



ITU WINTER TRIATHLON SPECIFIC COMPETITION RULES

1. Introduction:

The International Triathlon Union is the sole governing body, responsible to enact Competition rules for Triathlon, Duathlon, Winter Triathlon, Aquathlon and other modern multi sports.
Purpose

ITU Winter Triathlon competitions constitute a new concept of Triathlon consisting of running, mountain-biking (MTB) and cross-country skiing. The stipulations given in this document are mandatory and strict.

2. Distances:

Winter Triathlon	Run	Mountain Bike	Cross Country Ski
Elite, U23	7 to 9 km	12 to 14 km	10 to 12km
Junior, Age-Group	3 to 4 km	5 to 6 km	5 to 6 km
Team (x3)	2 to 3 km	4 to 5 km	3 to 4 km

3. General:

- a. The International Triathlon Union Technical Committee (ITU-TC) will ensure that technical aspects of ITU competitions are of the highest quality.
- b. The ITU Competition Rules specify the conduct and behaviour of competitors during ITU competitions. Where the ITU Competition Rules do not specify, the ITU Technical Committee may refer to rules of other related IFs.
- c. The ITU Event Organizers Manual sets safety and logistical standards for host NFs and to the Local Organizing Committee (LOC).

- d. The ITU Officials Program sets the standards for certifying ITU officials.

4. Intention:

The ITU competition Rules are intended to:

- a. Create an atmosphere of sportsmanship, equality, and fair play.
- b. Provide safety and protection.
- c. Emphasize ingenuity and skill without unduly limiting the competitor's freedom of action.
- d. Penalize competitors who gain an unfair advantage.
- e. Endorse the principle that Winter Triathlon is individual sport and encourage individual performance and initiative.
- f. A competitor must not be permitted to gain an advantage not intended by a rule. To implement this, many of the rules are in general terms. This eliminates a multiplicity of rules and provides officials with authority to adapt the rules to fit conditions. Officials base their judgment on whether an advantage, not intended by the rules, has been gained.
- g. ITU Competition Rules will be applicable to international competitions hosted by National Federations (NFs) affiliated to ITU.

5. Registration:

- a. Pre-Race Meeting: A compulsory meeting of elite competitors will be held before all ITU competitions and will be conducted by the Technical Delegate and the Race Director. For any European and World Championships, each NF must have a team captain and/or coach and/or team manager and/or competitors in attendance.
- b. Official training session: These sessions intent is to bring the safety level to the highest. Official training

session will be conducted by the Technical Delegate and the Race Director. Athletes, Team Captains and Coaches will attend this official training session.

- c. Conduct on race days: It is not accepted that any competitor warm up or make reconnaissance of the course while a race is going on.

6. Running conduct:

- a. Running shoes are mandatory on the running segment. This rule is not applicable for age groupers.
- b. Running shoes with spikes are allowed.
- c. Wearing helmet during the running segment is not allowed.

7. Mountain-biking conduct:

- a. Only mountain bike is allowed to use in Winter Triathlon.
- b. The maximal tires diameter for the MTB is 26 inches. The minimal section is 1,5 inch, (599-40) which means that the largest part of the tires should not be less than 40mm.
- c. Cleated, studded and slicks tires are allowed depending on ground surface.
- d. The cycling segment of the Winter Triathlon Competitions is laid out as a cross-country course over snow and may follow in its part normal roads or paths. It is allowed to push or carry the bike over the course.
- e. Drafting is allowed.
- f. Competitors are personally responsible that their bicycles are in legally satisfactory condition at the start of the competition. They themselves bring along the necessary tools and exchange parts and must carry out repairs.

- g. It is not allowed to receive help from others, by their fellow competitors or outside assistants.
- h. All bicycle part can be changed during the course of competition except the frame itself.
- i. Bike shoes are mandatory in the MTB segment. This rule is not applicable for age group athletes.

8. Cross-country skiing conduct:

- a. Testing of equipment (skis) is allowed prior and during the race on specially marked tracks, or on the race course if announced by the Race Officials. The beginning of the third (last) segment is clearly marked. Putting on skis in transition area is forbidden.
- b. During the race it is not allowed to be accompanied by team members, team managers or other pacemakers and to use others help.
- c. It is allowed to change one ski and ski poles during the competition.
- d. It is allowed to compete in freestyle. This includes all known techniques. Zones may have restrictions to classical style or double poling.
- e. Wearing the bike helmet during the ski segment is not allowed. However, taking the effect of cold temperature on fingers motility into consideration, wearing the helmet can be permitted on TD's decision, prior to the race, during the ski segment.
- f. Once requested to be passed by a competitor, the other competitor must leave the race track on the side as soon as possible.
- g. In the finish chute (30-50m), skiing freestyle may be forbidden. Double polling may be required. Prepared tracks must then be used.
- h. The competitor is allowed to take the skis off only after 10 m behind the finish line where the last ski check will

take place (numbers according to the competitors number).

- i. Ski shoes are mandatory in the ski segment. This rule is not applicable for age group athletes.

9. Transition area conduct:

- a. Competitors must use only their designated area. They must not impede the progress of other competitors in the transition area.
- b. Competitors must not interfere with another competitor's equipment.
- c. Competitors must mount and dismount their mountain bike at the designated area or line.
- d. In the transition area, Race Officials may assist competitors by receiving and placing their bikes and handing out their equipment. This service must be the same for all competitors.
- e. Skiing inside the transition area is forbidden.