



**DEROGATION BOOKLET**  
**January 2022**

## **Derogation from 2022 World Triathlon Rules**

### **VERSION HISTORY**

| <b><u>Prepared By</u></b> | <b><u>Version Number</u></b> | <b><u>Date</u></b> |
|---------------------------|------------------------------|--------------------|
| Karl Vekins               | 1.0                          | 01/01/2016         |
| Triathlon Ireland         | 2.0                          | 24/03/2017         |
| Triathlon Ireland         | 3.0                          | 12/02/2018         |
| Triathlon Ireland         | 4.0                          | 04/01/2019         |
| Triathlon Ireland         | 5.0                          | 09/12/2020         |
| Triathlon Ireland         | 6.0                          | 11/01/2022         |

### **Index**

- 1) General Rules
- 2) Junior Events



## DEROGATION BOOKLET

January 2022

### 1) General Rules

- a.) Water quality testing is mandatory for all outdoor water events, please refer to the [ITU water quality statement](#) for guidance.
- b.) Race organisers are required to supply a minimum of two race numbers to all competitors. One (1) for the body which must be worn during the run and must be facing forward during the run and one (1) for the bike which must be secured to the athlete's bike seatpost for the entirety of the bike segment. For paratriathlon events, Section 17 of the World Triathlon Competition Rules apply with respect to Athlete and Guide requirements only.
- c.) A draft legal event on closed roads may be sanctioned if each start is capped at less than 100 per wave and each wave must contain mixed abilities and strengths.
- d.) If an athlete presents a Triathlon Ireland virtual membership card without a photograph at an event then they must have a passport or driver's license as photo identification
- e.) Technical Officials must refer to the Serious Incident Protocol if they are withdrawing Triathlon Ireland cover or altering/cancelling an event.
- f.) All relay team members must be present and sign in at registration and have proof of age if required by the Head of Registration or the Technical Official.
- g.) The [Triathlon Ireland Protest and Appeals Policy](#) must be referred to and implemented at all Triathlon Ireland sanctioned events.
- h.) The Elite National Championships will follow World Triathlon elite Competition Rule guidelines.
- i.) All Triathlon Ireland open water events must adhere to a strict wetsuit mandatory policy, with the exception of three events where the wetsuit policy is subject to ITU rule guidelines.

The three events which are subject only to World Triathlon Competition Rules regarding wetsuits are the following:

- 1. Rosslare Pikeman Standard Triathlon NC
- 2. DCT Elite Sprint NC
- 3. Triathlon Ireland MTR NC - TBC

Multi-Entry (SuperLeague style) events may receive an exemption from wetsuit derogations outlined above on a case by case basis. Applications for such exemption must be made by email to Triathlon Ireland ([kit@triathlonireland.com](mailto:kit@triathlonireland.com))

- j.) High Performance Paratriathletes competing in National Series events are not eligible to score points or place in Age Group National Championships
- k.) All members of each Mixed Team Relay team must attend the race briefing
- l.) World Triathlon Uniform Rules apply with the exceptions outlined below which do not apply
  - 1. Appendix F - Section 3.1. - 3.2. and 3.4.
  - 2. Appendix F - Section 6 - 13 in their entirety



## DEROGATION BOOKLET

January 2022

- m.) Penalties are to be served in the designated penalty box, on the spot or as 'time-added' penalties as determined by the Race Referee (not as per World Triathlon Competition Rules Section 3.3. Subsection c.).
- n.) Athletes are advised on impending rule changes coming into effect as of January 1st 2023 regarding bike clip-ons and bike positions as outlined in Section 5.2. Subsection f.) (i) and Section 5.8. Subsections b.) & c.) of the World Triathlon Competition Rules
- o.) Crutches, canes and poles are permitted. The specific regulation for para triathletes is included in chapter 17.
- p.) The lowest water temperature has been reduced to 11°C for open water swims in Ireland only.

| Original swim distance | Temperature of water |               |               |               |               |
|------------------------|----------------------|---------------|---------------|---------------|---------------|
|                        | Below 11°C           | 11°C – 11.9°C | 12°C – 12.9°C | 13°C – 13.9°C | 14°C – 14.9°C |
| 750 m                  | Cancel               | 750 m         | 750 m         | 750 m         | 750 m         |
| 1000 m                 | Cancel               | 750 m         | 1000 m        | 1000 m        | 750 m         |
| 1500 m                 | Cancel               | 750 m         | 1500 m        | 1500 m        | 1500 m        |
| 1900 m                 | Cancel               | 750 m         | 1500 m        | 1900 m        | 1900 m        |
| 2000 m                 | Cancel               | 750 m         | 1500 m        | 2000 m        | 2000 m        |
| 2500 m                 | Cancel               | 750 m         | 1500 m        | 2500 m        | 2500 m        |
| 3000 m                 | Cancel               | 750 m         | 1500 m        | 3000 m        | 3000 m        |
| 3800 m                 | Cancel               | 750 m         | 1500 m        | 3000 m        | 3800 m        |
| 4000 m                 | Cancel               | 750 m         | 1500 m        | 3000 m        | 4000 m        |

- q.) All races open to athletes who will be under 18 on the day of competition will need to comply with the following four steps to ensure child protection protocols are observed at the event.
  1. Appoint a Designated Person(DP) who has completed Garda Vetting/Access NI\*, completed Safeguard 1(ROI)/ Safeguarding Children and Young People in Sport (NI) and signed a code of conduct. This person is responsible for Safeguarding at the event and for creating awareness of safeguarding protocol.
  2. DP must create a Safeguarding risk assessment and send it to [niamh@triathlonireland.com](mailto:niamh@triathlonireland.com) at least two weeks prior to the event. Niamh will consult with the DP regarding the best approach to mitigating risks and create an official race document.
  3. DP should issue an email to parents/guardians of those racing aged 15/16/17 and all Children's Events. See template in event management plan.
  4. DP should carry junior sign in documents (either from sign in sheets or race pack collection). These show that a parent/guardian is accompanying the junior and should have their contact number in case of emergency.
- r.) All Race Organisers and Athletes must adhere to any Covid-19 Event Guidelines and Athlete Responsibility Guidelines which may come into effect.

\*If this is a once off then an Access NI check is not mandatory.



## DEROGATION BOOKLET

January 2022

### 2 Junior Events

#### 2.1 General

- a.) Children's events give 4-17 year olds the opportunity to take part in Multisport Events. Competitors are split into two-year age groups, with each group racing over different distances as per World Triathlon's [Triathlon and Related Multisport Event Guidance for U19s](#);
- b.) These extra rules or rule variances are written for children and their parents/guardians/accompanying adults, and are intended to help make children's events safe and enjoyable;
- c.) Please refer to the sanctioning [Safeguarding Policy Documents](#) regarding guidelines for the use of photographic and filming equipment at children's competitions.
- d.) The Event Organiser must ensure consent (*completion of sign on sheets or event entry through the Triathlon Ireland website*) from a child's parent or guardian that the child has permission to compete in any given event, and is sufficiently fit and healthy;
- e.) The Event Organiser must ensure that a child has Triathlon Ireland membership or One Day Licence confirming the child has appropriate cover in place to compete, with the exception of Tri Hero events run in partnership with Triathlon Ireland
- f.) At all children's events the Race Organiser must ensure a system is in place whereby children can be handed over to parents or guardians after the competitor crosses the finish line from a safe enclosure/compound. Please see [here](#) for guidelines
- g.) Competitors who are 15 years old on the 31st Dec in the year of the competition can race on open roads up to 13 km, they must show proof of age. Consent must be received from a parent or guardian.

2.2 Race Distances must comply with World Triathlon's [Triathlon and Related Multisport Event Guidance for U19s](#):

#### 2.3 Open Water Swimming:

- a.) Open water swimming is permitted for children once maximum distance is adhered to and appropriate safety procedures in place
- b.) The minimum permissible open water temperature in which children can swim is 11°C;
- c.) Maximum swim distances can only be used when the water temperature is 13°C or above;
- d.) When the water temperature is between 11°C and 13°C then the swim distance should be reduced by an appropriate amount, as decided by the Event Organiser and Technical Officials, taking into account other climatic factors on the day;
- e.) No maximum thickness for wetsuits



## DEROGATION BOOKLET

January 2022

- f.) Maximum of 25m between safety craft
- g.) A minimum requirement of one safety craft to every 15 competitors

### 2.4 Cycling Conduct/Equipment:

- a.) It is the child's parent's/guardian's/accompanying adult's responsibility to ensure the competitor's bike is in a safe and roadworthy condition;
- b.) Aero bars (handlebar extensions) must not be fitted to cycles where cycling takes place on grass. (Please note that mountain bike bar-ends are acceptable.);
- c.) Where cycling takes place on tarmac, competitors of 14 years or over may use aero bars in non-drafting events. Age is taken as at 31 December in the current year;
- d.) The cycle sizing rules for adults may not apply to children's cycles, but all cycles must, at least, have:
  - (i) all handlebar and aero bar/bar extensions plugged;
  - (ii) properly fitted and serviceable tyres, wheels, gears and controls;
  - (iii) a working brake on both wheels.

### 2.5 Safety:

- a.) The following additional safety requirements apply to events for competitors aged 4-15 years of age:
  - (i) cycling and running must take place on roads or circuits closed to vehicular traffic;
  - (ii) fluids must be made available at the start and finish of both cycle and run sections;
  - (iii) competitors must be visible to marshalls at all times.
- b.) No individual support/pacing by cycle or on foot is permitted, except where provided by the Event Organiser;
- c.) In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends or family members into the transition area when the race is in progress. At any other time only one helper, friend or family member will be permitted per competitor.
- d.) Barefoot running is not permitted.

### 2.6 Penalties:

The time penalties are different depending on age category:

- a.) The time penalties are different depending on age category:

| Age      | Time Penalties | Disqualification possible? | *Drafting Time Penalty |
|----------|----------------|----------------------------|------------------------|
| Under 12 | 10 seconds     | Yes                        | 1 minute               |
| 12-13    | 10 seconds     | Yes                        | 1 minute               |
| 14-15    | 10 seconds     | Yes                        | 1 minute               |

- b.) Disqualification

- (i) Breaking road traffic regulations for events for 4-15 year olds will not result in disqualification as events must take place on roads or circuits closed to vehicular traffic;



## **DEROGATION BOOKLET**

**January 2022**

- (ii) Outside assistance is permitted by Event Officials only. It cannot be given by non-Event Officials.

c.) Guardians/Accompanying Adults:

- (i) Failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials, or failure to conduct themselves in a proper manner in accordance with the Triathlon Ireland code of conduct may lead to disqualification of the competitor;
- (ii) Failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials, or failure to conduct themselves in a proper manner may further lead to disciplinary action against the competitor by Triathlon Ireland
- (iii) Misconduct by a parent/guardian/ accompanying adult may include, but is not limited to:
  - threatening, abusive or insulting words or conduct;
  - failure to obey marshal/Technical Official instructions;
  - handing water bottles or any other equipment to, or collecting from, competitors;
  - tampering with the equipment of others;
  - unsporting impedence.