

Sefton Triathlon 2005

Children's Rules

These rules are written for children and their parents/guardians, and are intended to help make children's events safe and enjoyable.

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1 - GENERAL

- 1.1 Competitors and supporters must carry out all instructions from officials
- 1.2 It is the Competitors/Parents/Accompanying adults, responsibility to be prepared for an event and to ensure that their equipment is suitable and fit for its intended purpose
- 1.3 Triathlon, Aquathlon and Duathlon events are individual. Any teamwork which provides an advantage over other competitors is forbidden
- 1.4 Medical personnel have absolute authority to remove a competitor from the race who in their opinion is physically incapable of continuing without sustaining physical damage, in the short or long term, or loss of life

2 - PARENTS/GUARDIANS/ACCOMPANYING ADULTS

- 2.1 Parents/Guardians/Accompanying Adults must carry out all instructions from officials
- 2.2 Parents/Guardians/Accompanying Adults must conduct themselves in a proper manner and not bring the sport into disrepute
- 2.3 Infringement of the following will result in disqualification of the Competitor:
 - foul or abusive language

- failing to treat officials with respect
 - failing to obey marshals
 - outside assistance
 - tampering with the equipment of others
 - unsporting impedance
- 2.4 Parents/Guardians/Accompanying Adults must not hand water bottles or any other equipment to competitors during the event

3 - CONDUCT

Competitors must conduct themselves in a proper manner and not bring the sport into disrepute. Infringement of any of the following carries the penalty of disqualification from the event.

- 3.1 All competitors, officials, volunteers and spectators must be treated with respect and courtesy
- 3.2 Foul or abusive language is not permitted
- 3.3 Standards of dress should be adequate as befits a public place i.e. no public nudity

4 - RACE CONDUCT

- 4.1 All competitors must wear any official swim cap or numbers provided by the race organiser
- 4.2 Competitors must be adequately clothed at all times, the minimum being a one or two piece non-transparent swim suit together with a cycling or running top/T-shirt for the cycle and running sections of the event.

5 - SWIMMING

- 5.1 Competitors shall, at all times, swim so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance and lead to disqualification.

6 - SAFETY PROVISION - SWIMMING SECTION

- 6.1 No diving is permitted
- 6.2 No competitor shall be permitted to continue who, in the opinion of the race officials is unfit to do so

7 - CYCLING

- 7.1 It is the Children's Parents/Guardians/Accompanying adult's responsibility to ensure that the competitor's machine is in a safe and roadworthy condition.
- 7.2 Aero bars (handle bar extensions) must not be fitted to bicycles where cycling takes place on grass. (Please note that mountain bike bar-ends are acceptable). Where the cycling takes place on tarmac, Aero bars may be used by athletes of 13 or over.
- 7.3 Bicycles must have the following characteristics:
 - (A) Handlebar ends must be plugged, tyres secure on wheel rims, headsets tight, and wheels true.
 - (B) There must be a working brake on each wheel.

8 - SAFETY HELMETS AND ILLEGAL EQUIPMENT

- 8.1 Cycling safety helmets approved by the BSI, ANSI, Snell or equivalent standards authorities must be worn by competitors. Helmets must be fastened before the bike is moved from the competitors allotted place in the transition area, and must remain fastened until the bike is returned to this position.
- 8.2 Helmets must remain structurally unaltered, elastic chin straps are not permitted
- 8.3 Headphones and glass containers are not permitted during the cycle section of an event
- 8.4 Cycle helmets must be worn at all times whilst riding your bike, i.e. before, during and after the event

9 - ASSISTANCE / PACING

- 9.1 During the event, competitors are individually responsible for the repair of their machines. Any assistance received other than that provided by the organisers will result in a penalty.
- 9.2 No individual support/pacing by bicycles or on foot is permitted, except where provided by the

organisers

10 - NUMBERS

10.1 Competitors must wear the race numbers provided by the organisers unaltered throughout the cycling and running sections of the event. They must be worn both on the front and back and must be attached at all four corners.

11 - COMPLETING THE COURSE

11.1 Any part of the cycle course may be covered on foot but on these occasions the competitor must carry or push their own bicycle 11.2 To finish the race every competitor must complete the marked course as instructed by race officials

12 - RUNNING

12.1 No form of locomotion other than running or walking is permitted
12.2 No individual support/pacing by bicycles or on foot is permitted, except where provided by the organiser 12.3 All competitors must wear a minimum of a T-shirt/vest, swimming suit, suitable footwear, and have their unaltered race numbers securely fixed at all four corners and clearly visible on both the front and back 12.4 Competitors must follow the directions and instructions from all race officials

13 - TRANSITION AREAS

In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends or family members into any transition area when the race is in progress.

13.1 No assistance other than that provided by the organisers is permitted
13.2 Competitors equipment must be placed in the allotted space and not where it may hinder the progress of other competitors
13.3 Competitor's cycles must be placed in the allotted space at the start and finish of the cycle section
13.4 Competitors must not ride their cycles in the transition area
13.5 Competitors must not interfere with another competitor's equipment in the transition area
13.6 Cycle helmets and clothing must be placed in the competitors allotted space in the transition area. Under certain circumstances organisers may allow running shoes to be placed outside of the transition area; for example events where there is a long run from the swimming pool to the transition area

14 - RACE REFEREE

14.1 A race referee shall be appointed by the Association for each event. The referee, with the race organiser, shall have full jurisdiction over the event. If necessary, and with the advice of local safety experts, the referee shall have the power to cancel or curtail an event on safety grounds. The race referee shall chair any race jury

15 - PENALTIES

15.1 Competitors may only be penalised by the race referee. This may be on the advice of readily identifiable race officials.
15.2 Penalties may be issued or disqualification's given at any time up to the announcement of the final results 15.3 The following penalties will be imposed for infringements
15.3.1 Disqualification:
-Abusive language
-Diving
-Failing to obey marshals
-Nudity
-Outside assistance (other than that given by the organiser)
-Tampering with the equipment of others
-Unsporting impedance
15.3.2 Formal Warning. If the fault is not rectified after a warning the ultimate sanction is Disqualification
-Helmet violations on the cycle course
-Illegal equipment (swim, cycle or run)
-Illegal progress (durina the swim. cvcle or run)

-Topless

15.3.3 Time Penalty. The time penalty for each age category is as follows:

Age

9/10 - 30 seconds

11/12 - 40 seconds

13/14 - 50 seconds

15+ - 1 minute

The time penalties will be imposed for:

-Number violations (not able to be rectified after a formal warning)

-Riding in the transition area

-Helmet violations in the transition area

15.3.4 Course irregularities result in disqualification unless the competitor returns to the point at which s/he left the course, or a point on the course prior to it, and then completes the course.

16 - APPEALS

16.1 Appeals can be made against fellow competitors, other parties involved and the race organisation.

16.2 An appeal is a request for a review of a decision made by a referee

16.3 Appeals cannot be made against 'judgement calls' by officials. Judgement calls include, but are not limited to dangerous riding and unsporting conduct

16.4 Appeals must be made in writing within one hour of a penalty being notified 16.5 The race jury shall consist of the race referee, the race organiser and one other responsible member of the association appointed by the referee

17 - PARENTAL CONSENT

Event organisers must obtain written consent from the child's parent or guardian that their child has permission to compete, is fit and healthy, that their child's cycle is roadworthy, and they agree to abide by the rules of the British Triathlon Association.