



CISM Competition Rules Triathlon

2023 Edition



These Competition Rules are the master source document, found on CISM's website. The web based document acts as the official (authorized) reference document and is maintained based on authorized amendments in accordance with recommendations by the CISM Sports Commission (CSC) Triathlon, which are accepted by the CISM Executive Board.

Contact: CISM Sports Commission

PCSC:

**Lieutenant Colonel Víctor López
ANTOLÍN**

Ministerio de Defensa, Despacho T710
Paseo de la Castellana 109
28046 MADRID
GSM +34. 606402459

vlopant@oc.mde.es

Major Jan-Henrick BÄCK

P.O Box 300 24
SE- 104 25
Stockholm, Sweden
GSM: +46703179708

Jan-henrik.back@mil.se

Lieutenant-Colonel Saleh AL DUWAISSAN

Kuwait
Qurtuba, Block 4, House44
GSM [+96599838483](tel:+96599838483)

duwaisan83@gmail.com

Major Austin PRUNEDA

USA 2 AF/Det 1
JBSA-IACKLAND
COMM : 210-671-2884
DSN : 473-2884

austin.pruneda@gmail.com
austin.pruneda@us.af.mil

Lieutenant Colonel Olivier PENIN

17 domaine de Cabri Avenue Paul Roubaud
13100 – LE THOLONET, France
GSM +33. (0)6.83.01.98.14

olivierpenin50@gmail.com

HYUNGNAM Kim

Korea
KAFAC(Korea Armed Forced Athletic
Corps)
745-812 SangMu-ro, Hogye-myon
Mungyeong

cismkorea@gmail.com

World Triathlon International Triathlon Union (ITU)

Maison du Sport International Avenue de Rhodanie 54
Lausanne CH 1007, Switzerland
Tel: +41 21614 60 30

ituhdq@triathlon.org or for general information about ITU visit www.triathlon.org



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1. INTRODUCTION

1.1. Purpose

- a.) The CISM Competition Rules are a blueprint of the **World Triathlon Competition Rules**.
- b.) The CISM Competition Rules specify the conduct and behavior of competitors during CISM competitions. Where the CISM Competition Rules do not specify, the World Triathlon Competition Rules will apply. Where the Competition Rules of the WT do not specify, the rules of FINA, UCI, FIS and World Athletics (WA) will apply in their specific segment;
- c.) The CISM Event Manual sets safety and logistical standards for Host Nation (HN) and to the Local Organizing Committee (LOC).
- d.) The CSC Triathlon certifies CISM Technical Officials.
- e.) Authority to sanction and enforce Competition Rules at CISM events is retained exclusively by CISM. The event must be planned and structured to be safe and fair.

1.2. Intention

- a.) The CISM Competition Rules are intended to:
 - (i) Create an atmosphere of sportsmanship, equality, and fair play.
 - (ii) Provide safety and protection.
 - (iii) Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action.
 - (iv) Penalize competitors who gain an unfair advantage.
 - (v) Endorse the principle that Triathlon is an individual sports and encourage individual performance and initiative.
- b.) Definitions of all terms used in these Competition Rules are provided at Appendix D. Any difficulty in the interpretation or application of these Rules should be referred to the CSC without delay.

1.3. Modifications

- a.) The competitor must not be permitted an advantage not intended by a rule. To implement this, many of the rules are in general terms. This eliminates a multiplicity of rules and provides officials with authority to adapt the rules to fit conditions. Officials base their judgment on whether an advantage, not intended by the rules, has been gained;
- b.) CISM Competition Rules will be applicable to all CISM competitions.

1.4. Exceptions

- a.) These CISM Competition Rules will be applicable to all CISM events and are to be implemented by its appointed Technical Delegate as appropriate. Where the CISM Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, those laws will override the CISM Competition Rules to the extent of the inconsistency, and athletes must be notified of the implications of these laws as early as possible and not later than prior to the start of the event. Exceptions for special circumstances in a particular event may only be gained from CISM with prior approval. A request for an exception to these Rules must be made in writing to the CSC through the Nation to whom the application has been submitted or is being submitted.

1.5. Specific Regulations

- a.) The CSC Triathlon may approve the addition of special rules for a particular race, provided



that:

- (i) Each additional special rule does not conflict with another CISM Competition Rule.
- (ii) Each additional special rule is made available in written form and is announced to the participants before the event.
- (iii) Each additional special rule and the reasons for its inclusion are advised to the CSC before the day on which the event is to be conducted. The CSC may invalidate the incorporation of an additional special rule only on the authority of the CISM Executive Board.

1.6. Unauthorized Exceptions or Additions

- a.) The unauthorized exception to or addition of a Competition Rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from national and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

1.7. Rule Updates

- a.) These Competition Rules may be changed from time to time by the CSC in its absolute discretion, under the direction of the CISM. Any such rule change(s) shall be advised in writing to the affiliated Nations at least 14 days before it is to take effect. Updated CISM Competition Rules will be posted on the CISM website



2. CONDUCT OF ATHLETES

2.1. General Conduct:

- a.) Triathlon and ITU's other related multisports involve many athletes. Race tactics are part of the interaction between athletes.
- b.) Athletes will:
 - (i) Practice good sportsmanship at all times;
 - (ii) Be responsible for their own safety and the safety of others;
 - (iii) Know, understand and follow the CISM Competition Rules, available from their NFs and on the CISM website.
 - (iv) Obey traffic regulations and instructions from race officials;
 - (v) Treat other athletes, officials, volunteers, and spectators with respect and courtesy;
 - (vi) Avoid the use of abusive language;
 - (vii) Inform a Technical Official after withdrawing from the race.

2.2. Drug Abuse:

- a.) Athletes will follow the CISM Anti-Doping Rules;
- b.) All athletes are responsible for familiarising themselves with the CISM Anti-Doping Rules including medical control tests, testing obligations and procedures, penalties and appeal processes, and forbidden substances;
- c.) CISM has implemented the CISM Anti-Doping Rules and abides by rules set by the World Anti-Doping Agency (WADA) Code.

2.3. Health:

- a.) Triathlons and ITU's other related multisports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting in a race, the athletes declare they are in good health and are in appropriate physical condition to complete the race;
- b.) Time limits for the swim leg, bike leg and overall finish time will be established for each competition by the CSC. These limits must be published in the pre-event registration material.
- c.) CISM encourages athletes to perform periodic health evaluation (PHE)

2.4. Eligibility:

- a.) Elite Triathlon Military World Championships
 - (i) A nation may name a maximum of six (6) men and six (6) women to their National Elite Team.
- b.) Senior Triathlon Military World Championship
 - (i) A nation may name a maximum of three (3) men and three (3) women to their National Seniors Team;
 - (ii) Age Requirement:
 - (a) Men: 40 years or more on 31 December in the year of the competition;
 - (b) Women: 35 years or more on 31 December in the year of the competition.

2.5. Registration

- a.) Language and Communication
 - (i) The official language is English;



- (ii) Translators will be provided by Nations.
- b.) Team Uniforms
 - (i) For CISM Championships, each athlete must wear the official team uniform of the country he/she represents. Failure to do so will result in their inability to participate or disqualification;
 - (ii) All National Team Uniforms must conform with the CISM Uniform Guidelines (Ann F);

2.6. Pre-Race Meeting (Athletes meeting)

- a.) A compulsory meeting of athletes will be held before all CISM competitions and will be conducted by the PCSC, the Competition Manager and the Race Referee,
- b.) All athletes must be in attendance,
- c.) Each athlete must bring his ID and sign the participants list,
- d.) Absent athletes can participate only by authorization of the OCR on advice by the CSC,
- e.) Names of relay team members must be submitted by the team captain.

2.7. Packet Pick-Up

- a.) At Military World Championships, elite and senior athletes will pick up their race packet at Registration and the Race Briefing; and
- b.) Relay team members must pick up their team race packet at registration.

2.8. Packet Contents

- a.) Individual Race packets will contain a minimum of :
 - (i) Five (5) official race numbers (one bib number, one bike sticker number and three helmet stickers) and four safety pins;
 - (ii) Security/Credentials Pass;
 - (iii) Schedule of Events;
 - (iv) Start List;
 - (v) Course maps;
 - (vi) Competition Rules specific to the competition. (It is the athlete's responsibility to know the CISM Competition Rules. It is the Nations responsibility to ensure that athletes have a copy of the CISM Competition Rules).
- b.) Relay team race packets will contain a minimum of:
 - (i) Four (4) sets of Five (5) official race numbers (one bib number, one bike sticker number and three helmet stickers) and four sets of four safety pins. The teams numbers are to be sequential (eg. 11, 12, 13, 14);
 - (ii) Security/Credentials Pass;
 - (iii) Schedule of Events;
 - (iv) Start List;
 - (v) Course maps; and
 - (vi) Competition Rules specific to the competition. (It is the athlete's responsibility to know the CISM Competition Rules. It is the Nations responsibility to ensure that athletes have a copy of the CISM Competition Rules).

2.9. Race Day Check-in:

- a.) Technical Officials will conduct the race day check-in at the Athletes' Lounge.



2.10. Timing and Results:

- a.) The official results shall be in accordance with the ORIS standards. Time splits to be included are:
 - (i) Swim or first segment;
 - (ii) Transition 1;
 - (iii) Bike;
 - (iv) Transition 2;
 - (v) Run;
 - (vi) Overall finish time.

- b.) Mixed relay team results shall be in accordance with the ORIS standards. In addition to the overall team finish time, the time splits to be included for each member of the team are:
 - (i) Swim or first segment;
 - (ii) Transition 1;
 - (iii) Bike;
 - (iv) Transition 2; and
 - (v) Run.

- c.) Results will include athletes who do not finish (DNF) and those athletes who were entered but did not start (DNS).

- d.) Results will include disqualifications (DSQ) and reasons;



3. PENALTIES:

3.1. General Rules:

- a.) Failure to comply with the CISM Competition Rules may result in an athlete being warned (verbally or given a “stop and go” time penalty), disqualified, suspended, or expelled;
- b.) The nature of the rule violation will determine the resulting penalty.
- c.) A suspension or an expulsion should be very rare, but will occur with very serious violations of either the CISM Competition Rules or the CISM Anti-Doping Rules.
- d.) Reasons for Penalty: An athlete may be issued a warning (verbal or a “stop and go” time penalty) or disqualified for failing to abide by the CISM Competition Rules. All the infringements and penalties are listed in Appendix F.
- e.) The Technical Officials are allowed to assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally.

3.2. Warnings:

- a.) A time penalty is an appropriate penalty for infringements, which do not warrant a disqualification;
- b.) The purpose of a warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of officials. A time penalty is appropriate for minor infringements;
- c.) Time penalties will be served in a designated Penalty Box or in the Transition Area.
- d.) Giving a Warning:
 - (i) A warning will be given at the discretion of the Technical Official. If time and conditions permit, a Technical Official will assess a warning by:
 - (a) Sounding a whistle or horn; showing a yellow card;
 - (b) Calling (in English) the athlete's number and saying “Time Penalty”(if appropriate).
 - (c) For safety reasons, a Technical Official may have to delay issuing a warning.
 - (ii) Alternatively the athletes may be informed about the penalties by displaying the athlete’s number on a panel posted at the entrance of the penalty box. It is the athlete’s responsibility to check this board.
- e.) A warning may be given when:
 - (i) An athlete violates a rule unintentionally;
 - (ii) A Technical Official believes a violation is about to occur;
 - (iii) No advantage has been gained.
- f.) Procedure during serving a time penalty;
 - (i) When given a yellow card, the athlete will follow the instructions of the Technical Official. h.) Time Penalty in Transition
 - (i) The Technical Official will hold a yellow card as the penalized athlete arrives at his/her position. The athlete will be ordered to stop in his/her transition space without touching any equipment.
 - (ii) Once the athlete stops, the Technical Official starts to time the penalty.
 - (iii) When the penalty time is completed, the Technical Official will say “Go” and the athlete can continue with the race.
- g.) Time Penalty at the Bike Penalty Box:
 - (i) The athlete will be told by the Technical Official to enter the next Penalty Box and follow the instructions of the Technical Official there. It is the athlete’s



- responsibility to report.
- (ii) The penalised athletes will proceed into the Penalty Box and inform the Technical Official of their identity. The time penalty starts when the athlete enters the Penalty Box. At the end of the penalty time, the Technical Official will say "Go" and the athlete can continue with the race.
- i.) Time Penalty at the Run Penalty Box:
 - (i) The penalised athletes' numbers will be clearly displayed on a board before the Penalty Box;
 - (ii) The penalised athletes will proceed into the Penalty Box and will inform the Technical Official of their identity. The penalty time starts when the athlete enters the Penalty Box. At the end of the penalty time, the Technical Official will allow the athlete to exit, and the athlete can continue with the race;
 - (iii) The penalised athlete's number will be removed from the white board.
 - j.) Time penalties for relay teams on either the bike or the run may be served by any relay team member who has not yet completed their leg of the relay.

3.3. Disqualification:

- a.) General:
 - (i) A disqualification is a penalty appropriate for severe rule violations, or dangerous or unsportsmanlike conduct.
- b.) Assessment:
 - (i) If time and conditions permit, a Technical Official will assess a disqualification by:
 - (a) Sounding a whistle or horn;
 - (b) Showing a red card;
 - (c) Calling (in English) the athlete's number and saying "Disqualified";
 - (d) For safety reasons, a Technical Official may have to delay issuing a disqualification.
 - (ii) Alternatively the athletes may be informed about the penalties by displaying the athlete's number on the white board posted at the post finish area.
- c.) Procedure after Disqualification:
 - (i) An athlete may finish the race if a Technical Official calls a disqualification. A disqualified athlete may appeal the decision in accordance with the provisions of Appeals Procedure of the CISM Competition Rules.

3.4. Suspension:

- a.) General:
 - (i) Suspension is a penalty appropriate for fraudulent or very severe rule violation, or repeated dangerous or unsportsmanlike conduct;
 - (ii) A suspended athlete will not take part in CISM competitions or competitions sanctioned by NFs affiliated with CISM during a suspension period.
- b.) Assessment:
 - (i) The procedure is the same as the disqualification procedure. The athlete will be informed at the end of the race and a report will be sent to the CISM Executive Board for possible suspension.
 - (ii) Suspensions will be assessed by the CISM Executive Board, for a period of three (3) months to four (4) years, depending on the violation.
- c.) Reasons for Suspension:



- (i) A list of infringements, which may result in a suspension, is described in
- (a) Appendix F;

3.5. Expulsion:

a.) General:

- (i) Athletes who have been expelled will not participate in CISM competitions for life.

b.) Reasons for Expulsion:

- (i) An athlete will be expelled for life for repeated rule violations that incur suspension as the penalty.
- (ii) Expulsion due to Drug Abuse: If the suspension or expulsion is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognised by CISM, CISM, IOC or GAISF (General Assembly of International Summer Federations) and vice versa.

c.) Disciplinary Notice:

- (i) When an athlete is suspended or expelled, the President of CISM will notify the concerned NF, in writing, within 30 days;
- (ii) All suspensions and expulsions will be communicated to the CISM, IOC and GAISF.

3.6. Right of Appeal:

- a.) Athletes charged with a violation have the right to appeal.

3.7. Reinstatement:

- a.) After suspension, an athlete must apply to the CISM Executive Board for reinstatement.



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 a 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.

4.2. Wetsuit Use:

- a.) Wetsuit use is governed by the following tables:

Elite

Swim Length	Forbidden	Mandatory Below	Maximum Stay in Water
Up to 1500 m	20° and above	14°	30 min
1501 m and longer	22° and above	16°	1h15 min

4.2. Wetsuit Use:

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Elite

Swim Length	Forbidden	Mandatory Below	Maximum Stay in Water
Up to 1500 m	20° and above	14°	30 min
1501 m and longer	22° and above	16°	1h15 min

4.3. Modifications

- a.) The swim distance can be shortened or even cancelled according to this table:

Original swim distance	Temperature of water				
	Above 32 ° c	31.9 °C – 31.0 ° C	30.9 °C – 16.0 °C	15.9°C – 15.0°C	Below 13.0°C
750 m	Cancel	750 m	750 m	750 m	Cancel
1500 m	Cancel	1500 m	1500 m	750 m	Cancel

Note: The temperatures above are not always the water temperature used in the final decision. If the air temperature is lower than the water temperature, used in the final decision. If the water temperature is lower than 22 ° C and the air temperature is lower than 15 ° C, then adjusted value is to decrease the measured water temperature according to the next chart.



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

- b.) If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. e Technical and Medical Delegates may adapt limits on the swim length or provisions about the wetsuit use. The final decision will be made one hour before the start and will be clearly communicated to the athletes by the Technical Delegate.
- c.) Water temperature must be taken one (1) hour prior to the start of the event on race day. It must be taken at the middle of the course and in two other areas on the swim course, at a depth of 60 cm. The lowest measured temperature will be considered as the official water temperature.
- d.) Athletes must wear their CISM approved uniform for non-wetsuit swims. If athletes choose to wear a second suit, it must be worn underneath the official uniform and cannot be removed during the entire competition.

4.4. Starting Position Selection:

- a.) At the General Assembly the PCSC and the delegate of the HN will conduct the official starting position draw.
- b.) The teams will go directly to the selected box and stay in there until the start. c.) Start-line Technical Officials note each athlete's race number.

4.5. Start Procedure:

- a.) After all athletes are in position (confirmed and noted by the Start-line Technical Officials) "On your marks!" is announced and the athletes step forward to the start-line (without stepping on it).
- b.) Any time after the announcement, the start signal will be given, by blasting a horn and the athletes will move directly forward towards the first turn buoy (triathlon).
- c.) The following Technical Officials are involved in the start procedure with equipment:
 - (i) Two Start Technical Officials are standing beside each other in the middle of the start area behind the athletes;
 - (a) The first Start Technical Official is responsible for announcing "On your marks";
 - (b) The second Start Technical Official is responsible for giving the start signal;
 - (ii) Two False Start Technical Officials stand on both sides of the start area to have a clear view of the start;
 - (a) An air horn is used to provide a false start signal (several short horn blasts);
 - (b) A photo/video camera is used to identify early starts;
- d.) False Start: In case of a false start (several athletes move forward before the start horn) the athletes must come back to their previously selected position. This will be controlled



- by the Start- line Technical Officials and the start procedure will begin again.
- e.) Early Start: In the case of an early start of a few athletes, the race can continue, the False Start Technical Officials can decide the start valid. The early starters will receive a 15 seconds Stop and Go time penalty in Transition 1.
 - f.) The same procedure will apply for the start of any other Multisport event starting with running with adaptations from swim start to run start.
 - g.) Only the first competitor from each mixed relay team lines up at the start of the mixed relay team event. The remaining three team members are required to be checked in and waiting in the exchange zone area.

4.6. Equipment:

- a.) Legal Equipment:
 - (i) An athlete must wear the swim cap provided by the LOC at all times during the swim. If an athlete decides to wear additional swim caps, the one provided by the LOC must be the external one.
 - (ii) Goggles and nose clips are allowed.
 - (iii) Only CISM certified wetsuits are allowed when wetsuit use is permitted..
- b.) Illegal Equipment:
 - (i) Athletes must not use:
 - (a) Artificial propulsion devices;
 - (b) Flotation devices;
 - (c) Gloves or socks
 - (d) Wetsuits with thickness exceeding 5mm;
 - (e) Wetsuit bottoms only;
 - (f) Wetsuits when they are forbidden because of the water temperature;
 - (g) Non-certified swimsuits;
 - (h) Clothing covering any part of the arms below the shoulders and clothing covering any part of the leg below the knees.



5. CYCLING CONDUCT:

5.1. General Rules:

a.) Bike Check

A bike check will take place one, two or three day(s) before the competition to get approval from the Technical Officials to allow time for competitors to make modifications, if necessary, to comply with the rules;

b.) Drafting

- (i) There is no drafting allowed between:
 - (a) men and women;

c.) 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.

d.) Dangerous Behaviour

- (i) Athletes must obey the specific traffic regulations for the event, unless a Technical Official advises otherwise;
- (ii) Athletes leaving the field of play for safety reasons have to return to it without gaining any advantage. If an advantage is gained due to this action, the athlete will receive a time penalty to be served in the transition area for Age-Groupers and at the run penalty box for everyone else.
- (iii) Dangerous riding may result in a penalty. This includes but is not limited to passing another athlete on the wrong side.
- (iv) Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- (v) Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.
- (vi) Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the CSC CISM for potential suspension or expulsion.

5.2. Equipment:

a.) In general, UCI rules (as 1st January of the current year) will apply:

- (i) UCI road race rules for draft-legal triathlon and duathlon races.
- (ii) UCI time trial rules for draft-illegal triathlon and duathlon races.
- (iii) UCI MTB rules for winter triathlon, cross triathlon and cross duathlon races.

b.) Bikes must have the following characteristics:

- (i) For draft-legal races, the frame of the bike shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements, which may be round, oval, flattened, teardrop shaped or otherwise in cross-section.
- (ii) The frame will be no more than two (2) metres long, and fifty (50) centimetres wide for draft- legal competitions. For all other competitions, two (2) metres long and seventy-five (75) centimetres wide will be permitted.



- (iii) The frame will measure at least 24 centimetres from the ground to the centre of the chain wheel axle.
- (iv) There will be a vertical line touching the front-most point of the saddle which will be no more than 5 centimetres in front of, and no more than 15 centimetres behind, a vertical line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.
- (v) There will be no less than 54 centimetres and no more than 65 centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle.
- (vi) Fairings are prohibited.
- (vii) Non-traditional or unusual bikes or equipment shall be illegal unless prior approval has been granted from the Technical Delegate, prior to the start of the competition.

c.) Wheels:

- (i) No wheel may contain any mechanisms, which are capable of accelerating it.
- (ii) Tyres must be well glued, headsets tight and wheels true.
- (iii) There must be a brake on each wheel. Disk brakes are allowed
- (iv) Wheels can be replaced only at official Wheel Stations where provided.
- (v) Officials at the Wheel Station will give the proper wheel to the athlete. The athlete is responsible for replacing the wheel in the forks. Wheels designated specifically for other athletes or teams cannot be used.
- (vi) For draft-legal competitions, wheels must have the following characteristics:
 - (a) A diameter between 70 cm maximum and 55 cm minimum, including the tyre.
 - (b) Both wheels should be of equal dimension.
 - (c) Wheels shall have at least 12 spokes.
 - (d) Spokes can be round, flattened or oval, provided their width does not exceed 10 mm.
- (vii) For draft-illegal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Technical Delegate in the interest of safety, i.e. high- winds.

d.) Handlebars:

- (i) For draft-legal races the following rule on handlebars apply:
 - (a) Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - (b) Brake levers or gear levers must not be attached to the clip-ons The height difference between the highest point of the clip-on and the lowest inner part of the elbow rest cannot exceed 10 cm;
 - (c) Water bottles and water bottle holders may not be mounted onto the handlebars.
 - (d) Clip-ons are not allowed.
- (ii) For draft-illegal races, the following rules on handlebars apply:
 - (a) Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces don't need to be bridged. All tube ends have to be plugged.



e.) Helmets

- (i) The following applies during competition and also during familiarization sessions and official training:
 - (a) Helmets must be approved by a national accredited testing authority recognized by an NF affiliated with CISM;
 - (b) An alteration to any part of the helmet, including the chinstrap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited;
 - (c) The helmet must be securely fastened at all times when the athlete is in possession of the bike. If an athlete moves the bike off the course through disorientation, or for safety reasons, or to carry out mechanical repairs, or to use the toilet, the athlete may not unfasten or remove the helmet until after he/she has moved outside the boundary of the bike course route and has dismounted the bike; and he/she must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike.
 - (d) Helmets must comply with the CISM Uniform Rules.

f.) Platform Pedals

- (i) Platform pedals are allowed, provided a quick-release mechanism is fitted to ensure the release of the feet in case of a fall.

g.) Illegal Equipment

- (i) Illegal equipment includes, but is not limited to:
 - (a) Headphone(s) or headset(s);
 - (b) Glass containers;
 - (c) Mobile phone(s) or any other electronic listening communication device.
 - (d) Bike or parts of the bike not complying with these rules.
 - (e) Uniform not complying with the CISM Uniform Rules.

h.) Relay team members may use the same bike.

5.3. Bike Check:

- a.) A bike check will take place before the athletes access to the Transition Area before the competition. Technical Officials will check that bikes comply with the CISM Competition Rules.
- b.) Athletes may request approval from the Technical Delegate during the Athletes' Briefing to allow them to make modifications, if necessary, to comply with the rules.

5.4. Overlapping:

- a.) Athletes who have been lapped during the bike segment of draft-legal races will not be withdrawn from the race.
- b.) This provision can be modified by the CSC.

5.5. Drafting:

a.) General Guidelines

- (i) There are two kinds of competitions, depending of the allowance of drafting:
 - (a) Draft-legal races
 - (b) Draft-illegal races (see CISM Competition Rules)
- (ii) Drafting is forbidden between



- (a) men and women
- b.) Drafting from a motor vehicle is forbidden. Athletes must reject attempts by others to draft; c.) To draft is to enter the bicycle or vehicle drafting zone:
 - (i) Bicycle draft zone: the draft zone will be a rectangle. The width will always be 3 metres wide. The centre of the leading 3-metre edge will be measured from the leading edge of the front wheel. The length of the rectangle will depend on the distance of the race: for Long distance events the length will measure 12 metres; for Standard distance events or shorter, the length will measure 10 metres.
 - (ii) 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.
 - (iii) Vehicle draft zone will be a rectangle thirty-five (35) metres long by five (5) metres wide, which surrounds every vehicle on the bike segment. The front edge of the vehicle will define the centre of the leading 5 metre edge of the rectangle.
 - (iv) Entry into the bicycle drafting zone: An athlete may enter a bike draft zone in the following circumstances:
 - (a) If the athlete enters the draft zone, and progresses through it within 20 seconds in the overtaking manoeuvre;
 - (b) For safety reasons;
 - (c) 100 metres before and after an aid station or transition area;
 - (d) At an acute turn;
 - (e) If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.
 - (v) Overtaking:
 - (a) An athlete is passed when another athlete's front wheel is ahead of theirs;
 - (b) Once overtaken, an athlete must move out of the draft zone of the leading athlete within 5 seconds.
 - (c) Athletes must keep 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.

5.6. Penalties for Drafting:

- a.) Technical Officials will notify the athletes who draft they are subject to a time penalty sanction. This notification must be clear and unambiguous.
- b.) The athlete sanctioned has to stop in the next Penalty Box and must stay there for a specific time depending on the race distance. 1 minute for sprint distance, 2 minutes for standard distance and 5 minutes for long distance.
- c.) It is the athlete's responsibility to stop in the next Penalty Box. Failing to stop will result in disqualification.
- d.) A second drafting offence will lead to a disqualification in standard distance events or shorter. e.) The third drafting offence will lead to disqualification for Long Distance events.

6. RUNNING CONDUCT:



6.1. General Rules:

- a.) The athletes will:
 - (i) Run or walk;
 - (ii) Not crawl;
 - (iii) Not run with a bare torso;
 - (iv) Not run without shoes or run barefoot on any part of the course;
 - (v) Not run with a bike helmet on;
 - (vi) Not use posts, trees or other fixed elements to assist manoeuvring curves;
 - (vii) Not be accompanied by team members, team managers or other pacemakers on the course.
- b.) Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c.) Where an athlete makes contact with another athlete during the run continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d.) Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

6.2. Finish Definition:

- a.) An athlete will be judged as "finished," the moment any part of the torso, reaches the perpendicular line extending from the leading edge of the finish line.
- b.) A relay team will be judged as "finished", when the fourth member of the team crosses the finish line as described in para 6.2. a.

6.3. Safety Guidelines:

- a.) The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the competition.

6.4. Illegal Equipment:

- a.) Headphone(s) and headset(s);
- b.) Glass containers;
- c.) Mobile phones or any other electronic listening communication device;
- d.) Uniform not complying with the CISM Uniform Rules.
- e.) Shoes:
 - (i) CISM Triathlon follows World Athletics' Shoe Regulations applicable to road events for all the triathlon.
 - (ii) Customized shoes, as defined in the World Athletics' Shoe Regulations, are permitted to be worn in competitions following approval from the CSC Triathlon;
 - (iii) Development shoes, as defined in the World Athletics' Shoe Regulations, are not permitted.



7. TRANSITION AREA CONDUCT:

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 ensure all unused personal equipment stays within their transition area space and is not placed on the field of play or placed in the space of another athlete. If a bin is provided, any unused equipment must be placed within the athlete's space on the ground beside the bin. All equipment already used must be deposited in the bin. An equipment piece is considered deposited when one part of the equipment is inside the bin.
- d.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike. Running shoes can be placed in front of or outside the box as close as possible to the bike rack.
- e.) Athletes must not impede the progress of other athletes in the Transition Area;
- f.) Athletes must not interfere with another athlete's equipment in the Transition Area;
- g.) Cycling is not permitted inside the Transition Area: Athletes must mount their bicycles after the mount line and dismount their bicycles before the dismount line;
- h.) When horizontal bar racks are used for transition one, bikes must be left at the rack in an upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing to the middle of transition lane;
- i.) Nudity or indecent exposure is forbidden;
- j.) Only items used during the competition can be placed in the Transition Area during the competition;
- k.) Athletes can not stop in the flow zones of the Transition Area;
- l.) Marking positions in the Transition Area is not allowed. Marks will be removed and the athletes will not be notified.
- m.) All athletes must have their helmet securely fastened and cannot touch the locking mechanism of the helmet from the time they remove their bike from the rack before the start of the bike segment until after they have placed their bike on the rack and let go after the finish of the bike segment.



8. COMPETITION CATEGORIES

8.1. Triathlon Military World Championships (CISM):

- a.) Elite Men and Women;
- b.) Senior Men and Women;
- c.) Mixed relay: 2 men and 2 women competing one after another in a relay format.

8.2. Triathlon Continental CISM Championships and Regional CISM events:

- a.) HN's hosting a Continental Championship or Regional CISM event are strongly encouraged to include each of these categories.

9. PRIZES AND AWARDS

9.1. Medals

- a.) Athletes who place 1st, 2nd or 3rd at a CISM Triathlon will be awarded an official CISM medal (gold, silver, bronze)
- b.) The medal will be presented at an awards ceremony.
- c.) The host nation shall offer the following official medals (CISM procedures):
- d.) Table

Category	Gender	Gold	Silver	Bronze	Size
Elite	Men	1	1	1	50 mm
	Women	1	1	1	50 mm
	Mixed Relay	4	4	4	40 mm
Seniors	Men	1	1	1	50 mm
	Women	1	1	1	50 mm
	Mixed Relay	4	4	4	40 mm
Total		12	12	12	

9.2. Trophies

- a.) Mixed Relay Categories:
 - (i) Mixed relay elite: Relay standing will be determined by the total time required for all 4 members to complete the distance one at a time in a continuous fashion. Note, seniors can be included in the elite team relay but the team will race elite;
 - (ii) Mixed relay senior: Relay standing will be determined by the total time required for all 4 members to complete the distance one at a time in a continuous fashion. Note, elite athletes cannot be included in senior relay.
- b.) In the event of a tie:
 - (i) Women and men elite team: the placing of the third (3) member nearest the overall winner will break the tie;
 - (ii) Mixed elite: the placing of the third (3) woman nearest the overall winner will break the tie;
 - (iii) Mixed senior: the placing of the first senior woman nearest the overall winner (senior) will break the tie.
- c.) Challenge Trophy



- (i) A challenge trophy will be awarded each year to the nation with the best time, adding the times of the team categories: elite women, elite men and senior team.
- d.) Fair Play Trophy
 - (i) A fair play trophy may be awarded to a nation or athlete that has shown exemplary friendliness and sportsmanship throughout the stay and particularly during the competition.
 - (ii) Composition of the jury:
 - (a) Official CISM Representative;
 - (b) Chair LOC;
 - (c) PCSC;
 - (d) Referee.
 - (e) The jury shall meet after the competition.
- e.) Other awards
 - (i) Other awards may be issued on the initiative of the host nation.



10. TECHNICAL OFFICIALS

10.1. General

- a.) The duties of the Technical Officials are to conduct the Competition in accordance with the CISM Competition Rules. Officials and members of a Jury can't participate in an official race.
- b.) CISM Technical Officials
 - (i) The officials at all CISM races are:
 - (ii) The CSC and the CISM Technical Delegate (TD) ensures all aspects of the CISM Competition Rules are fulfilled
 - (iii) The Referee checks the certification of the Technical Officials and makes final judgments on rule violations;
 - (iv) The Chief Race Official (CRO) assigns and monitors the work of all Technical Officials;
 - (v) Technical Officials are assigned to Registration, Start, Finish, Transition Area(s), Swim, Bike, Run, Wheel Stations, Prime Lines, Aid Stations, Technology, Penalty Boxes and Vehicle Control. An adequate number of Technical Officials will be assigned to each area and will be responsible for the enforcement of CISM Competition Rules within their assigned jurisdiction;
 - (vi) The Medical Director – appointed by the CISM Medical Committee – is responsible for all medical and doping issues on behalf of CISM.

10.2. Competition Jury

- a.) For CISM and CISM(R) events, the Competition Jury consists of min three (3) people, being the CSC. If no members of the CSC are present, three Team captains and or Chiefs of mission will be appointed during the preliminary meeting.
- b.) Duties of the Competition Jury
 - (i) The Competition Jury rules on all appeals and all protests;
 - (ii) The Competition Jury has the authority to modify the competition results as a consequence of its decision on the appeal or protest;
 - (iii) The Competition Jury must be available starting before the Athletes' Briefing until after the end of competition;
 - (iv) The Competition Jury chair is responsible for filing a written statement on all appeals and decisions reached.
- c.) Competition Jury meetings schedule:
 - (i) Competition Jury will meet, at minimum:
 - (ii) After the race briefing;
 - (iii) One hour before the start of the event;
 - (iv) After the last finisher.

10.3. Jury Integrity

- a.) The Competition Jury observes the following principles:
 - (i) Give equal weight to the evidence and testimony provided by all;
 - (ii) Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
 - (iii) Keep an open mind until all evidence has been submitted;
- b.) Recognize that a competitor is innocent until the alleged violation has been established to the complete satisfaction of the Jury.



10.4. Conflict of interest:

- a.) The chair of the Competition Jury decides if any member has a conflict of interest.
- b.) In case of a conflict of interest, the chair of the Competition Jury can replace the member who has the conflict of interest at his/her discretion.
- c.) The chair of the Competition Jury is deemed not to have a conflict of interest.

10.5. Technology Tools:

- a.) Officials may use any kind of electric, electronic, magnetic, or other technological support to acquire data or evidence on rule infractions.



11. PROTESTS

11.1. General

- a.) A protest is against the conduct of an athlete, Technical Official, or the conditions of the competition. An athlete or an NF designate may file a protest with the Referee provided the protest has not been previously observed by the Technical Officials and ruled upon by the Referee.
- b.) Where CISM Competition Rules do not cover the issue, FINA, UCI, FIS and IAAF Rules will apply.

11.2. Protests Concerning Eligibility:

- a.) Protests concerning the eligibility of an athlete shall be made to the Referee before the Athletes' Briefing. The Competition Jury will decide on this in a meeting scheduled immediately after the Athletes' Briefing.

11.3. Protests Concerning the Course

- a.) Protests concerning the safety of the course or its variance to the regulations must be made to the Referee no later than twenty-four (24) hours before the start of the race.

11.4. Protests Concerning the Race

- a.) An athlete, who protests against another athlete or official, must do so to the Referee within fifteen (15) minutes of his/her finish time. However, the intention to write a protest has to be announced to the Referee within five (5) minutes of his/her finish time. After this deadline, only protests following this process will be admitted.

11.5. Protests Concerning Timing and Results

- a.) Protests concerning an error in timing must be delivered within thirty (30) minutes after the posting of the unofficial results by the RR. A Nation may protest the official results 30 days after the competition, in writing, to the President of the CISM.

11.6. Protests Concerning Equipment

- a.) Protests concerning an athlete's equipment, which infringes on the conditions set out in the CISM Rules, must be delivered to the Referee fifteen (15) minutes after his/her finish time. However, the intention to write a protest has to be announced to the Referee within five (5) minutes of his/her finish time. After this deadline, only protests following this process will be admitted.

11.7. Contents of a Protest:

- a.) A deposit of \$50 USD, or its equivalent, must accompany the appropriate protest and will be refunded if the protest is successful. If the protest is denied, there will be no refund and the money will be retained by CISM. Protest forms may be obtained from the Referee. A sample of the protest form is included in Appendix B.
 - (i) Information to be included:
 - (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.



11.8. Protest Procedures:

- a.) The following procedure will be followed in the event of a protest:
- b.) Protests will be filed to the Referee, signed by the protester, within the time limits specified above;
- c.) The protester and the accused and/or their national coach or representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Competition Jury will determine if absence from the hearing is valid;
- d.) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them;
- e.) A representative for either the protester or the accused may be designated to appear if approved by the Chairperson of the Competition Jury;
- f.) The hearing will not be open to the public;
- g.) The Competition Jury Chairperson will read the protest;
- h.) The protester and the accused will be given adequate time to give their accounts of the incident;
- i.) Witnesses (two each) may speak for three (3) minutes each;
- j.) The Competition Jury will hear the evidence and render a decision, by simple majority;
- k.) The decision will be posted immediately and delivered in writing to the parties upon request.
- l.) **Protest Time Limit:** The time for an elite athlete, or official team representative, to file a protest is no later than 15 minutes after finishing and the time to appeal is no later than 15 minutes after finishing or the posting of the infraction, whichever is later. However, the intention to write a protest must be announced within five (5) minutes after finishing or posting of the infraction. After this deadline only announced protests will be admitted. For team competitions, this time limit is related to the final team time.



12. APPEALS

12.1. Appeal Jurisdiction:

- a.) An appeal is a request for a review of a decision made by the Referee. A sample of the Appeal Form is available in Appendix C.
- b.) Where CISM Competition Rules do not cover the incident, FINA, UCI, FIS and IAAF Rules will apply.

12.2. Levels of Appeal:

- a.) Level 1: A Representative of an NF or an athlete may appeal the decision of the Referee to the Competition Jury. Each appeal will be accompanied by a fee of \$50 USD or equivalent. It will be refunded if the appeal is successful. If the appeal is denied, there will be no refund and the money will be retained by CISM. The time for an athlete or official team representative to file an appeal is no later than fifteen (15) minutes after his or her finishing time or the posting of the infraction, whichever is later. However, the intention to write an appeal must be announced to the Referee within five (5) minutes of his/her finishing time or posting of the infraction. After this deadline, only protests following this process will be admitted. For team competitions, this time limit is related to the final team time.
- b.) Level 2: The decision of the Competition Jury may be appealed to the CISM Executive Board. Such an appeal must be received by the CISM President within 14 days of the decision of the Competition Jury.
- c.) Level 3: The decision of the CISM Executive Board may be appealed, as a final and last resort, to the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of any recourse to ordinary courts. Any decision taken by the said court (CAS) shall be without appeal and shall be binding on the parties concerned.

12.3. Appeal Contents:

- a.) The appropriate appeal form can be obtained from the Referee and must be submitted with an appeal fee of \$50 USD or equivalent.
- b.) An appeal will contain:
 - (i) Competition name, location, date;
 - (ii) Appellant's name, address, phone, fax, email;
 - (iii) Witness(es) name(s);
 - (iv) Alleged decision appealed;
 - (v) Facts of the violation;
 - (vi) Rationale/summary of appeal.

12.4. Appeal Procedures:

- a.) The following procedure will be followed in the event of an appeal:
- b.) Appeals will be filed in writing to the Referee, signed by the appellant, within the time limits specified above;
- c.) The appellant and the accused and/or their national representative must be present. If the appellant does not attend, the appeals hearing may be postponed or cancelled. The Competition Jury will determine if absence from the hearing is valid;
- d.) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them;
- e.) A representative for either the appellant or the accused may be designated to appear if approved by the Chairperson of the Competition Jury;



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- f.) The hearing will not be open to the public;
- g.) The Competition Jury Chairperson will read the appeal;
- h.) The appellant and the accused will be given adequate time to give their accounts of the incident; i.) Witnesses (two each) may speak for three (3) minutes each;
- j.) The Competition Jury will hear the evidence and render a decision, by simple majority;
- k.) The decision will be posted immediately and delivered in writing to the parties upon request.



Additional Competition Rules

13. MIXED RELAY TEAM CHAMPIONSHIPS

13.1 General

- a. The team competition is not an individual competition, but rather developed from the “Relay” format, used in Athletics, swimming, Track cycling or Cross country ski, to rank Countries at a specific event;
- b. The Team Championship is held as a relay of National teams competing all at the same time. The athletes composing the relay, must have completed the individual race championship;
- c. In a relay all athletes must complete his/her own Triathlon before passing the relay to his/her team mates;
- d. In this competition only a fraction of the overall distance of the Short course is completed by each member of the relay.

13.2 Mixed Relay Competition Details

- a. Relay team members compete in the following order: Woman, Man, Woman, Man;
- b. The team;s final ranking is based on the time from the start of the first team member until the fourth team member finishes. Time does not stop between relay members;
- c. Mixed relays are draft legal competitions;
- d. False start and helmet strap violations are to be served by the athlete who committed the violation. Bike and run violations may be served by any member of the relay team who has not yet finished their leg of the competition;
- e. Mixed Relay Exchange:
 - i. The relay exchange is to take place within an official exchange zone that is 15 meters long;
 - ii. The relay exchange is made by the incoming athlete using their hand to tag the outgoing athletes body;
 - iii. If the exchange accidentally occurs outside the designed exchange zone a 10 second penalty will be assessed to be served in a penalty box. If the exchange occurs on purpose outside the exchange zone the relay team will be disqualified;
 - iv. If no exchange occurs the relay team will be disqualified;
 - v. The relay athletes who are waiting their turn will wait in a pre-relay exchange area until an official tells them to enter the exchange zone.

13.3 Team Make-up

- a. Four athletes make up a team;
- b. Distances for relay Triathlon competitions are: (300m Swim, 8k Biking, 2k Running) X 4;
- c. Team Uniforms: All team members will wear their country’s uniform, which must comply with the CISM Uniform guidelines, including their letter country code. Each competitor must also:
 - (1) Wear an unaltered competition number;
 - (2) “Wear” the body marking as determined by the host LOC and sponsors;
- d. Team Captain: Each team must name a team captain, who will be responsible for team tactics. No team managers will be allowed on the courses, except in designated coaching areas.



Appendices CISM Competition Rules

Appendix A

Standard Distance Categories:

Triathlon:

	Swim	Cycle	Run
Distance S (Sprint)	750 m	20 km	5 km
Distance M (Olympic)	1.5 km	40 km	10 km
Half Distance	1,9 km	90 km	21,1 km
Distance L (Double Olympic ITU)	3 km	80 km	20 km
Distance XL (Triple Olympic ITU)	4 km	120 km	30 km
Long Distance: commonly referred to as Ironman	3,8 km	180 km	42,2 km

Definitions

Aid/Outside Assistance: Any food, drink, equipment or relief allowed by the CISM Competition Rules.

Appeal: A request to the Competition Jury of an event or the CISM Executive Board for a review of the decision of the Referee/Competition Jury. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to the CISM Executive Board independently.)

Appellant: An athlete submitting an appeal.

Aquathlon: The term recognised by the CISM for a sport of individual character and motivation that combines swimming and running skills in continuum.

Assistance: Any attempt by an unauthorised or unofficial source to help or to stabilise an athlete.

Assistant Chief / Technical Official: Responsible to the Chief Technical Official for coordinating the employment of the Technical Officials assigned to his/her race course segment or area.

Athletes: The competitors who register for and compete in CISM events.



- Bike Course:** Part of the race course over which it has been defined in the Athletes' Briefing the bike is to be ridden, walked or carried within distinctive lane boundaries. The bike course commences from the Mount Line and concludes at the Dismount Line.
- Blocking:** The deliberate impeding or obstructing of progress of one athlete by another. An athlete on the bike course, who is not keeping to the appropriate side of the road.
- Charge:** The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress. Chief Technical
- Official:** Appointed by the Referee and is responsible for the control and coordination of the deployment of Technical Officials.
- Clean Start:** All the athletes start after the horn. The race continues.
- Competition Jury:** The CISM Sports Commission Triathlon. It is held responsible to determine, to hear and to rule on all appeals against decisions handed down through the Referee, including decisions on protests.
- Competition Rules:** The official CISM Competition Rules, which govern all triathlon and other related Multisports events worldwide, unless that sport is under the jurisdiction of an international governing body recognised by IOC, CISM or SportAccord.
- Continental Technical / Officials (CTOs):** The Level 2 Technical Officials certified by ITU.
- Course:** A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.
- Crawling:** The action by an athlete of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.
- Dismount after the Mount Line:** An athlete's foot must contact the ground entirely before the dismount line. If this contact doesn't occur, it is considered an infringement of the rules.
- Dismount Line:** A designated line at the entrance of the Transition Area from the bike course before which athletes are to dismount their bikes fully and proceed to the bike racks. The Dismount Line will normally extend for the width of the entrance to the Transition Area and be identified by flags/line/Technical Official, or combinations thereof.
- Disqualification:** A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the race as a whole, and the athlete's results will appear as DSQ.



Draft Zone Bicycle: The draft zone is a rectangle created by every athlete in which other athletes can enter for a limited period of time and for overtaking purposes. The dimensions of the draft zone are dependent on the race distance.

Draft Zone Vehicle: The draft zone for a motor vehicle is a rectangle 35 meters long and 5 meters wide which surround every vehicle on the bike course. The center front of the vehicle defines the center of the leading 5-metre edge of the rectangle.

Drafting: Any time the draft zone of an athlete overlaps the draft zone of another athlete, vehicle or motorcycle on the bike course of an event.

Duathlon: The term recognised by the CISM for a sport of individual character and motivation, which combines cycling and running skills in continuum.

Early start: When an athlete's foot crossed the vertical plane of the start line, before the start signal.

Elite: Elite athletes are those competing in elite races.

Event Organisers Manual (EOM): A document which has been developed to ensure the implementation of consistently high global event management and marketing standards.

Expulsion: An athlete penalised by expulsion will not be permitted, during his or her lifetime, to take part in any CISM sanctioned event, or any event sanctioned by one of its member associations (National Federation) affiliated with the CISM.

Field of Play (FOP): The course on which the competition portions of the CISM event will take place.

Finisher: An athlete who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).

Force Majeure: Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, transportation delay or any other, event which is not reasonably within the control of the party affected.

Incapable Athlete: An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another athlete.

Indecent Exposure: The willful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female athlete, the willful complete uncovering of one or both nipples.

Interference: A deliberate block, charge or abrupt motion, which impedes another athlete.

International Technical Officials (ITOs): The Level 3 Technical Officials certified by ITU.



International Triathlon Union (CISM): The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a non-profit corporation

CISM Competition Rules: The document that contains all the rules and regulations that governs fair and safe competitions. Invalid Start Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid. Local Organising Committee

(LOC): The organising entity of a CISM event.

Mount After The Mount Line: An athlete's foot must contact the ground entirely past the mount line. If this contact doesn't occur, it is considered an infringement of the rules.

Mount Line: A designated line at the exit from the Transition Area onto the bike course or after which athletes are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit of the Transition Area and be identified by flags/line/Technical Official, or combinations thereof.

National Federation (NF): National Defence body affiliated with CISM.

National Technical Officials (NTOs): The Level 1 Technical Officials certified by the NF.

Overtake: On the bike course, when the leading edge of the front wheel of the overtaking bike moves in front of the leading edge of the front wheel of the bike being overtaken. An athlete can pass another athlete only on the appropriate side.

Pack: Two or more athletes with overlapping draft zones.

Pass: When one athlete's bike draft zone overlaps another athlete's bike draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 15 seconds (for standard distance events or shorter events) or 20 seconds (for long distance events). An athlete can pass another athlete only on the appropriate side.

Penalty: The consequence on an athlete, who is assessed by a Technical Official to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion. Penalty Box An area on the bike course or the run course, set aside for the implementation of a time penalty for a rule infringement/violation.

Protest: A formal complaint against the conduct of another athlete or a race official, or against the conditions of the competition.

Referee: A Technical Official, who is responsible to the Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials.

Results: The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.



Right of Way: When an athlete has established a lead position and pursues a desired course within the limits of these CISM Competition Rules.

Run Course: Part of the race course, which has been defined at the Athletes' Briefing where the athlete is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the Transition Area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the Transition Area; the second run course commences at the exit from the Transition Area and concludes at the Finish Line.

Sanction: A permit issued by the National Federation for the conduct of an event. The issue of such a permit is an eclaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of National Federation operating requirements to provide the greatest potential for the conduct of a safe and fair event.

Sports Conduct: The behaviour of an athlete during competition. Previously referred to as 'sportsmanship', good sports conduct is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules. Standard Bridge Piece A rigid piece, of plastic or metal, which joins both sides of the handlebar clip-on at the ends and is commercially available.

Stop and Go Time Penalty: A method of imposing a brief delay on an athlete who is assessed by a Technical Official to have unintentionally infringed the rules, for example, drafting on the bike course. A Penalty Box may be used for this penalty.

Suspension: An athlete awarded this penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by CISM or its member associations (where determined) affiliated with CISM. For any suspension because of a doping violation, the athlete will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by CISM, the length of the suspension will be determined by the CISM Executive Board.

Swim Course: Part of the race course over which it has been defined in the Athletes' Briefing that the athlete is to swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the Transition Area.

Technical Delegate: A Technical Official, who is qualified by ITU, and responsible for ensuring all aspects of the CISM Competition Rules and CISM Event Organisers' Manual are fulfilled in preparation for, during, and after the event. Where appeals



are lodged, the Technical Delegate will be the chair of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.

Technical Official: A member of the joint team of International Technical Officials (ITOs), Continental Technical Officials (CTOs) and National Technical Officials (NTOs) at an CISM event. Torso Section of the body extending from the base of the neck to the base of the sternum.

Transition Area: A location within a defined boundary, which is not a part of the swim course, the bike course or the run course and within which each athlete is allocated an area for the storage of individual items of clothing and equipment.

Triathlon: A sport of individual or team character and motivation, which combines swimming, cycling and running skills in continuum.

Valid Start with Early Starters: Almost all the athletes start after the horn, but few of them did start before the horn. The start is declared valid and the early starters will receive a time penalty warning in T1.

Venue: All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, **including** without limitation spectators' area, VIP areas, transition area, finish area and all other areas under control of LOC.

Violation: A rule infringement which results in a penalty.

Warning: A verbal caution issued by a Technical Official to an athlete during the course of a race. The purpose of a warning is to alert the athlete of the potential for a rule violation to occur and to promote a pro-active attitude.



Appendices CISM Competition Rules

Appendix B

Uniform Guidelines

1 Overview

- a The CISM Uniform Rules apply to elite athletes competing in CISM World Championship events at all distances.

2 The purpose of the Uniform Rules is to:

- a Provide a clean and professional image of our sport to local and international media.
- b Ensure that the “bare torso” rule is respected in all segments of the triathlon.

3 General Requirements:

- a Athlete uniforms will be completely clean of any logo, or images other than those described below.
- b All descriptions apply to uniforms worn during competition, including any outer wear for cold weather.
- c The athlete must cover their torso for all aspects of the race.
- d Zippers are to be located in the back and will be a maximum of 30cm. Front zippers are not allowed.
- e The uniform must be attached at the shoulders for the duration of the competition.

4 Uniform Front Uniform Back

- a The uniform must be in Country colours.
- b The format for the country colours and name (language, spelling, abbreviation, etc.) are at the discretion of the National Federation. The country name must be the most dominant feature on the front of the uniform.
- c Country Code: See ITU Competition rules
- d Sponsor(s): NO sponsor logo(s) are allowed on the uniform.
- e Recommended: Family Name: See ITU Competition rules

5 Wetsuits:

- a All wetsuit models must have prior approval from CISM. Athletes may include only the logo of the wetsuit manufacturer on their wetsuits with the maximum size of 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit. No other sponsors logo may appear on the wetsuit. If the manufacturer wishes to have two or more logos on the front or back the combined total must not exceed 80cm².
- b Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.



Appendices CISM Competition Rules

Appendix C

Penalties and Violations:

1 Rules Penalty

1. Compete within 48 hours in more than one event of the same individual related multisport;	- DSQ from all the events included in this period.
2. Starting before the starter's signal	- Stop and Go - 15 seconds in T1
3. Failing to follow the prescribed course;	- Stop and Go and re-enter the race by the same point. If fails to that DSQ
4. Using abusive language or behaviour toward any official;	- DSQ and report to the EB for possible suspension
5. Using unsportsmanlike behaviour;	- DSQ and report to the EB for possible suspension
6. Blocking, charging, obstructing, or interfering the forward progress of another athlete;	- Unintentionally: verbal warning - Intentionally: 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 favourable positions, is not a violation;	- Unintentionally: verbal warning - Intentionally: DSQ
8. Accepting assistance from anyone other than a Technical Official or race official;	- If it is possible to amend and return to the original situation Stop and Go - If not: DSQ
9. Refusing to follow the instructions of Technical Officials or race officials;	- DSQ
10. Departing the course for reasons of safety, but failing to re-enter at the point of departure;	- Unintentionally: verbal warning, and correct if possible
11. Failure to wear the unaltered race numbers if provided by the Local Organizing Committee, in the proper way ordered by the Technical Delegate and announced at the Athletes' Briefing;	- Unintentionally: verbal warning, and correct if possible - Intentionally: DSQ
12. Leaving equipment or discarding personal articles on the course. Tyres, plastic bottles, and other discarded items must be placed safely off the course;	- Stop and Go, when amended - If not: DSQ
13. Wearing items deemed a hazard to self or others;	- Stop and Go, when amended - If not: DSQ
14. Using unauthorized equipment to provide an advantage or which will be dangerous to others;	- Stop and Go, when amended - If not: DSQ
15. Violating race-specific traffic regulations;	Unintentionally: verbal warning, and correct if possible Intentionally: DSQ
16. Contrived or intentional ties by elite, U23 and junior athletes in CISM sanctioned events;	- DSQ
17. Not attending the Athletes' Briefing, without notifying the PCSC;	- Athletes not attending the briefing, without informing the PCSC about their absence, will be removed from the start list.



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18.Wearing a different uniform than the one presented in the check-in;	If the new uniform complies with the rules. If not: DSQ
19.Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;	- DSQ and inform CISM EB for a possible suspension
20.Participating when not eligible;	- DSQ and inform CISM EB for a possible suspension
21.Repeated violations of CISM Rules;	- DSQ and inform CISM EB for a possible suspension
22.Drug abuse;	- Penalties will apply according to the WADA rules
23.For an unusual and violent act of unsportsmanlike behaviour;	- Expulsion
24.Compete with a bare torso;	Stop and Go when amended If not: DSQ
25.To change the start position once selected;	Warning and amend. If not DSQ
26.To block more than one start positions;	- DSQ
27.Make forward progress without the bike, during the bike segment;	Stop and Go when amended If not: DSQ
28.Nudity or indecent exposure;	- DSQ
29.Draft in a draft-illegal race on sprint distance events;	1st offence: 1 minute in the next penalty box 2nd offence: DSQ
30.Draft in a draft-illegal race on standard distance events;	1st offence: 2 minutes in the next penalty box 2nd offence: DSQ
31.Draft in a draft-illegal race on long distance events;	1st and 2nd offences: 5 minutes in the next penalty box 3rd offence: DSQ
32.Not stopping in the next penalty box being obliged to do so;	- DSQ
33.Wearing the helmet unfastened or insecurely fastened, during the bike segment;	Stop and Go when amended If not: DSQ
34.Take off the helmet on the bike course, even if stopped;	Stop and Go when amended If not: DSQ
35.Not wearing a helmet during the bike segment;	- DSQ
36.Compete with illegal or unauthorized equipment;	Stop and Go when amended If not: DSQ
37.Crawl during the running segment;	- DSQ
38.Run without shoes during any part of the running segment;	- DSQ
39.Run wearing a helmet;	- DSQ
40.Rack the bike outside the athletes' own space;	During the race: Age-Group: Stop and Go when amended Elite: 15 seconds in the first penalty box
- Before the race warning and amend 42.Mount the bike before the mount line;	Age-Group: Stop and Go when amended Elite: 15 seconds in the next penalty box
43.Dismount the bike after the dismount line;	Age-Group: Stop and Go when amended Elite: 15 seconds in the next penalty box
44.Discharge or store the athlete equipment outside the designated area;	Stop and Go when amended Elite: 15 seconds in the next penalty box



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45.To use posts, trees or other fixed elements to assist manoeuvring curves;	- Elite: 15 seconds in the next penalty box
46.Team relay exchange completed outside of the relay exchange zone;	- Team DSQ
47.Warming up on the course while another race is in progress;	Warning and amend If not amended: DSQ
48.Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee, in a nonwetsuit swim.	Warning and amend If not amended: DSQ
49.Use of illegal equipment on the bike and/or run, including but not limited to headphones, glass containers, mobile phones, uniform not complying with CISM Uniform Rules;	Warning and amend If not amended: DSQ
50.Marking of position in Transition Area;	- Warning and amend - If not amended, marking will be removed and athlete will not be notified