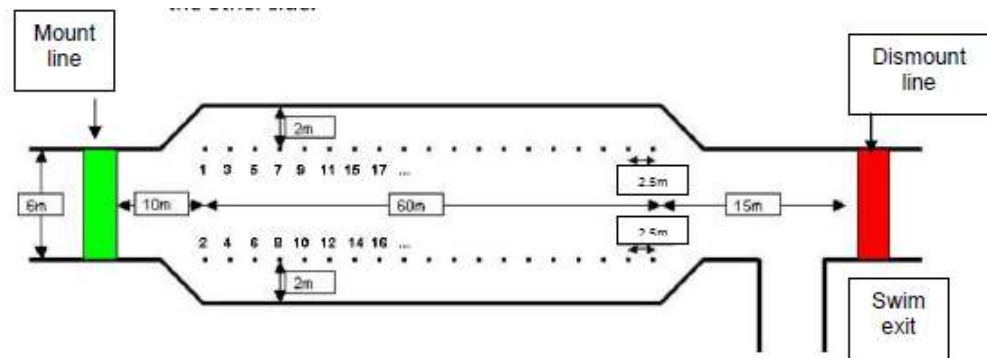
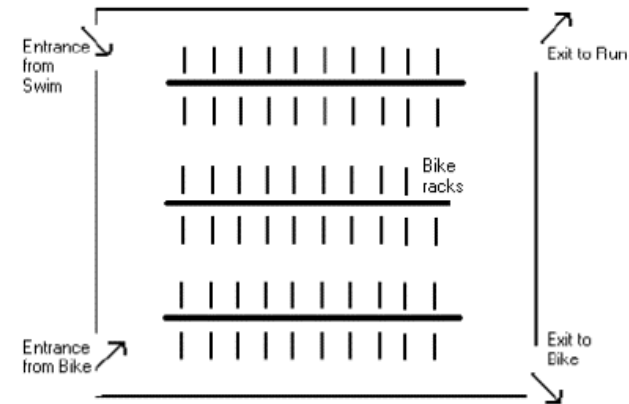
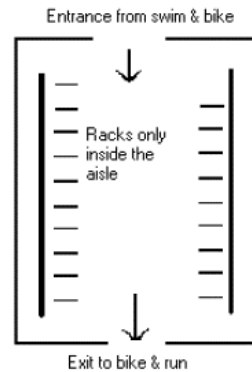
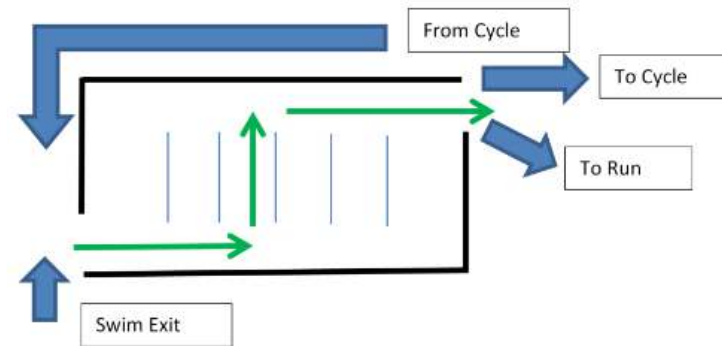
Cookie Time



TRANSITION ZONE (TZ)

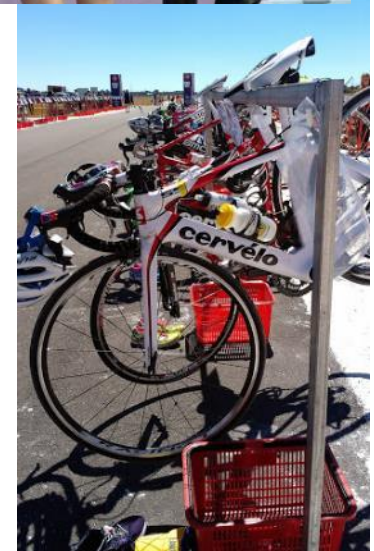
Transition

- Layout for equal distance for running bike for transition egress and ingress
- Transition includes mount and dismount line
- Highest ranked athlete is closest to mount line and any immediate turn advantage out of T1 (default, left side)
- T1: Swim to Bike
- T2: Bike to Run
- Consider AG Relay Team exchanges



Transition – T1

- Must not impede forward progress of fellow competitors
- Must not interfere with other competitor's equipment
- Must keep all equipment in designated area (used equipment in transition box)
- No indecent exposure
- Helmet on and clipped before touching bike
- No cycling in transition
- Must mount AFTER Mount Line



BIKE



Bike Conduct

- Helmets must be securely fastened at all times when in possession of the bike
- Bare torsos are not permitted
- Must obey traffic laws unless directed by an official
- Any competitor who appears to be in danger to themselves or others will be removed
- No forward progress without the bicycle
- Headphones, headsets, and glass containers are not allowed
- Phones are allowed, but cannot be a distraction
- No drafting unless specified



Bike Conduct: No Drafting

Role of the drafting zone is:

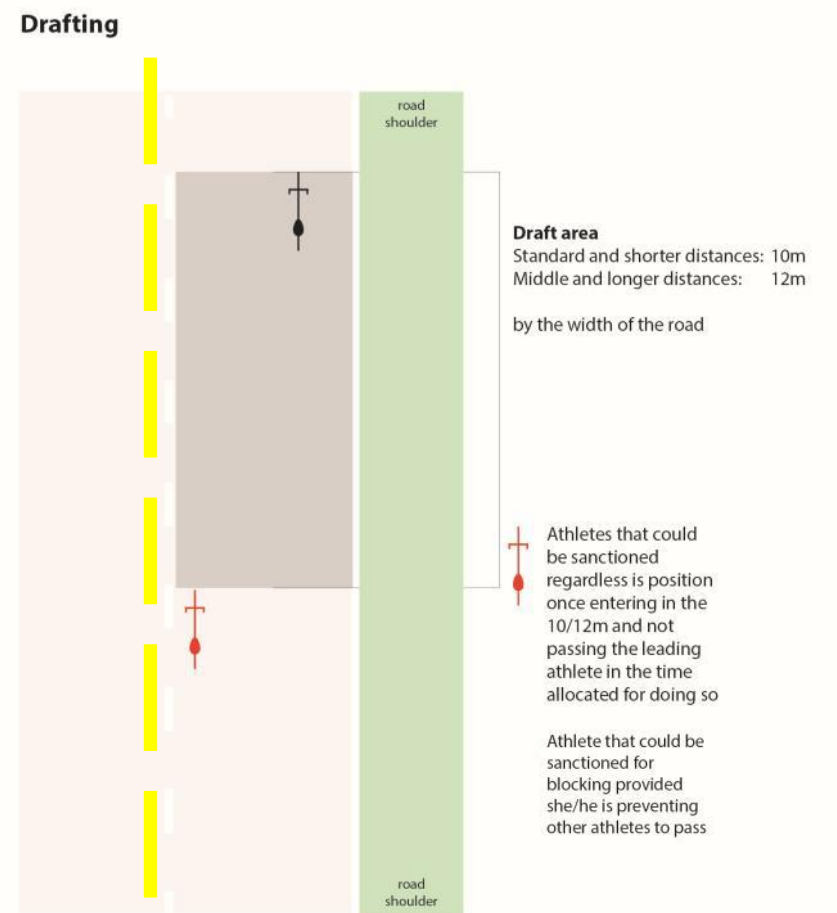
- Safety
- To prevent another competitor gaining unfair advantage

Drafting Zone

- A rectangle surrounding every bicycle and vehicle.
 - front of wheel to front of wheel
 - Standard distance and less: 10 m
 - Middle distance and more: 12m
 - Vehicles: 35 m, Motorcycles: 15m
- “Passing on Left/Right!”
 - Allotted time is 25 seconds for middle or long distance, 20 seconds for shorter
 - Passed cyclist must have continuous, rearward progress in less than allotted time
- Drafting violation cannot be appealed

Lead cyclist has right of way

- However, no blocking!



Drafting Exceptions

Competitors can enter the draft zones when:

- Making forward progress and pass within allotted time
- Safety reasons require
- At aid stations or entering/leaving transition
- Making an acute turn
- Race officials exclude a section of the course because of narrow lanes, construction, detours or other safety reasons. Allowance considered for uphill grades

Monitoring Drafting

- Proactive
 - warning
- Policing of Drafting
 - Blow whistle/call number
 - Blue card for drafting
 - Yellow card for blocking
 - Inform of violation, instruct to report to next Penalty Box
 - Confirm they understand
 - Document Racer Number and violation
- Penalty
 - Drafting and Blocking: Time based on event distance
 - Served at Penalty Box



TRANSITION (TZ)

Transition – T2

- Must dismount BEFORE Dismount Line
- No cycling in transition
- Must use designated rack spot only
- Must not impede forward progress of fellow competitors
- Must not interfere with other competitors' equipment
- Must rack own bike by seat, both handlebars, or both brake levers with front wheel facing in or out
- Remove helmet when done with bike
- Must keep all used equipment in designated area (transition box)
- No indecent exposure
- Must remove helmet before leaving T2



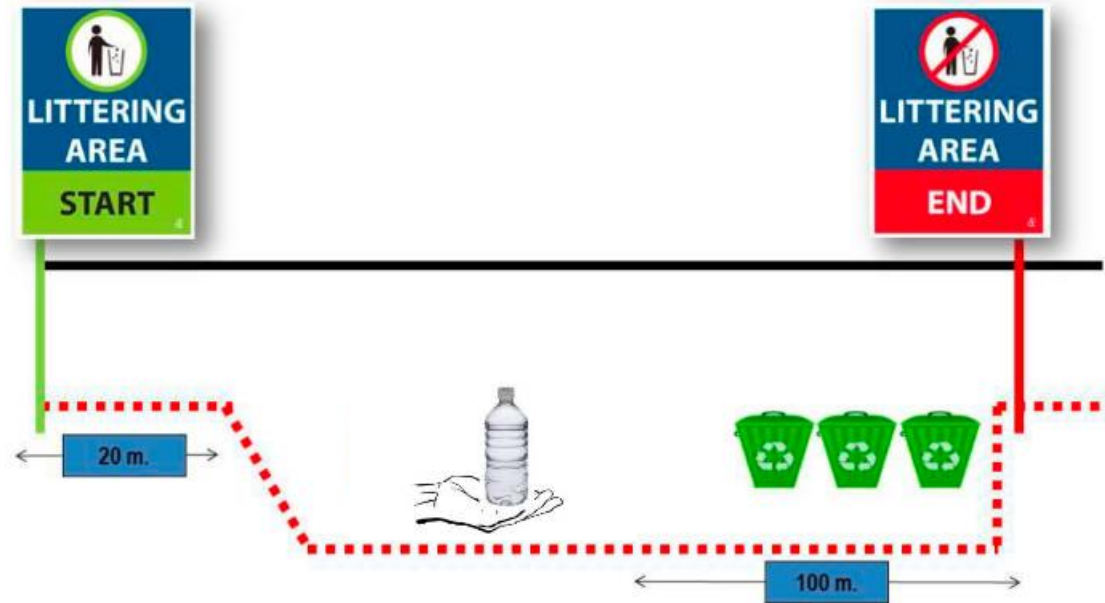
RUN

Run Conduct

- Race Bibs must be worn (if provided)
- May walk or run / no crawling
- No bare torso
- Keeping on course is the responsibility of the competitor
- Any competitor who presents a danger to themselves, another competitor, official, or spectator will be removed from race
- Headphones, headsets, and glass containers are banned
- Phones are allowed, but cannot be a distraction
- No assistance from non-officials
- No discarding of waste except in aid station discard zones



Aid Station



Hold cups/bottles for easy grasp by Athlete

Clearly separate water from other fluids

Athlete to discard waste prior to leaving Aid Station Littering Area

Let Athletes Come to You

Consider providing aid from both sides of running path, or having an Aid Station service two-way runner flow

Penalty Box

Head Referee Will Communicate Racer Number, Violation Code (S, E, M, B, D, L, R, V), and Time Penalty

Penalty Board with Racer Number (not for AG)

AG Must Tell Official what Colour Card

Penalty Time Dependent on Distance

Racer Must Stand Still While Time Elapses

Inform HR After Athlete Has Served Penalty

Athlete's option to Serve at Penalty Box or DSQ At Finish with Option to Appeal



Finish

Finish Area

May Walk or Run Across
Finish - No Crawling

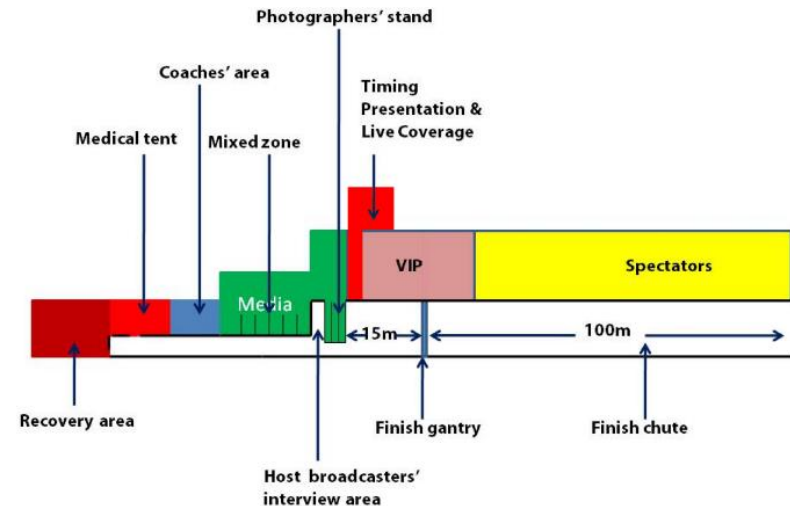
Considered finished when
torso crosses finish line
(not chip)

Water in cups/bottles

Medical standing by

Removal of Timing Chip

Direct to Recovery Area



Relays in SuperSprint Format

Shortened Swim/Bike/Run

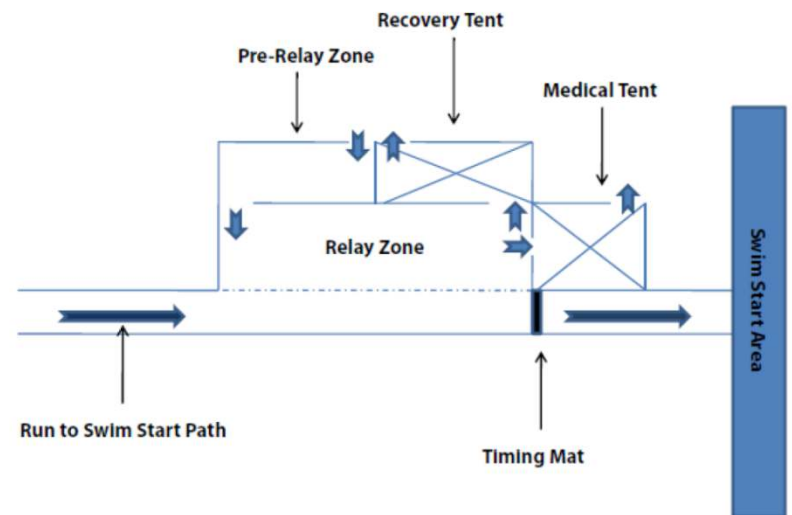
Officials Coordinate Teams

Must Tag in Relay Area

- Penalty Outside of Relay Area
- DSQ if No Tag

Athletes May Need Medical

Remove Chips as Participants Finish Their Leg



Cookie Time



Post-Race Activities

Protests and Appeals

- HR Decides on Penalties
- Penalties Can Be Protested
 - Drafting Violation Cannot be Protested
- Competition Jury
 - Forms for Protest from HR
 - \$50 Fee – Returned if Successful
 - Protest From a Non-official Submitted through HR to Competition Jury
 - Decision on Protest by Competition Jury

Protests: Time Window

- Course
 - 24 Hours or More Before Race Start
- Competition and Equipment
 - Elite/U23/Junior/Youth/Para
 - 5 minutes after protester race finish + 15 for submitting document
 - Age Group
 - 15 minutes after last racer finish + 30 for submitting document
- Results
 - 30 Days

Officials' Debrief

TD

- Collects Feedback from all Officials
- Compiles Post-Race Report

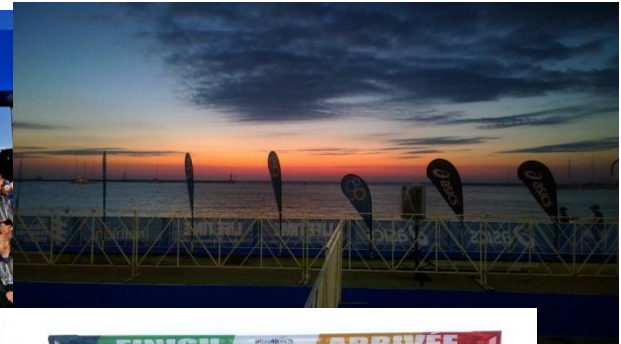
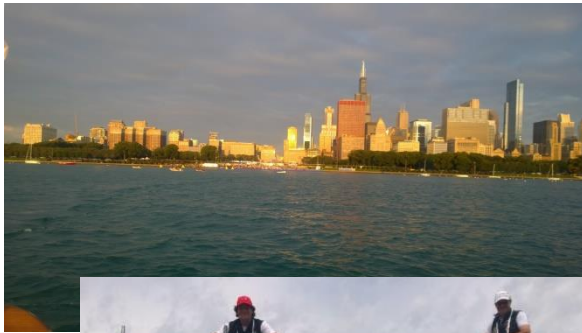
Return TO Equipment

- Radios, loaned vests, thermometer, rangefinder

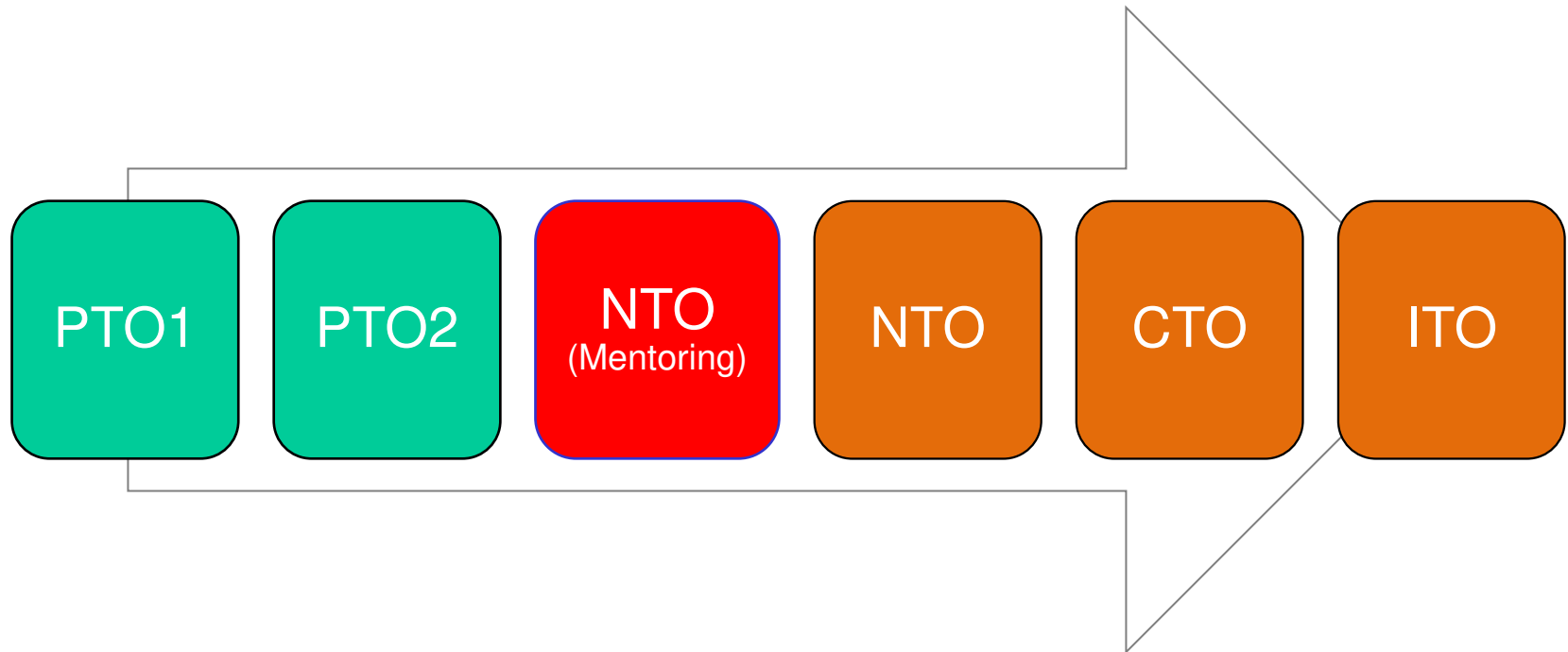
Great learning experience!



Take it to the Next (Official) Level!



TRI Officials Development Path



PTO/TRI Officials Appointments

Race Type		Local	Prov Champs Regional Qualifier	National Champs	Cont. Cup	Cont. Champs World Cup	WTS	Major Games WTS Grand Final
Position	TD	PTO2	NTO	NTO	CTO	CTO	ITO	ITO
	aTD		PTO2	PTO2	NTO	NTO	CTO	CTO
	HR		PTO2	NTO	NTO	NTO	CTO	ITO
	Sect Lead	PTO1	PTO1	PTO2	NTO	NTO	NTO	CTO
	TO	PTO1	PTO1	PTO1	PTO2	NTO	NTO	NTO

Official's Resources

STAC Officials Resources

- Web Site: www.trisask.org
 - Development Training and Validation Policy; Reimbursement Policy
- Officials Director: Vacant
- STAC NTOs Dennis Minielly

Tri Canada Officials Information

- Web Site: triathloncanada.com
- Subscribe to Email Newsletter

TRI Officials Information

- Web Site: triathlon.org
- Annual Rules Update: November/December
- Race Organizers Reference
- Subscribe to Email Newsletter

2022 – 2023*

Significant Rule Updates

NOTE: There are a LOT more rule changes, additions than being reviewed below!

*No rule changes for 2020 and 2021

Fairness

- Eligibility of athletes to the male or female races (2023: 2.5.o)
- Conduct of Athletes (2022: 2.1.a.xv)
- Outside Assistance (2022: 2.2.a-b)
- Eligibility (2022: g)
- Registration (2022: b.v)
- Appendix K (2022: penalties & violations are now cross referenced back to text)

Fairness

- Uniform (2022: 2.8.c.iii-ix, .e)
- Time Penalty (2022 3.3.c)
- Swimming (2022: 4.1.e.iv)
- Start Position Selection AG (2022: 4.6.a-c, .e, .g-i)
- Start Procedure AG (2022: 4.8)
- Equipment (2022: 4.12.d.i, .iv)
- Cycling (2022: 5.f.i, .j)

Fairness

- Drafting (2022: 5.5 c)
- Riding positions (2022: 5.8 a-c)
- Running illegal equipment (2022: 6.6 d)
- Relay penalties (2022: 16.211 a – d)
- AG mixed relay specific rules (2022: 16.13 e)
- Appendix A (2022) competition distance & age requirements
- Definitions (2022) Field of Play

Optics/Sportsmanship

- Abusive language (2023: 33.4)

Safety

- Lightning (2023 & 2022: 10.5)
- Modification due to Heat (2022: 10.3 a-e)
- Swim Current (2022: 10.4 a)

General

- Time penalty on the spot (2023: 3.5.f)
- Right of Appeal (2023: 3.9)
- Appendix R (2022: rules for eliminator format)

Swim

- TD authorizes “push of ground” (2023: 4.1.a)
- Swimskins (2023: 4.11.c)
- Wetsuit Use: Ages 60+ All Distances 24.6c cutoff (2022: 4.2.a)

Transition

- Cycle into/out of transition: (2023: 7.1.k, .m)
- Helmet securely fastened (2023: 7.1.s)

Bike

- Dangerous behaviour (2023: 5.1.b.iv-vii)
- Clip-ons banned in draft-legal races (2023: 5.2.f.i-ii) *AG/Elite/Junior take note!
- Passing in no-pass zone (2023: 33.78)
- Forbidden positions (2022: 5.8)

Run

- Behaviour (2023: 6.b-d)

Junior/Youth

- Deliberate tie: DSQ (2023: 2.11h.ii)
- Penalty: B and R codes (2023: 3.4.iii)
- Shoes (2023: 6.4.e)
- Transition equipment (2023: 7.c.iii)
- Discarding swim cap (2023: 7.1.e)
- Protests (2023: 12), Appeals (2023: 13)
- Uniform conduct on field of play (2023: 33.18)
- Starting position selection (2022: 4.5.a)
- Start procedure (2022: 4.7.a-b, .e, .h-i)
- WT competition uniform approval process (2022: general requirements 3.4)

For Race Directors

- Aquabike finish (2023: 22.3)
- Duathlon SuperSprint/Sprint (2023: 23)
- Uniform (2022: 2.8.c.iii-ix, .e)
- Time Penalty (2022 3.3 c.)
- Swimming (2022: 4.1 e.) (IV)
- Start procedure interval (2022: 4.9 a.)
- Start procedure time trial (2022: 4.10 a-b)
- Start procedure rolling start system (2022 4.11 a, g)

For Race Directors

- Water quality information (2022: 10.2 a) ii) iv)
- Team & Relay Events (2022: 16.2 a,b)

Other Significant Rules/Policies

- Saskatchewan Supplementary Rules
 - Applies to Age Group Adult and Children/Youth/Junior
 - Coordination with BC, Alberta PSOs

Tri Sask PSO Additional Rules

- TRI Rule Updates Carry Down
- 1.2.d SK: TD is often the HR
- 2.5.o In a Triathlon PSO sanctioned race, including Provincial Championships, athletes may enter competitions based on the gender with which they identify.
- 2.5.p Age and Distance Limits: Appendix Y.
- 2.5.a Triathlon PSO or must purchase Day of Race Membership.
- 4.11b Equipment – Trisuits: Does not apply to recreational events
- 4.11.g Goggles and nose clips are allowed. With a medical note or with the prior permission of the TD/HR – boots / gloves are allowed.
- 4.11.h.ii Platform Pedals - Pedal cages and straps are allowed
- 10.8.c Bike: In lieu of a penalty box or tent, any time penalty may be served in T2 or be added to the athlete's final overall time.
- 10.12.c Cut-off Time: In a Triathlon PSO sanctioned race the LOC, with the approval of the Director Sanctioning or the TD/HR, may determine a cut-off time for the entire race or any intermediate point.
- 11.7.a Health: The Triathlon PSO and World Triathlon encourage TO annual health evaluation.

Tri Sask PSO Additional Rules

- Appendix Y Youth and Junior Rules
 - 11.d NO PODIUM POSITIONS ARE ALLOWED FOR ALL CATEGORIES AGE 11 AND UNDER.
 - 6.b For draft legal races (ages 14 – 19) traditional drop handlebars are mandatory;
 - 6.c Draft legal aerobars are not allowed
 - 7.b Pedal Cages are NOT permitted for ages 15 or under, nor in draft legal races;

TLA Bingo

RD	Race Director
LOC	Local Organizing Committee
TD	Technical Delegate
TRI	World Triathlon
NF/IF	National/International Federation
DSQ	Disqualification
TZ/T1/T2	Transition Zone/Transition 1/2
HR	Head Referee
FoP	Field of Play
DNS/DNF	Did Not Start/Did Not Finish

THANKS!

Questions?