

TRIATHLON CANADA



Level 1 Officials Course

Facilitator: Christopher Kitchen



Introduction

- **Thank you on behalf of all triathletes for undertaking the task of being an official here in Manitoba.**
- **Level 1 Officials are qualified to:**
 - Be a race official
 - Be an assistant to head official
 - Enforce and report rule infractions at all races

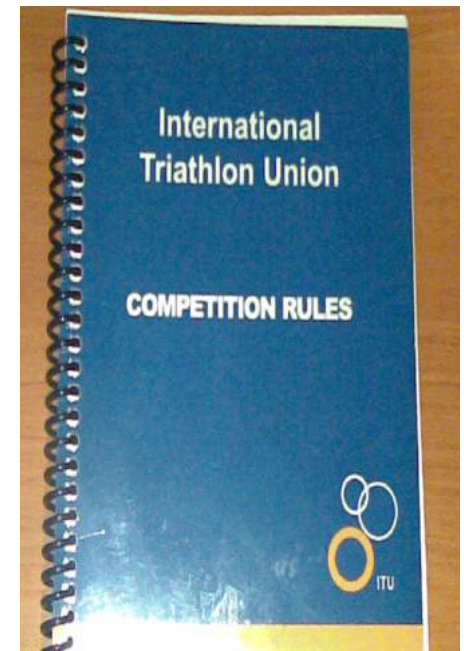


Why are you here?



Outline

- **The goals of the course are:**
 - To learn some of the Competition Rules
 - To learn how to enforce rules
- **All Level 1 Officials should receive:**
 - ✓ Level 1 Manual
 - ✓ Copy of Competition Rules
 - ✓ Check list for events worked / Log Book
 - ✓ Level 1 Officials Card



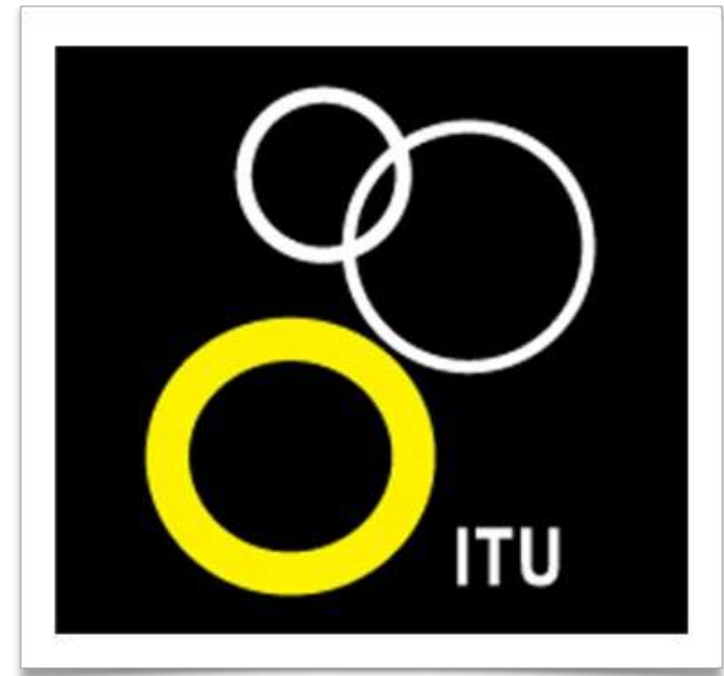
A stylized red figure composed of a circle at the top and three flowing, curved lines extending downwards and outwards, resembling a person in motion or a flame.


HISTORY OF TRIATHLON

History

International Triathlon Union

- Sole governing body accepted in Canada
- Does not include USAT or IRONMAN
- Founded in 1989
 - First World Championships
- Olympic sport since 2000





GENERAL CONSIDERATIONS

Who is a Technical Official?

**What qualities do
you think a TO
should have?**



Essential skills for an effective TO

- **Fairness**
- **Consistency**
- **The ability to listen**
- **The ability to make decisions**
- **The ability to observe**
- **Understanding of the Competition Rules**
- **Ability to Interpret the rules**
- **Understanding of the sport**
- **Ability to communicate**

Conduct of Officials

Based on the Fair Play Rule:

- Respect for fellow competitors
- Respect for Officials
- Respect for the rules
- Safety first
- Even playing field (fairness)

The Competition Rules...

- Provide a safe event
- Create an even playing field
- Penalize competitors who gain an unfair advantage

Conduct of Competitors

- Good Sportsmanship
- Responsible for own safety
- Know the competition rules
- Obey traffic regulations and/or officials
- Respect for fellow competitors, officials, rules
- No abusive language
- Inform officials after withdrawing from race
- If a rule is violated inform officials



Conduct of Competitors

Health

- Any competitor who appears to present a danger to the health and welfare of themselves, another competitor, official, or spectator may be removed from the competition.

Doping

- Competitors must comply with ITU doping standards (see competition rules)



RULE ENFORCEMENT

- **Penalties always through Race Referee**
- **Warning**
 - Verbal
 - RR need not be involved.
- **Yellow Card**
 - Stop & Amend
 - Stand-down/Time Penalty (Penalty box)
- **Disqualification (Red Card)**
 - Warnings or Yellow cards not required
- **Suspension/Expulsion**
 - PGB, NF or IF level



ORGANIZATIONAL STRUCTURE

Organizational Structure

- **ITU**

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

- **NF's**

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

- **PGB's**

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



A stylized red figure with a circular head and two flowing, curved arms, one above and one below the text box.

THE OFFICIALS

ROLE OF THE OFFICIALS

Technical Delegate (TD)

- Appointed by the governing body providing sanctioning
- Responsible for officials
- Oversees technical preparation for the event

Race Referee

- Appointed by TD or by Provincial Head
- Responsible to the TD or Provincial Head to hear and make final judgment on all violations reported by the marshals, protests and award penalties
- Organizes and instructs race marshals with action plan for enforcing rules



ROLE OF THE OFFICIALS

Technical Officials

- Appointed by Race Referee
 - Sector chiefs (S/B/R etc)
 - Assistant (S/B/R etc)
- Responsible to be proactive in preventing rule violations
- Reports to race referee all recommendations for disqualification



ROLE OF THE OFFICIALS

Competition Jury:

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



Pop Quiz

TLA Bingo

TK	Transfer of Knowledge
RD	Race Director
TD	Technical Delegate
ITU	International Triathlon Union
NF/IF	National/International Federation
DSQ	Disqualification
TZ	Transition Zone
RR/HR	Race Referee/Head Referee
FoP	Field of Play
DNS/DNF	Did Not Start/Finish



SWIM

Swim Conduct

- Competitor is responsible for staying on course
- Any stroke may be used
- May stand on the bottom but forward progress is via swim stroke only.
- If assistance accepted the competitor must retire
- No propulsion devices allowed
- No wetsuit bottom without tops. No leg or arm coverings in a non-wetsuit swim.
- Must wear swim cap provided
- Wetsuits must not exceed 5mm thickness
- A ruling on wetsuits is made 1 h prior to start of the race

Swim Conduct: Max Stay

b.) Maximum stay in water

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

Swim Conduct: Wetsuit use

Elite, U23, Junior and Youth athletes:

Swim Length	Forbidden Above	Mandatory Below
Up to 1500 m	20° C	14° C
1501 m and longer	22° C	16° C

Age-Group athletes:

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

Swim Conduct: Temp mods

Original swim distance	Temperature of water						
	Above 32.0°C	31.9°-31.0°C	30.9°C - 16.0°C	15.9°C - 15.0°C	14.9°C - 14.0°C	13.9°C - 13.0°C	Below 13.0°C
750 m	Cancel	750 m	750 m	750 m	750 m	750 m	Cancel
1500 m	Cancel	750 m	1500 m	1500 m	1500 m	750 m	Cancel
3000 m	Cancel	750 m	3000 m	3000 m	1500 m	750 m	Cancel



Swim Conduct: Temp Mods

(*)		Air temperature							
		15°C	14°C	13°C	12°C	11°C	10°C	9°C	8°C
Water Temperature	22°C	21.0° C	20.5° C	20.0° C	19.5° C	19.0° C	18.5° C	18.0° C	17.5° C
	21°C	20.5° C	20.0° C	19.5° C	19.0° C	18.5° C	18.0° C	17.5° C	17.0° C
	20°C	17.5° C	17.0° C	16.5° C	16.0° C	15.5° C	15.0° C	14.5° C	14.0° C
	19°C	17.0° C	16.5° C	16.0° C	15.5° C	15.0° C	14.5° C	14.0° C	13.5° C
	18°C	16.5° C	16.0° C	15.5° C	15.0° C	14.5° C	14.0° C	13.5° C	13.0° C
	17°C	16.0° C	15.5° C	15.0° C	14.5° C	14.0° C	13.5° C	13.0° C	Cancel
	16°C	15.5° C	15.0° C	14.5° C	14.0° C	13.5° C	13.0° C	Cancel	Cancel
	15°C	15.0° C	14.5° C	14.0° C	13.5° C	13.0° C	Cancel	Cancel	Cancel
	14°C	14.0° C	14.0° C	13.5° C	13.0° C	Cancel	Cancel	Cancel	Cancel



Can I wear my own swim cap?

Can I have my glasses handed to me on the beach when I come out of the water?

I have an allergy to latex. What can I do?

Can I wear dive gear like a snorkel or fins?

Can I swim on my back?

Can I use a flutter board or life jacket?



BIKE

Bike Conduct

- Approved helmets are mandatory
- 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 banned
- No drafting unless specified
- Must use legal equipment





Bike Conduct: Drafting

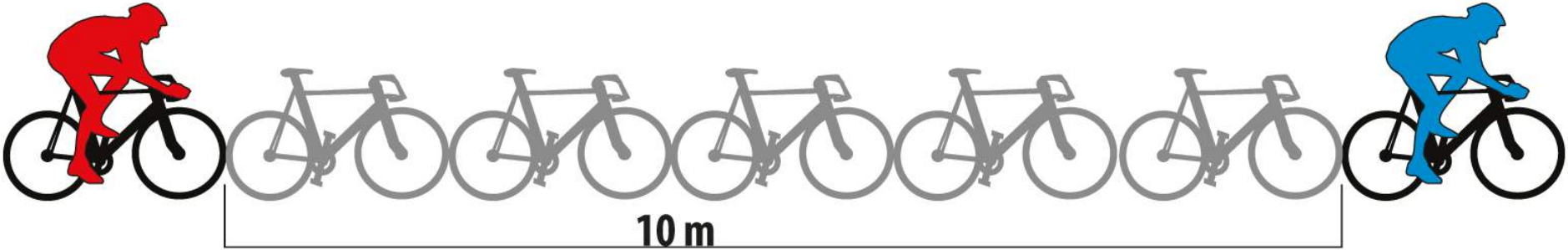
Drafting Zones:

- A rectangle surrounding every bicycle and vehicle.
- Rectangle Size
 - Bikes – 3 m by 12 m from leading edge
 - Vehicles – 5 m by 35 m
- Competitors cannot overlap draft zones.
 - Allowed 20 seconds to pass through the zone.

Distance of Drafting Zone for ALL Competitors



The New Draft Zone



Bike Conduct: Drafting

- The role of the drafting zone is:
 - Safety
 - Prevent another competitor gaining unfair advantage
- Lead cyclist has right of way



Bike Conduct: Drafting

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.

Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

See the diagrams below for events where left hand side road rules apply.

Diagram 1 Distance of Drafting Zone for ALL Competitors

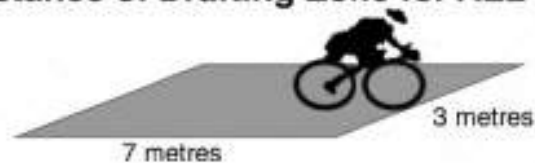


Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

Diagram 3 Blocking



A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

Diagram 4 Drafting and Not Drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.

Bike Conduct: Policing drafting

- **Be proactive**
 - Policing of Drafting
 - Time Penalty (Penalty Box)
 - Disqualification (multiple TP)
- Time Penalty
 - Blow whistle/call number
 - Inform of violation & to report to next PB
 - Confirm they understand



Bike Equipment

- **Equipment rules vary for draft legal/illegal races:**
- Bikes must be a traditional frame
 - No recumbent
 - No fairings
 - Wheels must be of spoke construction (covers may be allowed on back at Head Official's discretion).
 - Handlebar tube ends must be plugged
 - Draft illegal: Handlebars & clip-on bars may not extend beyond the front wheel.
 - Pedals bindings are allowed, provided a quick-release mechanism is fitted to ensure the release of the feet in a fall.



Bike Conduct: Helmet

- Meet CSA, ANSI, SNELL or other recognized safety certification standard.
- No alteration to any part of the helmet or strap
- Secured on head prior to removing bike from rack
- Secured at all times when on bike
- Secured until bike is racked



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.



Can I have a bell, horn, or tassels on my bike?

Can I use a bike with a basket?

Can I ride my bike before the race without a helmet?

Can I use my dad's old 10 speed?

Can I get help changing my tire on the course?

Can I ride with beside my friend if I'm not really going to win?



Can I use these types of helmets?





RUN

Run Conduct

General Rules

- May walk or run / no crawling
- No bare torso
- No bare feet
- Keeping on course is the responsibility of the competitor
- Considered finished when torso crosses finish line
- 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.





Can I wear headphones on the run? That's the way I train.

Can I wear my phone on my arm...for my GPS?

Can I have someone run/bike alongside me to help keep pace?

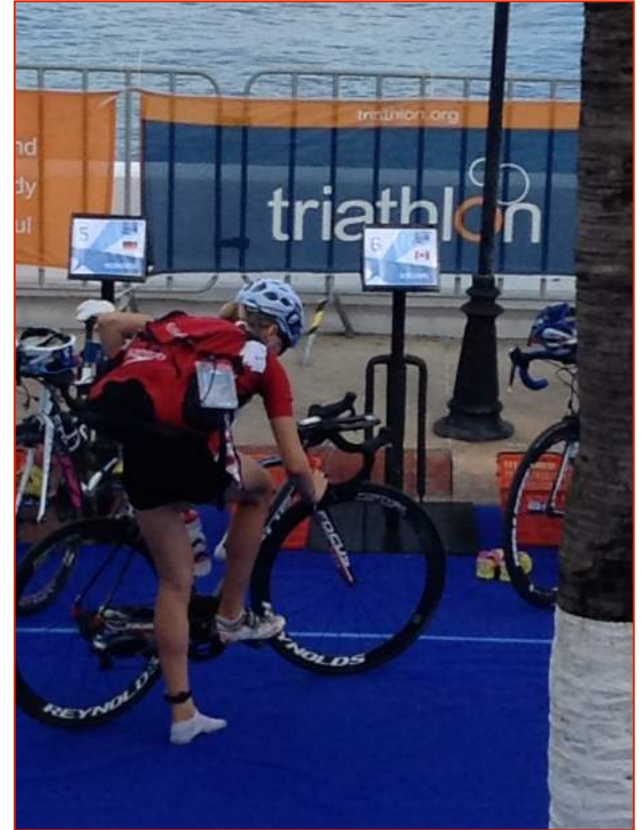
Can I bring a bottle of water with me on the run?

TRANSITION (TZ)



Transition Conduct

- Must use designated rack only
- Must not impede forward progress of fellow competitors
- Must not interfere with other competitors equipment
- Must keep all equipment in designated area (no bins allowed)
- May not mark their place on the rack
- Must mount and dismount at designated spot
- No cycling in transition
- Must rack own bike
- No indecent exposure





Can I leave my wetsuit and towel on top of the rack to dry while I race?

Can I undo my chin strap as I come off the bike to save time?

Can I toss my stuff down and clean it up later?

Can I have a stool in my transition area? You know, to put on my socks?

Can I have my bin handy?



TRIATHLON DES JEUNES CANADA

Distance restrictions

Table 1. Summary of Race Distances and Equipment by Age Category

Age Divisions	Maximum Race Distance (Swim / Bike / Run)	Race Equipment	Gearing (recommended)
7&Under*	Up to 50m - 1.5km - 500m	<ul style="list-style-type: none"> No aero bars permitted Clipless pedals permitted (recessed cleat, entry on both sides of pedal) Wheels: minimum 16 spokes, 2.4mm maximum spoke depth, metal rim, 25mm maximum rim depth, 23C minimum tire width 	45 x 16
8-9yrs	Up to 100m - 5km - 1km		
10-11yrs	Up to 200m - 5km - 2km		
12-13yrs	Up to 300m - 10km - 3km		
14-15yrs	Up to 500m - 10km - 4km	<ul style="list-style-type: none"> Draft-legal aero bars permitted All clipless pedal systems permitted Wheels: most race wheels permitted as per UCI rules, 60mm maximum rim depth 	52 x 16
16-19yrs	Up to 750m - 20km - 5km		
18-19yrs	Up to 1.5km - 40km - 10km	<ul style="list-style-type: none"> Non-drafting aero bars permitted All clipless pedal systems permitted Wheels: all race wheels permitted in accordance with ITU non-drafting wheel rules 	N/A

***NOTE:** Race distances for 5 years and younger should be substantially shorter than the 7&Under maximums.

Equipment Restrictions

Wheels

- UCI Standard

Handlebars

- No aerobars (under 14)

Pedals

- SPD-style (14+)
- Cages not allowed





PARATRIATHLON

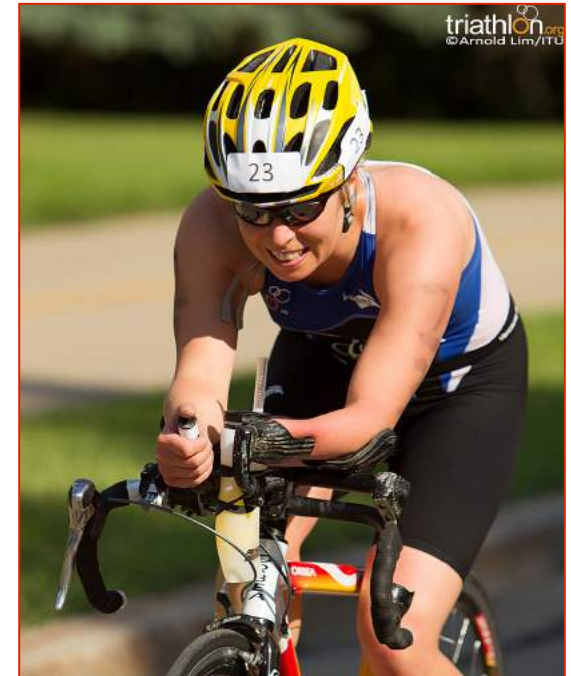
PRIM

Edmonton
Patco

THE CITY OF
Edmon

Paratriathlon

- Formerly Athletes With a Disability (AWAD)
- Paralympic sport as of 2016
- Classify into one of five categories (PT1-PT5)
- Points-based classification
 - Based on ability not nature of disability *per se*





APPEALS AND PROTESTS

Appeals and Protests

- **Protest** against conduct
- **Appeal** against RR's decision
- Forms from RR
 - \$50 fee, returned if successful
- Decided by Competition Jury



LOOKING GOOD!



Uniforms and equipment

- Pen and Paper
- Whistle
- Small First Aid Kit
- Rule Book
- Light Snack
- Communication Device
- Race Day Schedule
- Tape measure
- Tape to plug handlebars



Uniforms and Equipment

- Neutral, no logos
- Dress code:
 - Dark pants/short
 - Officials Shirt or White Shirt
 - Officials Vests
 - Tri-MB Hat
 - Sunglasses
 - Runners



Officials' Etiquette

- No eating in uniform in public
- No personal cheering in uniform
- No “fan” behaviour in uniform
 - Autographs
 - Photos
- No rude/unruly behaviour in uniform
- Clean and neat appearance

OUR MOST COMMON RULE VIOLATIONS

- * 11. **Abandonment**...what you take out must come back!
- * 10. **Race Suits**...*official* race suits must be zipped up in the back...torso must be covered at all times while out on the bike and run courses
- * 9. **Bike Equipment**...all bikes must comply with ITU Competition Rules. Age restrictions for equipment will apply. Safety is priority.

OUR MOST COMMON RULE VIOLATIONS



- * 8. **Headphones**...headphones, headsets, Walkman, iPods, mp3 players and other types of personal audio devices are not to be carried or worn at any time during the race.

- * 7. **Unsportsmanlike Conduct**...foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at officials, volunteers, spectators or fellow athletes



OUR MOST COMMON RULE VIOLATIONS

- * 6. **Course...**Athletes must know and follow the course at all times. Cutting the course is an obvious violation. Rules of the road must be followed at all times.
- * 5. **Drafting...**The drafting zone in Manitoba is 3 metres wide by 12 metres long...you have 20 seconds to overtake your competitor



OUR MOST COMMON RULE VIOLATIONS

- ✱ 4. **Transition Area**...all equipment must be kept within your designated area on the racks. Boxes are not allowed in transition. You must return your bike to the spot from which you took it. No riding a bike in transition.
- ✱ 3. **Outside Assistance**...no outside assistance can be offered unless by race or medical officials



OUR MOST COMMON RULE VIOLATIONS

- * 2. **Chin Straps...**Chin straps must remain buckled at all times when on your bicycle. You cannot touch your bike during a race unless your chin strap is buckled first.
- * 1. **Helmets...**Helmets must be worn at all times while on your bike.

