

# RACE RULES AND REGULATIONS

Appendix (S)

## OFFICIAL RULES AND REGULATIONS (APPLYING TO ALL SECTIONS OF THE RACE)

1. The Race Director and Race Referee shall have the authority to disqualify participants.
2. Medical personnel shall have ULTIMATE AND FINAL authority to remove a participant from the race if the participant is judged to be physically incapable of continuing the race without risk of serious injury or death. Participants who receive IV treatment during the event will be withdrawn from the race.
3. No contestant may use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose.
4. Good sportsman-like conduct will be demanded of all competitors. Fraud, theft and acts of grossly unsportsmanlike-like conduct are grounds for immediate disqualification and will result in competitors being prevented from competing in any Ironman New Zealand event in the future.
5. If a competitor decides to withdraw from the race at any time, it is their responsibility to notify the support station captain, race official or the Information Centre. Failure to give notification after withdrawing from the race may result in the competitor being prevented from competing in any Ironman New Zealand event in the future.
6. Ironman New Zealand reserves the right to make rules changes at any time provided all athletes are notified in writing and/or at the pre-race compulsory briefing.
7. No headphones or headsets may be worn during the race.
8. Race entrants may not compete with a bare torso.
9. The responsibility of keeping on the correct course rests with the competitor.
10. Any protests regarding decisions made by Race Officials must be made in person and received by the Race Referee or Race Director within two hours of finishing the event. You can contact the Race Referee or Race Director through the information centre who will also have copies of the forms.
11. Swim Course closes at 9.20am (2 hours 20 minutes after the race start)
12. Bike Course closes at 5.30pm (10 hours and 30 minutes after the race start)
13. The Race Director has the right to remove all competitors from the course who have not reached 5 Mile Bay turnaround point on the second lap of the Run Course by 11.20pm.
14. The Race Director has the right to remove all competitors from the course after the official cut off time of 17 hours.

## SWIM COURSE - OFFICIAL RULES AND REGULATIONS

1. Each swimmer must wear the cap provided at Registration.
2. No fins, paddles, snorkels, flotation devices of any kind are permitted.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts allowed. The course will be adequately patrolled by safety vessels and surfboard paddlers.
5. Swimmers will be required to have race officials mark their race number on their arms and calves
6. Wetsuits are compulsory. Wetsuit thickness must not exceed 5mm.
7. Any assistance required during swim will result in disqualification.
8. Swim course will be closed 2 hours 20 minutes from race start.
9. After the swim, contestants must dress for the bike section of the race in designated dressing areas only. No dressing will be allowed in the bike holding areas as it impedes traffic through the bike lanes.

## BIKE COURSE - OFFICIAL RULES AND REGULATIONS

1. The bike course will close at 5.30pm, 10 hours 30 minutes after the start of the race. No tandems, recumbents, fairings or any device designed exclusively to reduce air resistance is permitted to be used.
2. No drafting is permitted. The cycle draft zone is a 7 metre by 3-metre rectangle. When overtaking, a competitor has 15 seconds to pass through this zone. The cyclist overtaken has 15 seconds to drop out of the draft zone. First violation is a stand down, second violation will result in disqualification. A four-minute stand down time penalty will be incurred for all drafting and blocking infringements imposed by race technical officials. This time penalty will be served on the course.
3. Each competitor must wear a race number at all times while on the course. Race numbers issued by Ironman New Zealand identify the official competitors in the race. Numbers must be placed on the back of the cyclist upper clothing where it is clearly visible. A numbered tag will also be placed on the bike frame and must remain on the bike throughout the race. Folding, cutting race numbers, intentional alteration of any kind, or failure to wear race numbers is **STRICTLY PROHIBITED** and may result in disqualification.
4. The following helmet standards are required: ASTN – F1447-1994, Aust and NZ Standards – AS/NZS 2063:1996 or NZS5439 or AS2063.2, Snell–B90 or B95, CE European Standards–EN1078, US Consumer Products Safety Standards – USCPS.
5. Helmets must be available commercially and without any further modifications. Any contestant seen riding without wearing an approved helmet will be immediately disqualified. Leather or vinyl hairnet helmets will **NOT** be allowed. Athletes not wearing helmets with chinstrap secured during any section of the bike leg will be disqualified and removed from the course.
6. Athletes who withdraw at any time on Race Day must notify the Information Centre.
7. No individual support allowed. Ample support stations will be provided. Friends, family members, coaches or supporters of any type may **NOT** bike or drive along side competitors, may not pass food or other items to competitors and should be warned to stay completely clear of all competitors to avoid their disqualification. It is your responsibility to immediately reject any attempt to assist, follow or escort.
8. Bags will be provided for the Special Needs Station located at the start of the 2<sup>nd</sup> lap of the bike. Competitors must be prepared to stop and collect their own bag if the area is busy. All unclaimed bags will be discarded after station is closed.
9. Each participant will be **INDIVIDUALLY RESPONSIBLE** for repair and maintenance of his/her own bike. Assistance by anyone other than official technical support personal will be grounds for immediate disqualification. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction.
10. Cyclists are expected to heed directions and instructions of all race officials and public authorities. Participant may run / walk their bike if necessary.
11. Competitors are individually responsible for following the New Zealand traffic road code and are solely responsible for the consequences of any infractions. **KEEP TO THE LEFT. DO NOT UNDER ANY CIRCUMSTANCES CROSS WHITE OR YELLOW CENTRE LINES.**
12. Blocking or restricting the ability of cyclists to pass is prohibited. Cyclists must ride as close to the left hand side of the road as possible, unless passing. Failure to do so will result in a four minute stand-down on the course.
13. Handle bar ends must be plugged, tyres well glued to prevent rolling, helmets and seat posts tight and wheels true. Each wheel must have a brake.
14. All bikes will be inspected prior to race day to insure that minimum safety standards are met. Race officials will make final judgement as to soundness of bikes. If a bike does not meet safety standards, the competitor will be required to correct the problem before participating in the race.

## RUN COURSE - OFFICIAL RULES AND REGULATIONS

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1. The Ironman New Zealand course will close at midnight, 17 hours after the start of the race. Any contestant still on the course after 17 hours will not be eligible for a finisher's medal or t-shirt and will be asked to withdraw from the race for his or her own safety.
2. No form of locomotion other than running or walking is allowed.
3. Runners must wear the race number at all times on the course. Race numbers issued by Ironman New Zealand identify the official contestants in the race. Folding, cutting race number, intentional alteration of any kind, or failure to wear the race number is **STRICTLY PROHIBITED** and may result in disqualification. Race number must be placed on the front of the runner's upper clothing where it is clearly visible and must not be obscured from view.
4. No individual support vehicles or non-participant escort runners or cyclists are allowed. This is an **INDIVIDUAL** endurance event. Team work as a result of outside assistance which provides an advantage over single competitors is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside competitors, may not pass food or other items to competitors and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is the responsibility of each competitor to immediately reject any attempt to assist, follow or escort. It is permissible for contestants who are still competing to run with other contestants who are also still competing.
5. Runners are expected to follow the directions and instructions of all race officials and public authorities.
6. Since the majority of the competitors will still be on the course after dark, **ALL** runners will be **REQUIRED** to wear reflective materials on their shoes and clothing. Competitors **MUST PROVIDE** reflective materials. Self-illuminating lightsticks will be available at run stations. All contestants still on the course at dusk will be required to carry or attach at least one light stick for the remainder of the race. **NOTE:** Reflective tape will be available for purchase from the Avanti Bike Service Centre at the Great Lake Centre.
7. Breaches of the rules will incur a four-minute stand-down period on the course. Breaches include outside assistance and pacing. More than one breach anytime during the race will incur disqualification.
8. In the interests of competitor safety, competitors who have not reached the 5 Mile Bay turnaround by 11.20pm will be withdrawn from the course.

## TECHNICAL OFFICIALS

Technical Officials and a Race Referee all trained by Triathlon New Zealand will monitor the application of the rules. The referee will review all penalties and be a member of the appeal commission. They will all be clearly identified and monitor all segments of the race including the transitions. They will also provide an after dark, safety and help assistance service to competitors.

## PENALTIES APPLICABLE TO THE RACE

There are no warnings given during the race by Technical Officials. If they pass you and they think you are likely to breach a rule, they may draw your attention to the issue and you should heed the comment.

The penalty for violating any rule is generally disqualification, you are permitted to return to transition or if you intend to appeal the decision then you may continue in the race. This is the case in the swim, the cycle, the run or transition. An appeal must be lodged within two hours of completing the event.

The only other penalty is a "judgement call" where the Technical Official is of the opinion that you have breached the drafting, blocking or failure to keep to the side of the road etc, and this call cannot be appealed. Two judgement calls results in disqualification.

## PROCEDURE FOR BREACH OF RULES

To impose a penalty, relating to drafting or blocking on the cycle course, the technical official will stop the competitor and notify them of the breach using a yellow bat. A coloured band will be fixed to the competitor's cycle and details of the penalty will be recorded whilst standing alongside the competitor on the roadside for a **four-minute penalty**. After this time has elapsed, the competitor may continue in the race. The exception to this is if a competitor receives two yellow cards or a disqualification (DQ) during any part of the race. Those who are DQ'd for a drafting, blocking or obstruction penalty, or who receive assistance from a person who is a non-competitor, in the race will be asked to leave the course immediately and race headquarters will be notified to withdraw any race bags at transition.

Those who are disqualified (DQ'd) for reasons given other than above, at any time during the event, at any place on the course, may continue in the race if they intend to file an appeal against the penalty. Disqualification may be applied where more than two warnings (yellow cards) are identified later in the event.

## EXPLANATION OF DRAFTING, BLOCKING, AND ROAD USE REQUIREMENTS

**Lanes** – All riding is on left side of the road. The "normal lane" is that on the left and the "passing lane" is between the normal lane and the centre line. The passing lane should only be entered for passing or safety reasons.

After completing a pass the rider must return to the normal/left lane and remain there until again trying to pass another rider.

**Draft Zone** – This is an area that must be maintained between riders, and only entered when the rider to the rear wishes to overtake. Measured from the lead riders front wheel the zone is 7 metres by 3 metres (23 ft by 10 ft).

Please Note: New Zealand roads are too narrow to allow riders to ride side-by-side 3 metres apart. A rider wishing to overtake another has 15 seconds to travel through this zone. If they succeed so that their wheel edge is now ahead of the overtaken rider, that rider has 15 seconds to drop out of the new lead riders zone. If the manoeuvre fails because the lead rider speeds up, the challenging rider must immediately drop back out of the zone and may not challenge again until 15 seconds has lapsed.

In summary the zone requires a rider to ride single file with at least 3 bike lengths between the lead and the following bikes; measured from the rear wheel of lead bike and front wheel edge of following.

A drafting penalty cannot be appealed.

**Blocking** – A lead rider is not permitted to travel across the normal lane to block a following rider overtaking them in the passing lane. Any similar action that disadvantages another rider is deemed blocking and competitor will be DQ'd. This penalty cannot be appealed.

**Vehicle drafting** – Any attempt by a rider to draft a motorcycle or and other vehicle on the course will draw a drafting penalty. There must be a gap between vehicle and cyclist of 35 metres and 5 metres alongside.

**OTHER POINTS**

At no stage in the race may a competitor impede the progress of another by any means. This is a disqualification offence.

Any competitor who leaves the course and fails to return to it at the point of exit will be disqualified.

A Competition Jury will hear any appeals against Technical Officials rulings, and protests by a competitor against another competitor for rule infringements. They must be filed with Race Director or Race Referee in person within two hours of competitor finishing.

# TRIATHLON NEW ZEALAND INC

## 2006 - COMPETITION RULES

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## 1. INTRODUCTION

### 1.1. Competition Rules:

The official Tri NZ rules which govern the competition for triathlon, duathlon and multisport which fall within the jurisdiction of Tri NZ.

These rules are intended to:

- a) provide safety and protection;
- b) penalise competitors who gain an unfair advantage;
- c) create an atmosphere of sportsmanship, equality and fair play;
- d) endorse the principle that triathlon is an individual sport and encourage performance and initiative.

### 1.2. Modifications to the interpretation of the rules:

- a) A competitor is not permitted an advantage not intended by a rule and shall be penalised if any unfair advantage occurs, even if the advantage occurs outside of the specifics referred to in these rules.
- b) It is important to know the intent and purpose of a rule so that it may be intelligently applied in a given situation.
- c) A competitor is not permitted to bring the sport into disrepute by any action.

### Description of Sports

#### 1.3. Triathlon:

The ITU term for a sport of individual character and motivation which combines swimming, cycling and running skills in continuum and in any order.

#### 1.4. Duathlon:

The ITU term for a sport of individual character and motivation which combines any two of swimming, cycling and running skills in continuum and in any order.

### 1.5 **Multisport:**

A sport of individual character and motivation which combines any combination of canoeing/kayaking, swimming, cycling and running skills in continuum and in any order.

## 2. STANDARD DISTANCE CATEGORIES

Tri NZ has the following standard distances:  
(In kilometres)

### 2.1

Triathlon	Swim (km)	Cycle (km)	Run (km)
a) Children	.1	4	1
b) Youth	0.4	10	3
c) Sprint	0.75	20	5
d) Olympic	1.5	40	10
e) Long	2 or shorter	120 or shorter	30 or shorter
f) Ultra	3 or longer	100 or longer	30 or longer

### 2.2

Duathlon	Run (km)	Cycle (km)	Run (km)
a) Children	.4	3	4
b) Youth	2.0	10	2.0
c) Sprint	5 or shorter	30 or shorter	5.0 or shorter
d) International	10	40	5.0
e) Ultra	10 or longer	60 or longer	10 or longer

### 2.3

#### Multisport Distance

	Canoe/Kayak (km)	Bike (km)	Run (km)
a) Youth	2 or shorter	10 or shorter	2 or shorter
b) Sprint	5 or shorter	40 or shorter	10 or shorter
c) Standard	5	40	10
d) Long	5 or longer	40 or longer	10 or longer

## 3. RULES FOR COMPETITOR CATEGORIES

### 3.1 **Age Group Categories:**

- a) Age group allocation shall be determined by age on 31 December in year of competition, except school, college and junior competitions where the appropriate age groupings shall apply being the student's age on January 1 of the year of the competition.
- b) The categories for age group competitors in Championship events are:
- (i) Children, under 13 years old
  - (ii) 13, 14 and 15 years old
  - (iii) 16 and 17 years old
  - (iv) 18 and 19 years old
- c) From the age of 20, Championship events shall be conducted in 5 year age groups:
- (i) 20 - 24 years
  - (ii) 25 - 29 years
  - (iii) 30 - 34 years
  - (iv) 35 - 39 years
  - (v) 40 - 44 years
  - (vi) 45 - 49 years
  - (vii) 50 - 54 years
  - (viii) 55 - 59 years
  - (ix) 60 - 64 years
  - (x) 65 - 69 years

(xi) 70 + years

d) Sanctioned Non-Championship and Approved events may be run in 10 year age groupings:

(i) Under 20 years old	(ii) 20 - 29 years
(iii) 30 - 39 years	(iv) 40 - 49 years
(v) 50 - 59 years	(vi) 60 - 69 years
(vii) 70 + years	

### 3.2 Elite Category

Elite competitors at ITU events are those who hold a professional membership and are recognized by the ITU. They must be a member in good standing of their National Federation. Members of Triathlon New Zealand Inc may be selected into this category by the High Performance Commission on a selection policy notified to the members annually. At New Zealand competition events special selection races may be held for this category. Selection races for ITU Junior under 23 Olympic World Championship and 16-19 Junior Sprint World Championships will be in accordance with ITU Rule H.1.2 and H.1.3 with eligibility being as per ITU Rule B.4.1, and B.

3.3 Minimum age of competitors in year of competition, on 31 December shall be:

				<u>National</u>	<u>International</u>	
a) (i)	Sprint Course	S 0.75	B 20	R 5	13 years	16 years [see ITU rules B.4 for full details]
(ii)	Olympic	S 1.5	B 40	R 10	16 years	18 years
(iii)	Long Course	S 2	B 120	R 30	18 years	
(iv)	Ultra Course	S 3	B 100	R 30	18 years	

(b) Exception to age restrictions may be granted by the Technical Commission upon application on approved form to Tri NZ. Such application must include written permission by the competitor's parent(s) or legal guardian, and any support information that may be required and be received by Tri NZ Technical Commission at least one calendar month prior to the competition date.

### 3.4 Prizes and Awards

(a) Prize money must be distributed equally to male and female divisions in both amount and depth, but may be limited in depth by the number of competitors in each prize category.

(b) Championship medals will be awarded to both male and females who place first, second and third in age groups as set out in rule 3.1 (c). Plus the first, second and third placed in 13/14/15 year, 16/17 year, 18/19 year age group categories and elite categories if applicable but subject to numbers in each category.

(c) At New Zealand Secondary School championships medals will be awarded to groups in rule 3.1.b (ii), (iii) and (iv).

## 4. PENALTIES FOR RULE INFRINGEMENTS:

4.1 (a) Warnings (b) Time penalties (c) Disqualification

The application of the above penalties is described in Para. 12, Discipline of Competitors.

4.2 (a) Suspension (b) Expulsion

The Appeal Jury shall assess the rule violations that have the above penalties from information supplied by the Race Referee or the New Zealand Drug Testing Agency. Tri NZ Board of Management imposes the application of either of these penalties. Any recommendation for these shall be implemented by using the same procedures as for Appeals, refer Para. 14.

4.3 Failure to comply with the Tri NZ Competition Rules may result in the competitor being warned, given a time penalty, disqualified, suspended or expelled.

4.4 A breach of the race rules, in effect, has only one consequence and that is disqualification. However, because of the complex nature of the sport a guideline for application of the penalties follows:



Event	Warning	Time Penalty	Disqualification
Children's Events	Yes	Yes	No
Youth Events	Yes	Yes	Optional
Fun Events	Yes	Yes	Optional
Approved Events	Yes	Yes	Optional
Sanctioned Events	Yes	Yes	Yes
Championship Events	No	Yes	Yes
International Events	No	Yes	Yes
World Championships	No	Yes	Yes

4.5 Only the Referee may exercise the optional penalties.

4.6 The time penalty for breaches of the rules must be notified to competitors at race briefing. The following are the time penalties:

Sprint distance	15 seconds
Olympic	1.00 minute
Long Distance	2.00 minutes
Ultra Distance	4.00 minutes

Where the "Sin Bin" or Penalty Area is operated, the time taken to mark the competitor is not included.

4.7 Where a "judgement call" violation occurs (e.g. drafting), the ruling may not be "protested" - refer Para. 12.2 and 13.2

## 5. RULES OF CONDUCT FOR COMPETITORS:

### 5.1 Competition Duration

The application of the rules in Paras. 5, 6, 7, 8, 9 and 10 shall commence from the opening of transition or the commencing of race day registration (whichever is the earlier) until completion of prize giving and formalities.

### 5.2 General

Sports covered by these rules may involve many competitors and race tactics are an integral part of the interaction between them. Competitors make instantaneous decisions based upon their state of conditioning and experience. However, competitors shall:

- a) practice good sportsmanship at all times;
- b) be responsible for their own safety and the safety of others;
- c) be responsible for knowing and following the race rules;
- d) obey traffic regulations, within the guidelines of individual race rules;
- e) obey instructions from race officials, marshals and members of the N.Z. Police.
- f) treat other competitors, officials, volunteers and spectators with respect and courtesy;
- g) avoid the use of abusive language;
- h) retire promptly from the competition and report the violation to a race official, if they knowingly violate the rules;
- i) inform race officials after withdrawing from the race for any reason;
- j) not perform any unsportsmanlike conduct which is judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language intimidating behaviour, persistent infringement of the rules;
- k) not accept assistance during the race from anyone other than race officials;
- l) re-enter at the point of departure if they have left the course for reasons of safety;
- m) wear their unaltered race number provided by the Race Organisers, in the proper way. Refer Paras. Swimming 7.1 j), Cycling 8.4 a) and b), Running 9.1. f);
- n) not leave equipment or discard personal articles on the course. Tyres, plastic bottles and other discarded items must be placed safely off the course;
- o) not wear items deemed to be a hazard to self or others, e.g. a hard cast, jewellery, headsets or headphones;
  - p) not use unauthorised equipment to provide an advantage or which will be dangerous to others.

### 5.3 Accidental Contact

- a) The fact that accidental contact occurs between competitors does not constitute a violation. When several competitors are moving in a limited area, contact may occur. This incidental contact between competitors in equally favourable positions, is not a violation.

### 5.4 Health

- a) Triathlons and other multisport competitions are strenuous. To be able to compete, competitors should be in excellent physical condition.
- b) Time limits for the swim and cycle segments plus the overall finish time are:

<b>Sprint:</b>	Swim 30 mins/Cycle 1 hr 30 mins after race start, Overall 2 hrs 15 mins.
<b>The Triathlon:</b>	Swim 1 hour/Cycle 2 hr 30 mins after race start, Overall 3 hrs 45 mins
<b>Long Course</b>	:Swim 1 hr/Cycle 5 hours after race start, Overall 7 hours
<b>Ultra</b>	:Swim 2 hrs 15 mins / Cycle 10 hours after race start, Overall 15 hours

For duathlon the time limits are similar to those applicable in triathlon distances.

For multisport events the Race Director will establish time limits and notify them, both in the entry form and prior to race start.

- c) Tri NZ is against the use of performance enhancing drugs, refer Para. 15. The use of these is not permitted.
- d) Any competitor who appears to officials to present a danger to themselves, or to others, may be withdrawn from the competition. In the event of a competitor being able to re-join the race, Para. 5.2(1) is applicable and no timing allowances will be made.

## 6. **COURSE AND TRANSITION AREA RULES:**

### 6.1 Definitions

- a) **Course:** A forward line of progress from start to finish which must be clearly marked and measured to announced specifications.
- b) **Transition:** A location where a course segment begins and/or ends and where the competitors' equipment is stored.

### 6.2 General Rules of Conduct (Transition)

- a) Competitors must use only their designated bicycle area.
- b) Competitors must not interfere with another competitor's equipment in the transition area.
- c) Nudity is forbidden.
- d) Competitors must dismount their bicycle at the designated area or line.
- e) Competitors must rack their own bicycle, unless alternative arrangements have been notified at the pre-race meeting.
- f) A competitor must not deliberately impede or obstruct the progress of another.
- g) Personal items shall not extend beyond the outside wheel of the competitors cycle at any time during the race
- h) Helmet must be fitted and fastened before bike is removed from the rack, and on return must remain fitted and fastened until bike is re-racked

## 7. **SWIMMING CONDUCT:**

### 7.1 Swim Equipment Rules

- a) Wetsuit thickness must not exceed 5mm.
- b) The wearing of wetsuit bottoms only is prohibited.
- c) The upper and lower temperature limits for the use of wetsuits shall be according to the following table:

Swim Maximum Length	Wetsuits Forbidden	Wetsuits Mandatory
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Stay in Water	at or Warmer	at or Colder
1500m or less	22°C	14°C
1500m to 3000m	23°C	15°C
3000m to 4000m	24°C	16°C

- d) If changing weather conditions dictate, the Referee may waive the limits on wetsuit use.
- e) A ruling on wetsuit use shall be made one (1) day before the start of the race by the Tri NZ Referee and shall be clearly communicated to the competitors.
- f) Wetsuits of any kind must not be worn when water temperatures are above the upper limited for wetsuit use. [7.1. c) above].
- g) It is compulsory to wear a wetsuit when water temperatures are colder than those for mandatory wetsuit use. [7.1 c) above].
- h) A competitor must wear a swim cap. If one is provided by the race organization, that cap must be worn outermost. If the swim cap is lost unintentionally during the swimming segment of the race, the competitor may not be penalised.
- i) Artificial propulsion devices, e.g. fins, socks, gloves, paddles or flotation devices, are prohibited.
- j) At all national championships, and any international or World Championship race, the swim cap shall show the competitors race number on both sides in print no less than 40mm high.

## 7.2 Swim Rules

- a) Competitors may use any stroke to propel themselves through the water. They may also tread water or float.
- b) A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or a stationary boat. However, a competitor may not make use of that inanimate object to gain an advantage.
- c) A competitor must follow the prescribed course and round all buoys, or markers, to complete the course.
- d) A competitor may not deliberately impede or obstruct the progress of another.
- e) In an emergency, a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered, the competitor is disqualified from the competition except as referred to in Para. 7.2 b) above.
- f) Competitors may assist each other at undoing wetsuit zips but must undress and redress themselves in the individual nature of the sport.
- g) Spectators are not allowed to help after race start.
- h) Failure to observe these rules will result in disqualification

## 8. CYCLING CONDUCT

### 8.1 Cycling Equipment

- a) Cycles must have the following characteristics:
  - i) no more than two (2) metres long and 750mm wide;
  - ii) measure at least 240mm from the ground to the centre of the chain wheel axle;
  - iii) a vertical line touching the front most point of the saddle will be no more than 5 cm in front of and no more than 150 mm 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 (Appendix 1.);
  - iv) measure no less than 540mm and no more than 540 - 650mm between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front axle wheel. (Exceptions may be given for the bicycles of very tall or very short competitors);
  - v) have only two wheels;
  - vi) the front wheel may be a different diameter than the rear wheel, but must be of spoke construction. Covers are allowed on the rear wheel. These provisions may be changed by the Referee in the interest of safety, (e.g. high winds);
  - vii) Handlebar ends must be plugged, tyres well glued, headsets tight and wheels true;
  - viii) Each wheel must have a brake;
  - ix) Handlebar add-ons must be positioned so as to minimise injury in the event of a crash or collision with other competitors or spectators. Ends must be plugged or bridged, and no forward facing levers may be mounted on bar ends.
  - x) Mountain bikes are permitted in appropriate races, but are not allowed in Championship races.
  - xi) In secondary school championships, disc wheels or wheel covers or deep rimmed wheels are not permitted.
- b) **Cycles for Elite and Junior competitors** (either nominated or seeking nomination in those divisions in Triathlon or Duathlon World Cup Series, or Triathlon or Duathlon World Championships), **when participating in New Zealand races that have a drafting section in them, shall have the following characteristics:**
  - i) No more than two (2) metres long and (50) centimetres wide;
  - ii) Handlebars must be traditional "drop" style.

- iii) "Clip-ons" will be permitted provided they do not extend more than 15 cm beyond the front wheel axle, and they are not longer than the brake levers' foremost line.
- iv) Straight forward clip-ons must be bridged, and must not carry forward facing brake levers.
- v) No forward facing bar or gear shifters are allowed on the end of the clip-ons. Grip shifters are permitted.
- vi) Elbow pads are permitted.

## 8.2 Illegal Equipment

- a) Headphone or headset.
- b) Glass containers.
- c) Farings, which reduce air resistance, are prohibited.
- d) No wheel may contain mechanisms, which are capable of accelerating it.

## 8.3 Cycling Helmets - are compulsory

- a) The helmet must be approved by an officially recognised testing authority, i.e.:
  - American National Standard Institute (ANSI Z 90.4)
  - Snell Memorial Foundations
  - New Zealand 'S' Mark
  - Other standards announced by Tri NZ in the interim to revision of these rules.
- b) Alteration to the helmet is forbidden (except for the insertion and replacement of cushioned fitting strips).
- c) The helmet must be securely fastened at all times when the competitor is in control of the cycle from when the cycle is un-racked until it is re-racked.
- d) The helmet must fit the competitor's head firmly, and not be able to be rolled around; or worn with no protection to the forehead, or impede the competitor's line of sight.

## 8.4 Cycling Rules

- a) The competitor's race number shall show to the rear while on the cycle, where it can be easily read by a person standing behind the competitor.
- b) For National Championships and International events cycles shall be numbered with the competitor's number across the cycle framework, beneath the seat, on the right hand side of the bike in print no less than 40mm deep.
- c) Competitors may wear no less than normal racing swim gear, provided also that the upper torso of all competitors shall be covered with a garment that extends to at least 50mm below the nipple line.
- d) A competitor must obey traffic laws (Road Code) unless otherwise directed by an identified road marshal or police officer.
- e) Competitors who have established the right-of-way must not block others.
- f) A competitor may not deliberately impede or obstruct the progress of another (particularly with an abrupt motion). In the drafting rules this is referred to as a "block".
- g) The competitor must follow the prescribed course including riding within the bounds of coned areas.
- h) Tyres, plastic bottles and other items must not be discarded on the course.

## 8.5 Drafting

- a) Competitors and vehicles create a draft (draft being a slipstream) which acts as a drawing force on those following. An area alongside or behind a competitor or a vehicle is called a draft zone.
- b) If at any time a competitor enters a cycle or vehicle draft zone during the cycling segment and stays in that zone for more than 15 seconds that competitor is deemed to be gaining an unfair advantage through drafting.
- c) A competitor who moves out of the cycle or vehicle draft zone during the cycle segment (as required in 8.5b) but immediately then re-enters the zone and continues to repeat the manoeuvre will be deemed to be receiving an unfair advantage by using a "rolling bunch technique"

## 8.6 Draft Zone Definitions

- a) **Cycle Zone:**

The cycle draft zone is a rectangle five (5) metres long and two (2) metres wide between the rear wheel edge of the cycle in the lead and the front edge of the following cycle extending each side of the cycle 1 metre outside. Another competitor has 15 seconds to pass through that zone.

- b) **Vehicle Zone: (Includes motorbikes)**  
A rectangle extending two and half (2.5) metres on each side of and thirty five (35) metres behind every vehicle or motorcycle in the cycle course. The front edge of the vehicle will define the centre of the leading edge of the rectangle. It is incumbent on the competitor to avoid entering such a zone.
- c) **Overtake:**  
In the cycle segment, when the front wheel of the passing competitor passes the front wheel of another.
- d) **Pack:**  
Two or more competitors within the same draft zone.
- e) **Pass:**  
When a competitor enters another's draft zone and overtakes within 15 seconds.
- f) **Right-of-way:**  
When a competitor has established a lead position and pursues a desired course within the limits of these rules.

#### 8.7 Cycle Zone Drafting Rules –

- a) Drafting of another competitor or motor vehicle or bike is forbidden. (All competitors must reject any attempt 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 for or before passing.
- c) A competitor who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.
- d) The draft zone of one competitor may not overlap the draft zone of another competitor.
- e) The overtaking competitor must make continuous forward motion in relation to the competitor being overtaken.
- f) A competitor is passed when another's front wheel is ahead of theirs, and once passed, the overtaken competitor has 15 seconds to move out of the draft zone of the overtaking competitor, and shall remain outside the zone for a further 15 seconds before they can attempt to re-overtake.
- g) Subject to the judgment of the Race Referee, a Chief Technical Official or a Race Technical Official, a competitor may enter a draft zone in the following circumstances:
  - i) The competitor enters the draft zone and passes through it within 15 seconds;
  - ii) for safety reasons;
  - iii) for an aid station;
  - iv) for entrance or departure from a transition area;
  - v) to make an acute turn;
  - vi) when the Race Referee excludes a section of the course because of narrow lanes, construction, detours or for other safety reasons.

#### 8.8 Vehicle Draft Zone

The same rules apply for vehicle drafts as apply in Paras. 8.7 (a to g) above with the exception of (g/i) above being amended to 30 seconds.

## 9. RUNNING CONDUCT:

### 9.1 General Rules

- a) The competitor may run or walk.
- b) The competitor may not crawl.
- c) Competitors may wear no less than normal racing swim gear, provided also that upper torso of all competitors shall be covered with a garment that extends to at least 50mm below the nipple line.
- d) The competitor must follow the prescribed course including running within the bounds of coned areas.
- e) A competitor may not deliberately impede or obstruct the progress of another (particularly with intentional swerving or an abrupt motion).
- f) During the run segment the number must be worn on the front torso.
- g) A competitor must not have running company, pacing or drafting other than another competitor.

## 9.2 Illegal Equipment

- a) Headphone or headsets.
- b) Glass containers.

# 10. KAYAK CONDUCT:

## 10.1 Kayak Equipment

- a) Racing Classes and Categories (examples)

Class	Division	Names of Some Types of Boat
K1	I	Olympic class, Tiger, Tiger X Sting, Woodpecker, Jaguar, Cheaver X, Rikan, Gaybo
K1	II	Sprinter, Hunter, Lancer, Invader, Arrow, Swift
Innovative	I	Advantage, Evolution, Edge Genesis, JKK, Excalibur, Apteryx, All Skis, Pinnacle, Defender, Sling Shot
Innovative	II	Eliminator, Esprit, Triton, Peppin, Destiny, Intrigue, Barracuda (single), DRR-King, Vision, UFO, etc TK1's - Vecta, Mirage, Taipan, Viper
Recreational		Sea Kayaks - Puffins, Nordkapp, Sea Bears Plastic - Venturers, Spectrum

- b) Buoyancy aids/air bags must be securely fastened within hull for Grade 2 or 3 conditions.
- c) A Race Director may limit the types of craft that can participate in the event.

## 10.2 Illegal Equipment

- a) Any form of propulsion other than paddle.
- b) Any glass containers.

## 10.3 Kayak Helmets - approved hard shell type designed specifically for kayaking

- a) The helmet must fit the competitor's head.
- b) The helmet must be securely fastened at all times when in use.
- c) While compulsory on grade II rivers and stony bed rivers, it may be dispensed with at other times except where required by the Race Director.
- d) The Race Director may require use if conditions have changed since original notification was given.

## 10.4 Personal Buoyancy Aids

- a) All competitors must wear an approved buoyancy aid capable of supporting 7kg minimum.
- b) Throughout the competition, the aid must remain permanently fastened.

## 10.5 Kayaking Rules

- a) Race bib, where issued, with competitor's number shall be worn over buoyancy and throughout the segment.
- b) Race numbers for kayaks shall be stuck to deck of kayak in front of cockpit for viewing from side of boat as determined by the Race Director.
- c) Race officials may withdraw competitors from the course at any time if, in their opinion, the competitor's personal health, welfare or safety are at risk.

- d) A competitor may be withdrawn from the race by a race official if a time limitation for that segment has been exceeded.
- e) Rules of the sea apply at all times, whether on sea, lake or river.
- f) No outside assistance is permitted at any time or on any part of the course, except in transition. Outside assistance will result in disqualification.
- g) Unless permitted and notified by the Race Director to the competitors prior to the start, repairs assistance to broken rudder, gear or lost gear requires withdrawal from the race unless fixed by competitor alone. Any outside help is deemed assistance and disqualification results.
- h) Wash hanging from either: stem, stern or side-by-side is prohibited. Competitors must maintain 3m gaps between stern of craft in front and their craft's bow and a 2m space either side of craft, as clear water. Time penalty applicable to event will be announced prior to start of event and will be a minimum of a 2 minute time adjustment to a maximum of a 4 minute time adjustment. A second offence during event results in DQ.
- i) Protests against wash hanging, may be filed to Referee by another competitor or observer using appropriate "Protest" form.
- j) All competitors must be able to effect self-rescue. Those unable to satisfy this rule will not be permitted to start.

#### 10.6 Entry Form Detail

- a) Must contain information as to grade of river and anticipated water conditions
- b) Minimum ability grade to be set.
- c) Equipment permitted.
- d) Safety requirements to be met
- e) Transition assistance permitted.
- f) Need, or otherwise, of first aid materials to be carried.
- g) Event cut-off times.

#### 10.7 Kayak/Canoe Transition Zone

- a) The zone area must be clearly marked.
- b) Exit/entry to water must be marked.
- c) Assistance in marked zone is permitted but Race Director may limit number of persons per craft.
- d) Equipment may be removed from transition zone by approved persons other than the competitor.
- e) The Race Director must provide marshals to monitor the transition zone and their directions must be followed.
- f) Vehicles may not enter the zone while competitors are therein.

### 11. TRI NZ RACE RULES ADMINISTRATION OFFICIALS:

#### 11.1 The administration of the rules shall be the responsibility of the following officials who shall wear distinctive clothing and/or identification:

- a) **The Referee:**  
An official appointed by Tri NZ Technical Commission under authority of Tri NZ Executive Board to deliberate on all safety matters relating to the course, the transition, the race organiser's equipment, the competitors equipment and to assist the competitors with rule knowledge, and to assess the penalties for rule violations given by race technical officials and hear protests.
- b) **Chief Technical Officials:**  
Up to four officials may be appointed by the race referee: one each for the swim course, the transition, the cycle course, and the run course to be responsible to the Referee for rule and safety management in their respective segments.
- c) **Race Technical Officials:**  
Officials appointed by the Race Referee and/or Tri NZ Technical Commission to assist Chief Technical Officials in each segment and act and report on rule violations to the Race Referee.
- d) **Road Marshals:**  
Some are appointed by the Race Organisers to direct traffic flows, rescue endangered competitors, and assist in spectator and traffic control. Others are appointed by and answerable to the Supervisor of the Temporary Traffic Management Plan if such is in place.
- e) **Appeal Board:**  
Is not present at race meeting but is appointed by the Executive Management Board in terms of Paragraph 8.3 of the Constitution, to hear appeals lodged with Tri NZ in terms of Para. 14.0 of these Competition Rules..

## 11.2 The Referee with Chief Technical Official's assistance

### a) Before the Competition shall:

- i) Assess the accuracy of the measurement of the course and adjudicate if they are in conflict with the advertised distances.
- ii) Inspect the full course and transition area for adequacy and safety.
- iii) Assess the race entry form and the adequacy of information for the competitor.
- iv) Summon meetings with the Technical Director on technical questions.
- v) Ensure the race organiser has provided adequate medical support.
- vi) Ensure that each segment Chief Marshal has addressed the Race Marshals that have been appointed to them on the implementation of the rules and any late variations. It is advisable that Referee, Chief Technical Official and Race Technical Officials all attend the race briefing.
- vii) Establish a headquarters at the finish line.
- viii) Be available to advise and assist competitors on rule knowledge, application and answer any questions they may have regarding safety, conditions of course etc.

### b) During the Competition:

- i) The Referee establishes an Official Notice Board at the finish line.
- ii) The Referee gives penalties (or confirms those of the Chief Technical Officials or Race Technical Officials) for rule violations and posts penalties by race number on the Official Notice Board. Penalties not posted within 60 minutes of completion of the course by the last competitor shall be invalid.
- iii) Penalties arising from a protest shall be posted immediately the result of the protest is decided.
- iv) The Referee makes decisions on points of rule or safety not covered by the competition rules.
- v) The Referee may overrule Chief Technical Official or Race Technical Official on points of interpretation of the rules or safety.
- vi) The Referee decides on violations reported by Chief Technical Official or Race Technical Official.
- vii) The Referee shall adjudicate on all protests. If a competitor is not satisfied with the protest result, the matter then becomes one for appeal, refer Para. 14.

### c) After the Competition:

- i) Shall receive written reports from Chief Technical Officials and Race Technical Officials on all violations and warnings.
- ii) Prepares a report which contains:
  - Penalties applied.
  - The details of any protests or appeals.
  - Recommendations for improving the competition.
  - Report on Race Organisers arrangements

## 11.3 The Chief Technical Officials

### a) The Chief Technical Officials, Race Technical Officials and Referee shall:

- i) enforce the rules over any part of the competition,
- ii) examine the equipment of competitors and prohibit the use of illegal equipment.

### b) Before the competition start, shall instruct Race Technical Officials on the rule enforcement in their area.

- i) Swim Chief Technical Official shall monitor the swim rules, particularly those not following or completing the correct course, and/or receiving assistance.
- ii) Swim Chief Technical Official shall randomly inspect wetsuits for compliance, before or after the swim section as they lie or are worn in the transition area.
- iii) Transition Chief Technical Official shall liaise with Cycle Inspectors for equipment standards.
- iv) The Transition Chief Technical Official shall ensure that all swimmers, canoe/kayaks have returned from that course (no bikes left unexplained on the racks) and set rescue in action if they have not.
- v) The Transition Chief Technical Official shall ensure clothing, entry and leaving rules, equipment interference assistance and obstruction rules are obeyed.
- vi) The Cycling Chief Technical Official shall administer adherence to road code rules as well as all racing rules.
- vii) The Chief Cycling Technical Official shall administer the drafting, blocking and other rules and ensure that Race Technical Officials are adequately instructed in application of the rules.
- viii) The Run Chief Technical Official administers all aspects of the run, including policing outside assistance, course cutting, interference etc.



### 11.3 The Race Technical Officials

During the competition: The Race Technical Officials shall enforce the rules; recording the time, place, competitors number and the offence, for handing on to the Chief Technical Official or if no such official is appointed, then to the referee.

## 12. DISCIPLINE OF COMPETITORS

### 12.1 Warning

- a) It is not mandatory for a competitor to be given a warning prior to issuing a penalty. A warning is a pro-active alert to the competitors about a rule violation.
- b) The issuance of a warning shall be given at the discretion of the Race Technical Official, Chief Technical Official or Referee.
- c) The warning is given by the sounding of an auditory emission (such as, but not limited to) a shout, a whistle, or the sounding of a vehicle horn then by raising a **YELLOW** card and calling the competitor's number and the offence and the word "Warning".
- d) Warnings may be given when:
  - i) a rule violation appears unintentional and can be corrected after a warning,
  - ii) a Race Technical official believes a violation is about to occur.
- e) An accumulation of more than one warning against any one competitor may result in disqualification. The showing of a red card, refer Para. 12.3 b) does not apply in this situation.
- f) Failure to respond to the warning given by a Race Technical Official, Chief Technical Official or a Referee may result in disqualification.

### 12.2 Time Penalty

This may be carried out on the side of the road or in a "sin bin". Refer Para 4

- a) The time penalty is carried out by the sounding of an auditory emission such as but not limited to: a shout, a whistle, the sounding of a horn, and then raising a **YELLOW** card and calling the competitors number and the offence and the word "Time Penalty".
- b) The competitor will dismount from their cycle, a diagonal line will be drawn through their number, and if the penalty is to be carried out on the side of the road, wait with both feet to one side of the cycle. If a "sin bin" is being used, they will report to the "sin bin" on completion of the cycle leg but before entering transition. The Race Technical Official will inform the competitor when they can resume the race.

### 12.3 Disqualification

- a) **A disqualification is the penalty, which can apply to all rule violations.**
- b) The disqualification is given the sounding of an auditory emission such as but not limited to: a shout, a whistle, or the sounding of a vehicle horn and then by raising a **RED** card and calling the competitor's number and the offence and the word "Disqualification".
- c) Competitors may finish the race if disqualified during the race, but their name will not appear in the race results unless they are reinstated as result of successful protest or appeal.
- d) A disqualification shall still apply even if the competitor fails to acknowledge, intentionally or unintentionally, that the penalty has been given.
- e) A disqualified competitor may protest the decision of a Race or Chief Technical Official in accordance with the provisions of Para. 13 Protests, excepting a judgment call.
- f) A disqualified competitor may appeal the Referee's decision subject to the provisions of Appeals (Para. 14).

### 12.4 Suspension

12.4.1 A competitor can be suspended for:

- a) unsportsmanlike conduct;
- b) fraud, i.e. entering under an assumed name or age, falsifying an affidavit, giving false information;
- c) participating when not eligible;
- d) repeated violation of TRI NZ rules;
- e) drug abuse;
- f) participating when not entered in the race ( free loading);
- g) bringing the sport into disrepute.

12.4.2 A suspension is a penalty for violation of Tri NZ Competition Rules

**12.4.3** Suspensions arising from a breach of competition rules can only be assessed by the appeal jury, upon referral by the Tri NZ Race Referee. Suspensions vary in length from 3 (three) months to 2 (two) years, depending on the severity of the violation.

**12.4.4** Once suspended, a competitor must apply to the President of TRI NZ for reinstatement.

### **12.5** Expulsion

**12.5.1** This penalty means that during the lifetime of the competitor they will not take part in sanctioned TRI NZ competitions.

**12.5.2.** A competitor may be expelled for:

- a) a second drug offence as outlined in the TRI NZ Doping Code, which will also prohibit him/her from competing in any sport affiliated to GAISF.
- b) an unusual and violent act of unsportsmanship.

## **13 PROTESTS: (against competitors and race officials)**

A protest is a formal complaint against the conduct of a competitor or race official, or against conditions of the competition.

### **13.1** General

A competitor, a Race Director, a Race Technical Official or a member of the police or public may file a protest with the Referee provided that:

- a) the action protested has not been previously observed by a Race Technical Official and ruled upon by the Referee.
- b) Protests concerning the course;
  - i) where the course is not according to regulation or safety, protest must be made in writing to the Referee as early as possible prior to race start but not less than 90 minutes prior to race start.
  - ii) where the protest is concerned with the management of the course by the Race Director, or for changing conditions during or after the start of the race the protest shall be made within 60 minutes of the competitor's finish.
- c) Protests During the Race:  
A competitor who protests against another competitor or official must do so in writing to the Referee within sixty (60) minutes of the protesting competitor's finish time.
- d) Protests Concerning Timekeeping:  
Protests concerning an error in timing must be delivered to the race referee, within 30 minutes of the posting of the unofficial race results.
- e) Protests concerning a competitor's equipment which infringes on the conditions set out in this manual must be delivered in writing to the referee within sixty (60) minutes of the protester's finish time.

### **13.2** Protest Jurisdiction

Protests cannot be made on "judgment calls". A judgment call shall include, but not be limited to: drafting, blocking and unsportsmanlike conduct.

### **13.3** Protest Content

- a) The alleged rule violated.
- b) The location and approximate time of the alleged violation.
- c) Persons involved in the alleged violation.
- d) A statement, including a diagram of the alleged violation, if possible.
- e) The names of witnesses who observed the alleged violation.

### **13.4** Protest Procedures

- a) Protests shall be filed in writing to the Referee, signed by the protester within sixty (60) minutes of the Protester's finish time.

- b) Content of the protest shall be made immediately available to the competitor(s) and officials involved, prior to the hearing.
- c) The protester and the protestee must be present. The hearing will take place as soon as both are available. If neither can attend, the protest hearing shall be postponed or cancelled. The Referee shall determine if the absence from the hearing is valid.
- d) A representative for either the protester or the accused may be designated to appear if approved by the Referee.
- e) The hearing will not be open to the public, or the press.
- f) At the hearing the Referee shall read the protest.
- g) The protester and the accused will be allowed three (3) minutes each to give their account of the incident.
- h) Witnesses (two each) may speak for three (3) minutes each.
- i) The Referee will hear the evidence and render a decision.
- j) The decision will be posted immediately and delivered in writing to the parties.
- k) Failure of any party to attend the hearing may justify the Referee making a decision without them.

13.5 The effect of a successful protest is a penalty against the accused in accordance with these rules.

#### **14. APPEALS: (Against the Referee's decision by competitor penalized)**

- 14.1 An appeal is a request for a review of a decision upheld or made by the Referee.
- 14.2 A competitor may appeal the decision of the Referee, to Tri NZ President .
- 14.3 An Appeal is heard by the Appeal Board, appointed by the Executive Management Board, as provided in the Constitution.; Para 8.3.
- 14.4 The appeal procedure shall be used for implementing recommendations for Suspension or Expulsion arising from violations on the race day.
- 14.5 No appeals against decisions will be considered unless the appeal reaches Triathlon New Zealand, PO Box 6087, Dunedin, fax 03-477 4459 within fourteen (14) days of the Referee's decision.
- 14.6 An appeal will contain the following and may be on the form provided by Tri NZ:
  - a) Competition name, location, date.
  - b) Race director, address, phone, fax.
  - c) Appellant's name, address, phone, fax.
  - d) Witness(es)' name, address, phone, fax.
  - e) Alleged rule violation, page, section, number etc.
  - f) Facts of the violation.
  - g) Rationale/summary of appeal.
  - h) An Appeal Fee of \$100 shall be paid, but shall be refunded if the appeal is upheld.
- 14.7 In the event of an appeal being upheld, the competitor shall be reinstated to their place of finishing in the event as if no penalty had been imposed, but the Race Director shall not be obliged to award any trophy or pay any prize money that may be attributed to that place if such trophy or prize money has already been passed to another.

#### **15.0 DOPING CONTROL REGULATIONS**

Tri NZ Doping Code in Section D shall be part of these rules. Anti-doping regulations, penalties and control procedures will conform with current International Olympic Committee and ITU recommendations adopted by Tri NZ and available from Tri NZ to all competitors. All competitors will familiarise themselves with these rules, procedures, penalties and appeal processes and will, if requested, sign a form acknowledging that they have done so.

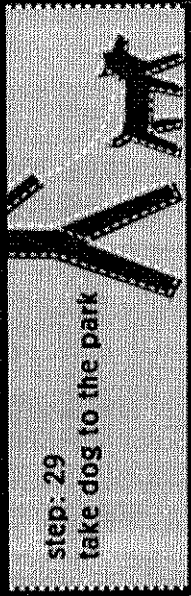
#### **NOTIFIED RULE CHANGES**

- Rule 3.1.a, 3.1.b,
- Rule 3.2
- Rule 3.3

**Rule 3.4**

These rule changes are included in the above. ITU references relate to ITU Rules Feb 2005.

# TAKE A SMALL STEP TO GET HEALTHY



step: 29  
take dog to the park

smallstep.gov  
Ad  
GOOGLE

[Ironman.com](http://Ironman.com)

## Ooops.

Something went terribly, horribly wrong...

Published on Thursday, Jun 15, 2006 at 11:39 AM.

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You have reached the twilight zone...

Don't you just hate it when something goes wrong and you don't know what it was or why?

Unfortunately, this happens to be one of those times.

At some point, we may have some suggestions for steps to take to ensure that you don't do this page again.