



YOUTH SERIES DEROGATION BOOKLET
February 2023

Youth Series Derogation from 2023 World Triathlon Competition Rules

VERSION HISTORY

<u>Prepared By</u>	<u>Version Number</u>	<u>Date</u>
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Junior Events



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1.1 General

- a.) Children's events give 6-14 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;
 - (i) The 6-8-year-old category is run over very short distances to introduce young competitors to the sport.
- 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.



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1.2 Race Distances:

The following maximum distances are applicable for each age group for triathlon competitions:

Triathlon	Open Water	Cycle - Tarmac	Run
Ages: 8 - 9	100m	2km	800m
Ages: 10 - 11	200m	6km	1km
Ages: 12 - 13	400m	8km	2km
Ages: 14 - 15	500m	13km	3.5km
Ages: 16 - 17	750m	20km	5km

The following maximum distances are applicable for each age group for duathlon competitions:

Duathlon	Run 1	Cycle - Tarmac	Run
Ages: 8 - 9	800m	2k	400m
Ages: 10 - 11	1k	6k	500m
Ages: 12 - 13	2km	8km	1km
Ages: 14 - 15	3km	13km	1.5km
Ages: 16 - 17	5km	20km	2.5km



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The following maximum distances are applicable for each age group for aquathlon competitions:

Aquathlon	Open Water	Run
Ages: 8 - 9	100m	800m
Ages: 10 - 11	200m	1k
Ages: 12 - 13	400m	2k
Ages: 14 - 15	500m	3k
Ages: 16 - 17	750m	5k

The following maximum distances are applicable for each age group for aquabike competitions:

Aquabike	Open Water	Cycle - Tarmac
Ages: 8 - 9	100m	2km
Ages: 10 - 11	200m	6km
Ages: 12 - 13	400m	8km
Ages: 14 - 15	500m	13km
Ages: 16 - 17	750m	20km

- a.) For races which are held off-road (i.e. non tarmac surface for the bikes and possibly more hilly for runs on mixed terrain) it is sensible to reduce race distances by 30-40% approximately in each distance.
- b.) Age groups are based on the age as at 31st December in the year of the competition;



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1.3 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 (TSS–TS3 only)
- f.) Maximum of 25m between safety craft
- g.) A minimum requirement of one safety craft to every 15 competitors
- h.) Other rules pertaining to Open Water Swimming are found in International Triathlon Union rules – Swimming Conduct.

1.4 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. Age is taken as at 31 December in the current year;
- d.) In events where there are draft-legal waves, these will follow the current World Triathlon Competition rules on drafting.
- e.) 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.



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1.5 Safety:

- a.) The following additional safety requirements apply to events for competitors aged 6-15 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.

1.6 Penalties:

- a.) Warning:
 - (i) All penalties in Section 3 of World Triathlon competition rules apply – Penalties apply.
- b.) Time Penalty:
 - (i) All penalties in Section 3 of World Triathlon competition rules rules apply – Penalties apply;
 - (ii) 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
16-18	As Adult as per race distance		
Adult Sprint	10 seconds	Yes	1 minute
Adult Standard	15 seconds	Yes	2 minutes

- c.) Disqualification
 - (i) All penalties in Section 3 of ITU rules – Penalties apply, with the exception of:
 - Breaking road traffic regulations as events must take place on roads or circuits closed to vehicular traffic;
 - (ii) The penalty for outside assistance is not valid where it is provided by the Event Organiser



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d.) Guardians/Accompanying Adults:

- (i) Failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials, or failure to conduct him or herself 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 him or herself 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 impedance.