

BTA Competition Rules

1. INTRODUCTION

1.1. Purpose:

The Bermuda Triathlon Association (BTA) Competition Rules will follow the World Triathlon (WT) Age Group, non-drafting rules as closely as possible. This document is a combination of those WT rules as well as the BTA adaptations or amendments that would apply to races held in Bermuda. Should a draft legal race be held, the WT Elite or age group drafting rules would apply, with such exceptions thereto as the BTA Executive may approve.

The current WT rules as amended in December 2021 and January 2022 can be found on the website www.triathlon.org. The WT rules are updated from time to time as the need arises and the BTA shall abide by those updates, with such exceptions thereto as the BTA Executive may approve.

1.2. Intention:

The BTA is the sole governing body for triathlon, duathlon, and other related multi-sports in Bermuda. The competitive rules are intended to:

- a) Provide for the orderly and consistent administration of events sanctioned by the BTA.
- b) Create an atmosphere of sportsmanship, equality and fair play.
- c) Provide safety and protection.
- d) Penalize athletes who gain an unfair advantage.

1.3. Rule Exception and Additions:

A Race Director may request from the BTA a specific exception or addition of the rules for a particular race provided that:

- a) The additional regulation does not conflict with another competition rule.
- b) The additional regulation is made available in written form and announced at the athlete's briefing or otherwise communicated to all athletes prior to the event where a physical athlete's briefing is not held. Such communication may be by video or other presentation made online.
- c) Any requests to change a rule should be made with the athlete's safety as the highest priority.
- d) Reasoning is provided to the BTA executive at least one week prior to the event. For race safety it may be necessary to make changes on the day of the race, however, the Race Director must consult with the BTA executive and it must be announced at the athlete briefing or otherwise communicated to all athletes prior to the event where a physical athlete's briefing is not held.

1.4 Local Races and International Races

For local races in Bermuda, the rules relating to Race Officiating, Protests and Appeals set out in Sections 8, 9 and 10 of these Rules shall apply.

For international races (i.e. races which the BTA Executive has determined in advance in conjunction with the Race Director are to be considered as international races), the WT Rules regarding Technical Officials, Protests and Appeals set out in Sections 11, 12 and 13 of the WT Rules shall apply. For the avoidance of doubt, races involving junior athletes (up to the age of 21 race age (i.e. age as of 31 December in the year of the race) which involve overseas competitors (such as CARIFTA) shall be regarded as local races for the purposes of these Rules.

2. CONDUCT OF ATHLETES

2.1. General Conduct

Athletes will:

- a) Practice good sportsmanship at all times
- b) Be responsible for their own safety and the safety of others
- c) Know, understand and follow the BTA competition rules
- d) Obey traffic regulations and instructions from race officials
- e) Treat other athletes, officials, volunteers, and spectators with respect and courtesy
- f) Avoid abusive language
- g) Inform an official if withdrawing from a race
- h) Compete without receiving assistance other than from event personnel or officials
- i) Avoid displaying any kind of demonstration of political, religious or racial propaganda;
- j) Not dispose of rubbish or equipment around the course except at clearly identified places, such as feed stations or rubbish disposal points. All items must be kept with the athlete and returned to their transition spot
- k) Not attempt to gain an unfair advantage from any external vehicle or object.
- l) Follow the prescribed course
- m) Not use any device that will distract the athlete from paying full attention to their surroundings.
 - Athletes may not use communication devices of any type including but not limited to cell phones, smart watches and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using a one or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification;
 - Cameras, phone cameras and video cameras are prohibited unless permission is given by the Race Director. Athletes seen with an unauthorized camera, phone camera or video camera will be disqualified
- n) Ensure that the equipment to be used in the race complies with the safety standards and is in proper condition.

2.2. Outside assistance

- a) The assistance provided by event personnel or the Race Director or officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. The Race Director may allow flat tyres or wheels to be replaced if necessary, before the first athlete arrives in Transition 1. Athletes in the same race may assist each other with incidental items such as nutrition and drinks after a water station, pumps, tubular tires, inner tubes, and puncture repair kits.
- b) Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes includes but is not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be disqualification of both athletes. Athletes may provide to other athletes competing in the same competition other items of equipment provided that the donor is able to continue with their own competition.

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- c) An athlete cannot physically assist the forward progress of another athlete on any part of the course. This will result in both athletes being disqualified.

2.3. Drug Abuse

Athletes will follow the WT Anti-Doping Rules and the BSADA Anti-Doping Rules

2.4. Health

Triathlons and other related multi sports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting a race, the athletes declare they are in good health and are in appropriate physical condition to complete the race. The BTA encourages athletes to perform periodic health evaluations and to undergo a pre-participation evaluation prior to engaging in competitive sport.

2.5. Eligibility

Any athlete who competes in a race having not met the eligibility listed below will be disqualified.

a) Membership:

Competitors must be paid up annual members of the BTA and be in good standing. At the discretion of the BTA, competitors may be allowed to participate in sanctioned events through the issuance of a single day membership, although a single day membership may be waived by the BTA Executive at its discretion with respect to a particular event or a particular athlete.

b) Multiple Competitions

Athletes may not compete within 24hrs (as determined by the start time) in more than one related multi-sport events when one event is of standard distance or longer.

Juniors may only compete in the junior event or the senior event (provided they have been granted permission by the BTA). This includes teams.

c) Age Determination

An athlete's age shall be determined by their age on December 31 in the year of the competition.

d) Age Limits:

- i) Junior distances: minimum age 7 (as of Dec 31) to compete alone in junior races. Children under 6 may be accompanied by an adult if the race allows.
- ii) Sprint Distance Triathlon - individual events (i.e. where one athlete completes the swim, cycle and run segments of the event) - minimum age is 16 (as of Dec 31). Athletes aged 15 (as of Dec 31) may request permission from the BTA Executive to enter a Sprint Distance Triathlon individual event and eligibility will be determined on a case by case basis. The BTA Executive may require such evidence and/or supporting documents as it may determine in order to assist it in determining the ability and suitability of the athlete concerned to participate.
- iii) Sprint Distance Triathlon - team events (i.e. where three different athletes comprise a team and one completes the swim, one completes the cycle and one completes the run) - minimum age of each participant is 14 (as of Dec 31).

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- iv) Olympic (Standard) Distance Triathlon individual events (i.e. where one athlete completes the swim, cycle and run segments of the event) - minimum age 18 (as of Dec 31). Athletes aged 17 (as of Dec 31) may request permission from the BTA Executive to enter an Olympic (Standard) distance race and eligibility will be determined on a case by case basis. The BTA Executive may require such evidence and/or supporting documents as it may determine in order to assist it in determining the ability and suitability of the athlete concerned to participate.
- v) Olympic (Standard) Distance Triathlon - team events (i.e. where three different athletes comprise a team and one completes the swim, one completes the cycle and one completes the run) - minimum age of each participant is 16 (as of Dec 31).
- vi) Distances longer than Olympic (Standard) (such as half ironman) minimum age 18 (as of Dec 31).

2.6. Insurance

Athletes competing must have medical insurance.

2.7. Registration

All athletes must be registered in the event prior to competing

Pre- race Briefing

The Race Director or someone designated by the Race Director shall provide a race briefing before the start of the race. For Mixed Team Relay events, the Race Director or someone designated by the Race Director shall conduct a race briefing before the start of the mixed team relay event. At least one member of the mixed relay team or a designated team manager or coach shall attend the race briefing. The time and location of any briefing is at the discretion of the Race Director. Race briefings can be by way of video or other presentation made available online or communicated electronically, provided that all athletes are made aware in advance as to the method by which the race briefing will be conducted.

2.8. Uniform

The WT Rules regarding uniforms shall not apply to Age Group races held in Bermuda under these Rules. The following rules regarding uniforms shall apply to all Age Group races held in Bermuda:

- a) The athlete's uniform must cover the whole torso in the front; the back may be uncovered from the waist up;
- b) For individual events, a recognized trisuit (one piece or two piece) must be used; if an athlete wears a trisuit with a zipper on the front, the zipper must remain closed for the entire duration of the event; uniforms with sleeves that extend to above the elbow and not covering the elbow may be used by Age -Group athletes in any distance competition;
- c) In any race where wetsuits are forbidden for the swim, arm covers may be worn for the bike and run segment only (not for the swim) if the Race Director approves;
- d) For team events, recognized swimming, cycling and running attire for each of the swim, cycle and run respectively must be worn; for the run segment, the athlete's whole torso on the front must be covered; any exceptions to this rule may be approved before the event by the Race Director ;
- e) The uniform is not required to have the athlete's name or country code on the uniform.

For international events held in Bermuda under WT Rules, WT Rule 2.8 regarding uniforms shall apply.

2.9. Race numbers:

- a) may be worn for the wetsuit swim segment, but forbidden in a non wetsuit swim segment;
- b) If provided by the race organizers for a particular event, are mandatory for the bike and run segments;
- c) Body marking: shall be applied so that they are visible on each arm and each leg unless otherwise advised by the Race Director. On the arm, the body marking should be applied as close to the shoulder as possible. On the leg, the body marking should be applied as close to the hip as possible. Body markings or decals using multiple digits will have the numbers appearing one above the other, not side by side. Age group and gender markings on the calf may be utilized under the discretion of the Race Director.

2.10. Timing and Results

A race will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the race. Competitors must complete the course in its entirety.

When possible, official results will include

- a) swim or first segment
- b) transition 1
- c) Bike or second segment
- d) transition 2
- e) run or third segment
- f) overall finish time

Athletes who finish in a contrived tie situation, where no effort to separate their finish times has been made, will be disqualified.

2.11 Exceptional conditions

The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the Race Director (for local races) or Technical Delegate (for international races) following the same principles. The Race Director/Technical Delegate (as applicable) may take other decisions if the options below are not possible to implement.

- (i) Before the competition:
 - A triathlon may be modified to a duathlon, aquathlon, or even in a 2 segments competition: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The preferred option will be a duathlon with the shorter run first;
 - A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed;
 - The events to be modified should be held as a minimum of two segments. If not possible, the event will be cancelled as no multisport event can be run as a single segment event;
 - Relay events may be modified on the same basis as those indicated in the previous three bullet points.
- (ii) Modification of the competition once started:
 - Any segment, but only one, may be shortened during the competition. The Race Director and officials/Technical Delegate and Technical Officials (as appropriate) will take all reasonable actions to ensure the fairness of the event and the safety of the athletes. Otherwise, the competition will be stopped;

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- For relay events, once one segment is modified, the modifications will remain for the rest of the legs.
- (iii) Unplanned interruption of individual standard distance or shorter competition after it has started:
- If the lead athlete has completed more than 50% of the last segment all athletes will be ranked according to the position at the last available recorded data;
 - In the case that all athletes are stopped before 50% of the last segment the competition will be restarted, if possible, otherwise no results will be produced.

2.12 Thunder and Lightning

Lightning can be an immediate threat to athletes. If lightning strikes are approaching the race venue and are within 8 miles/13 km the race should be stopped, the race venue should be evacuated and the athletes taken to a safe area.

3. PENALTIES

3.1. General Rules

Failure to comply with the BTA Competition Rules may result in an athlete being verbally warned, punished with a time penalty, disqualified, suspended or expelled.

Infringements and penalties are listed in Appendix A.

3.2. Verbal warnings

The purpose of a verbal warning is to alert an athlete about a possible rule violation and to promote a “proactive” attitude on the part of officials. Also, a Technical Official can determine a warning to an athlete to correct a minor infringement.

A verbal warning may be given when:

- a) An athlete violates a rule unintentionally
- b) An official believes a violation is about to occur
- c) No advantage has been gained

Giving a verbal warning:

The official will blow the whistle, the athlete will be stopped if necessary, asked to modify behavior, and allowed to continue the race immediately afterwards.

3.3. Time Penalties

- a) a verbal warning is not required prior to issuing a time penalty
- b) A time penalty is appropriate for minor infringements which do not warrant disqualification

For local races in Bermuda, time penalties will be assessed after the event has been completed and will be added to the athlete’s overall finish time.

For international races (i.e. races which the BTA Executive has determined in advance in conjunction with the Race Director are to be considered as international races), time penalties will be assessed and imposed

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in accordance with the rules applicable to time penalties for Age Group races as set out Rules 3.3, 3.4, 3.5 and 3.6 of the WT Rules, which are included in Appendix B

3.4. Disqualification

a) General

A disqualification is a penalty appropriate for severe rule violations such as, but not limited to, repeated bike draft infringements, and/or dangerous or unsportsmanlike conduct.

b) Assessment

An accumulation of two time penalties will result in disqualification in Olympic (Standard) or shorter distance events and three time penalties in distances over Olympic (Standard) distance.

Athletes shall be informed of disqualification by displaying the athlete's number on the official results.

c) Procedure after Disqualification

An athlete may finish the race if the official issues a disqualification

3.5. Suspension

a) General

A suspension is a penalty appropriate for fraudulent or very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct. A suspended athlete may not take part in a BTA sanctioned competition or event during the suspension

b) Assessment

Suspensions will be assessed by the BTA upon a report from the Race Director.

3.6. Expulsion

a) General

Athletes who are expelled will not participate in a BTA competition for life.

b) Reason for expulsion

An athlete is expelled for life for repeated rule violations that incur suspensions.

3.7. Right of Appeal

Athletes punished with a penalty shall have the right to appeal with the exception of a drafting violation.

4. SWIMMING CONDUCT

4.1. General Rules

- a) Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground at the beginning and the end of every swim lap
- b) Athletes must follow the prescribed swim course
- c) Athletes may stand on the bottom or rest by holding an inanimate object such as buoy or stationary boat.
- d) In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition
- e) Athletes may sportingly maintain their own space in the water:
 - (i) where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;

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- (ii) where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- (iii) where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to the BTA Executive for potential suspension or expulsion.

4.2. Wetsuit use For Age group Races

(Please refer to WT rules for Elites use of wetsuits)

Wetsuit use for age group athletes is governed by the following table:

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

| Swim Length | Forbidden | Mandatory * |
|-----------------|--------------------------|---------------------------|
| Up to 1500 m | 22C (71.6F) and above | 15.9 C (60.62F) and below |
| 1501 and longer | 24.6C (76.28F) and above | 15.9C (60.62F) and below |

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

| Swim Length | Forbidden | Mandatory * |
|---------------|--------------------------|--------------------------|
| All distances | 24.6C (76.28F) and above | 15.9C (60.62F) and below |

*When mandatory, the wetsuit must cover at least the torso.

- a) If weather conditions dictate, i.e. high winds, heavy rain, changing temperature, etc. The Race Director may adapt limits of the swim length and adapt provisions for wetsuit use. The final decision will be made one hour before the start and will be clearly communicated to the athletes.
- b) Water temperature to be taken one hour prior to the start of the event on race day. It must be taken at the middle of the swim course and in two other areas on the swim course at a depth of 60cm. The lowest measured temperature will be considered the official water temperature.

4.3. Modifications

Any modifications to the swim distance (either by shortening or cancelling the swim segment) may be made in accordance with WT Rule 4.4.

4.4. Start Procedures

- a) Athletes are grouped at the pre start area according to assigned waves (if applicable)
- b) Athletes will be called to the start area
- c) After all athletes are in position "on your marks" is announced
- d) Any time after the announcement, the start signal shall be given, either by horn or announcement. Athletes will move forward.
- e) False Start: In case of a false start, several athletes start before the start signal, a continuously repeated use of the start signal and kayaks blocking the way of the athletes are used to provide a false start signal. the athletes must come back to the starting position and the start procedure will begin again. A

false start may also be declared when not all the athletes have the opportunity to start the race immediately after the start signal.

- f) Valid Start with early starters. In the case of an early start with a few athletes, the race can continue. A photo/video camera may be used to identify early starters. The early starters will be assessed a time penalty according to the distance of the race
- Junior races: 5secs
 - 750m: 10 sec
 - 1500m: 15 sec
 - Long distance: 30 secs.
- g) Athletes who miss the start may be allowed to proceed upon approval of the Race Director. The athlete's start time will be the official race start time and not adjusted for his/her lateness.

4.3. Equipment

a) Swim Cap

- i) all athletes must wear a swim cap during the swim segment
- ii) If swim caps are provided, athletes must wear the official event swim cap
- iii) If an athlete chooses to wear two swim caps, the official cap must be on the outside
- iv) Athletes must not alter the swim cap in any manner
- v) Failure to wear the official swim cap or altering the swim cap may result in a penalty up to and including Disqualification
- vi) In an aquathlon event athletes may carry the official event swim cap (if provided) and goggles during the first run segment and may wear them in the Transition area

b) Trisuits

- i) Athletes may wear trisuits or swimsuits. If the athlete chooses to wear two trisuits, neither suit can be removed during the entire competition.
- ii) Trisuits may not have any neoprene sections.
- iii) Save as permitted by Rule 2.8(b), when the use of wetsuits is forbidden, clothing covering any part of the arms below the shoulders and clothing covering any part of the legs below the knees is also forbidden.
- iv) Zipper in the back is preferred but not mandatory. If a trisuit with a zipper on the front is worn, the zipper must remain fully closed for the duration of the entire competition.

c) Swimskins

- i) Swimskins may be worn and may be removed after the swim segment, except in Olympic (Standard) and shorter events in which case they must be worn during the entire competition.
- ii) Swimskins must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene).

d) Wetsuits

- i) Wetsuits cannot exceed 5mm of thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5mm thickness limit.
- ii) There is no limitation regarding the length of the zipper
- iii) Propulsion devices that create an advantage for the athlete or a risk to others are forbidden.
- iv) the most external part of the wetsuits will fit the athlete's body tightly while they are swimming.

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- v) The wetsuit may cover any part of the body, except the face, hands, and feet; when mandatory, the wetsuit must cover at least the torso

e) Illegal Equipment

Athletes must not use or wear

- i) Artificial propulsion devices
- ii) Floatation devices
- iii) Gloves or socks (socks may be worn when use of wetsuits is mandatory)
- iv) Wetsuits or any part of the wetsuits when they are forbidden
- v) Non-certified swim suits
- vi) Snorkels
- vii) Official race numbers (in not wetsuit swims only)
- viii) Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs;
- ix) Safety inflatable device (tube) which has been deployed. If deployed the athlete must retire from the race.
- x) Any jewelry deemed to be a hazard to themselves or other athletes. (Athletes may be requested to remove any such items.)

5. CYCLING CONDUCT

5.1. General Rules

- a) An athlete is not permitted to
 - i) Block other athletes
 - ii) Cycle with a bare torso
 - iii) Make forward progress without being in possession of the bike
 - iv) Use a different bike during the competition than the one checked-in.
- b) Dangerous Behavior
 - i) Athletes must obey the specific traffic regulations for the event unless an official advised otherwise
 - ii) Athletes leaving the field of play for safety reasons, have to return to it without gaining an advantage. If an advantage is gained, a time penalty will be assessed.
 - iii) Dangerous riding may result in a penalty. This includes but is not limited to passing another athlete on the wrong side.

5.2. Equipment

Bikes must be in good working order with brakes on both wheels.

Mountain bikes and/or hybrid bicycles may be allowed at the discretion of the Race Director if they do not fit the characteristics outlined below.

Athletes with non-traditional or unusual bikes should seek approval from the Race Director prior to the start of competition.

The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable, the rear wheel shall be drive through a system comprising pedals and a chain.

Bikes should have the following characteristics

The bike will be no more than 185 cm long and the 50 cm wide.

The bike will measure between 24 cm and 30 cm from the ground to the center of the chain wheel axle

There will be no less than 54 cm and no more than 65cm between a vertical line passing through the center of the chain wheel axle and a vertical line through the center of the front wheel axle.

There will be a vertical line touching the front most point of the saddle which will be no more than 5 cm in front of and no more than 15 cm behind, a vertical line passing through the center of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.

If bike race numbers are given, they must be placed on the bike as instructed and not altered in any way.

a) Wheels

- i) No wheels may contain any mechanisms which are capable of accelerating it.
- ii) Tubular tires must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly to the frame.
- iii) There must be a brake on each wheel
- iv) If a wheel station is provided, athletes may keep spare wheels in the station. Wheels designated for a specific athlete may not be used.
- v) Disc wheels may be used, however the provision may be changed by the Race Director in the interests of safety (i.e. high winds)

b) Handlebars

For non-drafting competitions, handlebars and clip on aero bars not extending beyond the leading edge of the front wheel will be permitted. Clip on aero bars do not need to be bridged. All tube ends need to be plugged.

For Age-Group draft legal competitions, only traditional drop handlebars are permitted. The handlebars must be plugged. Clip-on handle bars are not permitted.

c) Helmets

- i) Helmets must be approved by a national accredited testing authority. (ANSI, SNELL, CSA, CPSC)
- ii) Any alteration to any part of the helmet, including the chin strap, or the omission of any part is prohibited.
- iii) The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove the bike from the rack at the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg.
- iv) If an athlete moves the bike off course for any reason, the athlete may not unfasten or remove the helmet until after he/she has moved outside the boundary of the course route and has dismounted the bike. He/she must fasten the helmet securely on the head before returning to onto the bike course or before remounting the bike.

d) Pedals

Platform pedals are allowed, provide a quick release mechanism is fitted to ensure the release in case of a fall.

e) Disc brakes

Disc brakes are allowed.

f) Illegal Equipment

Illegal equipment includes, but is not limited to:

- i) Headphone(s), headset(s), technical earplug(s) or smart helmets which are inserted or covering the ears
- ii) Glass containers;
- iii) Mirrors;
- iv) Mobile phones or any other electronic listening communication device
- v) Bikes or parts of bike not complying with these rules
- vi) For draft-legal competitions, water bottles are not permitted behind the saddle.

Any equipment or devices carried during the bike segment or added to the bike is subject to approval by the Race Director before the race. Non approved devices are forbidden and may result in disqualification of the athlete.

For use of cameras and video cameras, approval from the Race Director is required. Failure to obtain pre-approval from the Race Director may result in disqualification.

5.3. Draft Illegal Races (draft legal races will follow WT rules)

- a) Drafting from another athlete, or another non- competing cyclist or a motor vehicle is prohibited. Athletes must reject attempts by others to draft.
- b) An athlete is entitled to any position on the course provided they get to that position first and without contacting others. When taking a position on the course, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing.
- c) An athlete, who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.
- d) To draft is to enter the bicycle or vehicle drafting zone
- e) Bicycle draft zone: the bicycle draft zone for Standard (Olympic) and shorter distance events will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement.
- f) Motor bike draft zone. The motor bike draft zone will be 15 meters long.
- g) Vehicle draft zone: The vehicle draft zone will be 35m long and applies to every vehicle on the bike segment.

Entry into the bicycling drafting zone: An athlete may enter a bike draft zone in the following circumstances

- i) If an athlete enters the draft zone and progresses through it within 20 seconds in the overtaking maneuver.
- ii) For safety reasons
- iii) 100m before and after an aid station or transition area
- iv) An acute turn
- v) If the Race Director or Technical Delegate (as applicable) excludes a section of the course because of narrow lanes, construction, detours or other safety reasons.

A) Overtaking

An athlete is passed when another athlete's front wheel is ahead of his or hers.

An overtaken athlete must drop out of the draft zone of the passing athlete by continuously making rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation.

Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation.

Athletes must be kept to the side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course.

The Race Director will instruct the athletes on which side they must pass another athlete when mounted on the bike. On most courses in Bermuda, this will be on the RIGHT. Over taken riders will keep LEFT.

B) Blocking

Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course.

C) Penalties for Drafting and Blocking:

Race officials will notify the athletes who draft or block they are subject to a time penalty. This notification must be clear and unambiguous.

The athlete will be assessed a penalty at the end of the race (for local races) or in accordance with WT Rules (for international races) as follows:

- 30 secs for Junior races (regardless of distance)
- 1min for Sprint
- 2mins for Olympic (Standard)
- 5mins for Long course

A second drafting or blocking penalty will result in disqualification for Standard (Olympic Distance or shorter) including Junior races

A third drafting or blocking penalty will result in disqualification for long course events.

Drafting or blocking violations cannot be appealed.

D) Riding Positions

For draft legal races the only permitted points of support are the feet on the pedals, the hands on the handlebars and the seat on the saddle. Additionally for non-drafting races, the forearms can be used as a point of support on the handlebar.

The so-called "supertuck" position is not permitted in any races.

6. RUNNING CONDUCT

6.1. General Rules

The athletes will:

- i) Run or walk
- ii) Wear the official race number
- iii) Not crawl
- iv) Not run with a bike helmet on
- v) Not run with a bare torso
- vi) Not use posts, trees, or other fixed elements to assist in maneuvering curves.
- vii) Not be accompanied by any non-competing athletes, team members, team managers, or other pacemakers on the course or alongside the course.

6.2. Finish Definition

An athlete will be judged as “Finished” the moment any part of the torso, crosses a vertical line extending from the leading edge of the finish line

6.3. Safety Guidelines

- a) The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to the Race Director, race official, or medical official as presenting a danger to themselves or others, may be removed from competition.
- b) Athletes can't be accompanied by any non-competing person in the finish chute.

6.4. Illegal Equipment

The following equipment shall not be permitted :

- Headphones and headsets or technical earplug(s) which are inserted or covering the ears, mobile phones, or any other electronic listening communication device.
- Glass containers.
- Cameras, phone cameras and video cameras (including GoPros) shall not be permitted unless prior permission is given by the Race Director. If such permission is given, it is the athlete's responsibility to inform the Race Referee of such permission prior to the start of the competition. Athletes seen with an unauthorised camera, phone camera or video camera will be disqualified.

7. TRANSITION AREA

7.1. General Rules

- a) All athletes must have their helmet securely fastened from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg.
- b) Athletes must use only their designated bike rack and must rack their bike.
- c) Athletes must place all equipment to be used at a later stage of the event within .5m of their point on the rack. All equipment already used must be left within .5m of their point on the rack. Only equipment

- to be used during the competition can be left in transition. All other belongings and equipment are to be removed before the race start.
- d) Bike shoes, glasses, helmet and other bike equipment can be placed on the bike
 - e) Athletes must not impede the progress of other athletes in the Transition Area
 - f) Cycling is not permitted inside the Transition Area. Athletes must mount their bicycles after the mount line by having one complete foot in contact with the ground after the mount line. Athletes must dismount their bicycles before the dismount line by having one complete foot in contact with the ground before the dismount line. While in the Transition area (before mount line and after dismount line) the bike can only be pushed by the athlete's hands. Mount and Dismount lines are part of the Transition Area.
 - g) Nudity or indecent exposure is forbidden
 - h) Athletes cannot stop in the flow zones of the Transition Area
 - i) Marking positions in the Transition Area is not allowed. Marks will be removed and athletes will not be notified
 - j) The helmet strap must remain unfastened in the Transition Area while the athlete is completing the first segment

8. RACE OFFICIATING

8.1. Race Officials

The race officials at all events shall consist of a Race Director, marshals, judges and a head timer. The race officials shall conduct each event in accordance with these rules and shall uphold and enforce these rules and any other regulations or policies of the BTA in an impartial manner.

- a) Race Director: Beginning with the start of the event and until all scores are finalized the decision of the Race Director are final and binding with respect to all competition matters pertaining to the event, with exception of the decisions by the protest committee.
- b) Powers of the Race Director, The Race Director shall be empowered to:
- c) Interpret and enforce these Competition Rules and other regulations or policies of the BTA.
- d) To supervise and control the general conduct of all participants, to require that a participant withdraw from an event, and to intercede during a competition at any stage to ensure that the Competitive Rules are observed.
- e) To invoke and impose penalties for violations of these rules and to prominently post a list of all violations and penalized participants designated by race number at a site located near the finish of the event.
- f) To make decisions on any point not specifically covered by these rules
- g) To instruct, design, assign duties to, and delegate authority to all other race officials
- h) To inspect the race course with respect to race safety

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- i) To examine the equipment or other items of any participant at any time to check compliance with these Rules and to make the final and binding decision as to whether any equipment or other item is improper or unauthorized.
- j) To overrule any judge, marshal, or other race official at any point of interpretation of these Rules and to resolved differences in opinions between or among judges or other race officials.
- k) To establish all aspects of protest procedures, including the time and place of hearing, to impose sanctions for noncompliance with established procedure and to assess penalties in accordance with the resolution of any protests
- l) To prepare a report of actions taken and decisions rendered by the Protest Committee and to make recommendations on improving race operations.

8.2. Duties of the Race Director

- a) The Race Director shall wear distinctive clothing or other means of identification
- b) The Race Director shall establish an officials headquarters near the finish of the event
- c) The Race Director shall use and maintain a violation posting board erected by race management when possible
- d) The Race Director shall process violations reported by Marshals diligently and as soon as possible
- e) The Race Director shall determine the relative severity of any offense or violation
- f) The Race Director shall assess the appropriate penalty
- g) The Race Director shall retain the results of reported violations and decisions and shall review the information in connections with the protests
- h) The Race Director shall submit all appropriate data which reflects final results to the Head Timer for incorporation into the final results.

8.3. Official Results

Final results will reflect all decisions made by the Race Director and the Protest Committee

8.4. Race Marshals

Race Marshals will be assigned to the swim; bike or run portions of the event and to the transitions areas and will follow all instructions of the Race Director. Race Marshals shall have jurisdiction over all persons in their respective areas of assignment. Race Marshall shall enforce these Competition Rules by reporting violations to the Race Director. The Race Director (not the Marshal) shall assess penalties.

8.5. Judges

Judges shall hear and rule on all protests as members of the Protest Committee. Judges shall also assist other race officials as directed by the Race Director

8.6. Head Timer

The Head Timer is responsible for collecting and processing all data relevant to the calculation and determination of race results.

9. PROTESTS

9.1. General

A protest is against the conduct of an athlete, official, or the conditions of the competition. An athlete may file a protest with Race director provided the protest has not been previously observed by the officials and ruled upon by the Race Director.

9.2. Protests concerning Eligibility

Protests concerning the eligibility of an athlete shall be made to the Race Director before the Athlete's briefing.

9.3. Protests concerning the Course

Protests concerning the safety of the course or its variance to regulations must be made to Race Director 24hrs before the start of the race

9.4. Protest concerning the race

An Athlete who protests against another athlete or official must do so within 5mins of his/her finishing time. In case a protest is initiated in this period, the time limit will be extended by 15 more minutes

9.5. Protests concerning Equipment

Protest concerning an athlete's equipment which infringes on the conditions set out in these Competition Rules must be made within 5 mins of 5mins of his/her finishing time. In case a protest is initiated in this period, the time limit will be extended by 15 more minutes

9.6. Contents of a Protest

The protest must be accompanied by \$50 (USD or BMD) and will be refunded if the protest is successful. If the protest is unsuccessful, the money will be retained by the BTA. A protest form is included in the Appedices

Information to be included

- a. Alleged rule violated
- b. The location and approx. 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
- f. Signature

9.7. Protest procedures

Protests will be filed with the Race Director, signed by the protester within the time limits above.

A competition jury will be formed which shall be comprised of the Race Director, the marshal from the segment where the alleged violation occurred, and a Board or Executive member of the BTA. A protest hearing may be held but will not be open to the public

The competition jury shall read the protest

The protester and the accused will be given adequate time to give their account of the incident. Witnesses may speak for three minutes each.

The Competition jury will hear the evidence and render a decision by simple majority.

The decision will be communicated to the parties (in writing if requested)

10. APPEALS:

An appeal is a request for a review of the decision made by the Race Director, or the Competition Jury.

The following procedure shall be used:

The BTA shall establish an ad hoc Board of Hearings and Appeals which shall consist of three disinterested members of the BTA who shall be selected under the direction of the BTA president.

This committee shall be empowered to:

- a) Impose and enforce penalties for any violation of the Competitive Rules or other policies or procedures of the BTA
- b) To review any punitive action or decision taken against any person and to affirm, reverse, stay or modify such action or decision
- c) To investigate any pertinent matter as directed by the BTA President or BTA Executive
- d) To determine eligibility of any person competing in a BTA sanctioned race
- e) To determine the membership status of any persons and to reinstate or revoke membership rights
- f) To issue conditional orders prohibiting or requiring certain conduct or action as a condition to maintaining membership rights
- g) To interpret and Competitive Rule, regulation or policy of the BTA
- h) To conduct hearings and determine any appeal properly filed with the BTA.

Proper Subject of Appeal

No person shall file an appeal with respect to a judgment call. Members may appeal the final decision of a Race Director or Competition Jury and punitive action affecting their membership or any other matter involving an interpretation of the Competition Rules of which an appeal is not otherwise prohibited.

10.1. Appeal Procedures

- a) Time and Fee: An Appeal must be filed in writing within 20 days after the date of the decision and must be accompanied by a \$50 USD or BMD fee
- b) Contents of Appeal: The appeal shall be filed in the form of a petition and shall contain the following:
The petitioner's name, address, and phone number
- c) Detailed description of the factual background including date, time, precise location of any relevant incidents and an identification of the decision being appealed and the person or persons who rendered the decision.
- d) Any relevant rules, regulations, or policies and an application of the facts to those Rules, regulations or policies
- e) Detailed explanation of all the grounds for the appeal

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- f) All of the evidence that the athlete wishes to be considered as well as the names and contact detail of any witnesses
- g) A request to participate in the hearing if desired (may not be granted)
- h) A request for additional time to prepare materials (up to 14 days)

10.2. Determination of Appeal

The appeal shall be heard and determined by a panel of three disinterested members of the BTA selected by or under the direction of the BTA President.

Hearing

The BTA President shall appoint or the panel may elect a chairperson to conduct the hearing. Hearings may be conducted by an attorney at law retained or appointed by the BTA, but any such attorney shall have no vote in the panel's decision. A hearing may be conducted by telephone at the panel's discretion.

The appellant shall have the right to be represented by counsel

Appellate Decision: The appellate panel shall issue a written memorandum explaining and containing its decision with 14 days after the appeal has been duly filed or the hearing has been conducted, whichever is later. The appellant shall receive a copy of the decision. The decision of the appellate panel under this section shall be final.

11. DISCIPLINARY HEARINGS

11.1. General

Except as otherwise provided in these Rules, and whenever the time and circumstance permit, a disciplinary hearing will be held to determine whether an athlete should be suspended, expelled, or otherwise rendered ineligible to compete in BTA sanctioned events. Disciplinary hearing shall be given written notice personally delivered or sent to last known address. The notice shall apprise the respondent of the specific charges against him, the specific rules and regulations or policies alleged to have been violated, the potential penalties which may be imposed and the date time and place where hearing will be held. The date shall be set between 30 and 60 days after the date of notice. The hearing panel may continue or postpone the hearing in its sole discretion for good cause shown.

11.2. Answer

The respondent shall file a written response to all of the charges not later than 10 days prior to the date of the hearing, addressed to the BTA president. Any statements submitted by the respondent or other parties in support of the answer shall in be form of a sworn affidavit and shall contain a certification that the statement is true and correct.

11.3. Right to Counsel

The respondent shall have the right to the assistance of legal counsel in the preparation of a defense and the right to be represented by counsel at the hearing.

Hearing Panel

The hearing shall be held before a panel of three disinterested BTA Members who shall be selected by or under the direction of the BTA president. In no case shall members of the BTA Executive constitute the majority of the hearing panel. The BTA President shall appoint or the panel may elect a chairperson to conduct the hearing. Hearings may be conducted by an attorney at law retained or appointed by the BTA,

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but any such attorney shall have no vote in the panel's decision. A hearing may be conducted by telephone at the panel's discretion.

11.4. Hearing Decision

The panel shall issue a written memorandum explaining and containing its decision within 14 days after the conclusion of the hearing. The respondent shall receive a copy of the decision and notice of any right to appellate review by the BTA executive.

11.5. Appeal to the BTA Executive

Any respondent adversely affected by a disciplinary hearing convened under this section shall have the right to appeal to the BTA Executive by filing a written petition along with \$50 USD or BMD filing fee within 20 days after the panel's decision. The BTA Executive shall appoint three disinterested members to decide any appeal under this section. Oral hearings will only be granted in exceptional circumstances at the discretion of the Executive; therefore petitions should contain all relevant information when submitted. Hearings may be conducted by phone or otherwise. An appellate hearing shall be scheduled between 30 and 60 days after the filing of the petition.

Compliance with Final Rulings All persons shall abide by the final determination of the BTA of an appeal or another matter relating to the Competitive Rules. In the event the BTA resolves an issue in a manner that changes official race results or the order in which athletes are deemed to have finished an event, all affected athletes shall abide by such ruling and shall return or agree to return any prize money or awards as the BTA may request. Failure to comply with this Section shall be grounds for suspension from the BTA.

Appendix A

Penalties and Violations

| Rules | Penalties |
|--|--|
| <p>1. Compete within 24 hrs. in more than one event of same individual related multisport</p> <p>Junior competing in both junior and senior event of the same individual related multisport</p> | DSQ for all events included in the period |
| 2. Starting before the starters signal | Time Penalty added to overall time (for local races) or in accordance with WT Rules (for international races) 30 sec for long distance 15 sec for Olympic (Standard) 10 sec for Sprint 5 sec for Junior |
| 3. Failing to follow the prescribed course | Stop and Go and re-enter the race at the same point. If fails to do so then DSQ |
| 4. Using abusive language or behavior toward any official | DSQ and report to BTA for possible suspension |
| 5. Unsportsmanlike Behavior | DSQ and report to BTA for possible suspension |
| 6. Blocking, Charging, obstructing or interfering with the forward progress of another athlete | Unintentional – verbal warning Intentional – DSQ |
| 7. Unfair Contact The fact that contact occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favorable positions is not a violation | Unintentional – verbal warning Intentional – DSQ |
| 8. Accepting assistance from anyone other than a Technical Official, race official or other athlete | If it is possible to amend and return to original situation: Stop and Go, If not DSQ |
| 9. Refusing to follow the instructions of the Race Director or other race officials | DSQ |
| 10. Departing the course for reasons of safety, but failing to re-enter at the point of departure | Unintentional – verbal warning and correct if possible Specifically on the bike, if advantage is gained, time penalty added to overall time (for local races) or in accordance with WT Rules (for international races) 30 sec for long distance 15 sec for Olympic 10 sec for Sprint 5 sec for Junior |
| 11. Failure to wear the unaltered race numbers if provided, in the proper way as ordered by the | Stop and Go, when amended If not DSQ |

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| Race Director. Wearing race number during swim in a non wetsuit race. | |
| 12. To dispose of rubbish or equipment around the course outside of identified places such as aid stations | Stop and Go, when amended. If not time penalty added to overall time (for local races) or DSQ (for international races) 30 sec for long distance 15 sec for Olympic (Standard) 10 sec for Sprint 5 sec for Junior |
| 13. Wearing items deemed a hazard to self or others | Stop and Go, when amended If not DSQ |
| 14. Using illegal or unauthorized equipment to provide an advantage or which will be dangerous to others | Stop and Go, when amended If not DSQ and removed from competition |
| 15. Violating race specific traffic regulations | Unintentional – verbal warning and correct if possible Intentionally or not corrected -DSQ |
| 16. Not stopping in the next penalty box being obliged to do so | DSQ |
| 17. Fraud by entering under an assumed name or age or giving false information | DSQ, removed from competition and inform BTA for possible suspension |
| 18. Participating when not eligible | DSQ, removed from competition and inform BTA for possible suspension |
| 19. Displaying any kind of demonstration of political, religious or racial propaganda | Warning and amend if not DSQ and removed from competition |
| 20. Repeated violations of BTA Rules | DSQ, removed from competition and inform BTA for possible suspension |
| 21. Drug Abuse | Penalties apply per BSADA and/or WADA rules |
| 22. For an unusual and violent act of unsportsmanlike behavior | DSQ, removed from competition and inform BTA for possible suspension |
| 23. Compete with a bare torso | Warning and Amend If not corrected DSQ |
| 24. Outside Assistance: To give another athlete a complete bike, frame, wheel(s) helmet, bike shoes, running shoes or any other item of equipment which results in the donor athlete being unable to continue with their own race | DSQ of both athletes |
| 25. Attempt to gain unfair advantage from any external vehicle or object (excluding drafting) | DSQ |
| 26. Make forward progress without the bike during the bike segment | Stop and Go, when amended If not DSQ |
| 27. Nudity or indecent exposure | Warning and Amend If not corrected DSQ |
| 28. Drafting | Junior Race: 30 sec first offence, 2 nd offence DSQ. Time penalty to be added to overall time (for local races) or in accordance with WT Rules (for international races) Sprint Race: 1 min first offence, 2 nd offence DSQ. Time penalty to be added to overall time |

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| | (for local races) or in accordance with WT Rules (for international races) Olympic (Standard) Race: 2 min first offence, , 2 nd offence DSQ Time penalty to be added to overall time (for local races) or in accordance with WT Rules (for international races) Races longer than Olympic (Standard) distance, 5 mins first and 2 nd offences. 3 rd offence DSQ. Time penalty to be added to overall time (for local races) or in accordance with WT Rules (for international races) |
| 29. Wearing the helmet unfastened or insecurely fastened during the bike segment | Stop and Go, when amended If not DSQ |
| 30. Take off the helmet on the bike course, even if stopped | Stop and Go, when amended If not DSQ |
| 31. Not wearing a helmet during the bike segment | DSQ |
| 32. Compete with illegal or unauthorized equipment | Stop and Go, when amended If not DSQ |
| 33. Crawl during the run segment | DSQ |
| 34. Run wearing a helmet | DSQ |
| 35. Rack the bike outside the athlete's own space | Before the race: warning and amend During the race, Stop and Go when amended |
| 36. To have the helmet strap fastened in T1 while completing the first segment | Time Penalty added to overall time (for local races) or in accordance with WT Rules (for international races) 30 sec for long distance 15 sec for Olympic (Standard) 10 sec for Sprint 5 sec for Junior |
| 37. Mount the bike before the mount line | Stop and Go, when amended |
| 38. Dismount the bike after the dismount line | Stop and Go, when amended |
| 39. Discharge or store the athlete equipment outside the designated area | Stop and Go, when amended |
| 40. To use posts, trees, or other fixed elements to assist in maneuvering curves | Stop and Go, when amended |
| 41. Team relay exchange completed outside of the exchange zone | Time Penalty 10 sec |
| 42. Team relay exchange not completed | DSQ |
| 43. Warming up on the course while another race is in progress | Warning and amend If not amended DSQ |
| 44. Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below the knee during a non-wetsuit swim | Warning and amend If not amended DSQ |
| 45. Use of illegal equipment on the bike and/or run, including but not limited to headphones, glass containers, mobile phones, | Warning and amend If not amended DSQ |

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| 46. Marking of positions in Transition Area | Warning and amend If not corrected, marking will be removed and the athlete will not be notified. |
| 47. Competing under suspension | DSQ, removed from competition and report to BTA for extended suspension on expulsion |
| 48. Accumulating 2 time penalties in , Junior, Sprint or Olympic distance races | DSQ |
| 49. Accumulating 3 time penalties in races longer than Olympic distance | DSQ |

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