

3. PENALTIES

3.1 General Rules:

- a.) Failure to comply with the World Triathlon Competition Rules may result in an athlete being verbally warned, issued with a time penalty, disqualified, suspended, or expelled;
- b.) The nature of the rule violation will determine the subsequent penalty;
- c.) A suspension or an expulsion will occur for very serious violations of either the World Triathlon Competition Rules or the World Triathlon Anti-Doping Rules;
~~Reasons for penalty: An athlete may be issued a verbal warning, punished with a time penalty, or disqualified for failing to abide by the World Triathlon Competition Rules.~~
- d.) Infringements and penalties are listed in Appendix K;
- e.) The Technical Officials are allowed to determine penalties, even if the infringement is not ~~listed~~ included in the Competition Rules, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally;
- f.) Under exceptional circumstances Technical Officials may modify penalties defined in the Competition Rules in accordance with the spirit of the rules.

3.2 Warning:

- a.) 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 Technical Officials. Also, a Technical Official can determine a warning to an athlete to correct a minor infringement;
- b.) 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.
- c.) Giving a warning: The Technical Official will blow their whistle, the athlete will be stopped if necessary, asked to modify their behaviour, and be allowed to continue the competition immediately afterwards;
- d.) It is not necessary for a Technical Official to give a warning prior to issuing a penalty for a more serious rule violation for which the athlete may be disqualified, suspended, or expelled.

3.3 Time Penalty:

- a.) A time penalty is an appropriate penalty for infringements, which do not warrant a disqualification;
- b.) Time penalties will be served in a specific location as indicated in the table below. Stopping In a different location will be considered as a penalty not served;

	Elite Draft Legal	Elite Draft-illegal Para triathlon	Age-Group
Start	T1	T1	T1
Swim	Run penalty box	Run penalty box	T1
Transition 1	Run penalty box	Run penalty box	Warning at T1
Bike	Run penalty box	Bike penalty box	Bike penalty box
Transition 2	Run penalty box	Run penalty box	Warning at T2
Run	Run penalty box / On the spot*	Run penalty box / On the spot*	Warning/Time Penalty on the spot

Notes: All the references to Elite include Elite, U23, Junior and Youth athletes. In the Winter Triathlon run penalty box is replaced with ski penalty box. In Duathlon and Aquathlon events, run penalty box means 2nd run penalty box.

* During the second half of the run segment.

- c.) Technical Officials will decide when an athlete needs to be penalised with a time penalty;
- d.) There are two types of infringements penalised with time penalties:
 - (i) Drafting infringements as defined in 5.5;
 - (ii) Other infringements. See appendix K for list.
- e.) Time penalties vary depending on the type of infringement:
 - (i) Drafting infringements:
 - 5 3 minutes in long distance events;
 - 5 2 minutes in middle distance events;
 - 2 1 minutes in standard distance events;
 - 1 minute 30 seconds in sprint and shorter events.
 - (ii) Other infringements:
 - 1 minute in long distance events;
 - 30 seconds in middle distance events;
 - 15 seconds in standard distance events;
 - 10 seconds in sprint distance and shorter events;
 - 5 seconds in events shorter than sprint distance.

3.4 Penalty notification:

- a.) The Technical Official will determine the time penalty, and notify the athlete as soon as it is safe to do so:
 - (i) Drafting infringements:

- Sounding a whistle, showing a blue card, calling in English the athlete's number and saying "Drafting penalty, you have to stop at the next penalty box". The Technical Official has to ensure the athlete received the penalty notification.
- Will be served in the Bike penalty box;

(ii) Time penalty to be served at the Run penalty box:

- Penalties must be posted on the board before the athlete reaches the penalty box as the following:
 - In case of 1 lap run, until the athlete reaches the penalty box on the 1st lap;
 - In case of 2 laps run, until the athlete reaches the penalty box on the 1st lap;
 - In case of 3 laps run, until the athlete reaches the penalty box on the 2nd lap;
 - In case of 4 laps run, until the athlete reaches the penalty box on the 2nd lap;
 - In case of 5 laps, until the athlete reaches the penalty box on the 3rd lap;
 - Etc.

(iii) Other infringements:

- Infringements served in Transition 1: Athletes will serve this penalty in transition 1 before touching any equipment. A Technical Official will be positioned by the athlete's transition spot, who will sound a whistle, show a yellow card and time the penalty;
- Infringements served in the Bike penalty box: Sounding a whistle, showing a yellow card, calling in English the athlete's number and saying "Time penalty, you have to stop at the next penalty box". The Technical Official has to ensure the athlete receives the penalty notification;
- Infringements served in the Run penalty box: Athletes may be notified about penalties by displaying the athlete's number, followed by an "x" + a number in case it is more than one infringement, and a letter code indicating the nature of the infringement on a panel posted at the Run penalty box. It is the athlete's responsibility to check this board (See the letter codes below):

D	Dismount Line Violation
S	Swim Conduct
M	Mount Line Violation
B	Bike Behaviour

E	Equipment Outside bin
L	Littering
V	Other Violations
R	Run Behaviour

3.5 Procedure while serving a time penalty:

- a.) The Technical Official applying the time penalty is not required to give a reason for the penalty;
- b.) When given a blue or yellow card, the athlete will follow the instructions of the Technical Official;
- c.) Time penalty in Transition 1 (for any infringements up to this point):

- (i) Athletes who are given a time penalty have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in disqualification on crossing the finish line. The athlete may then protest the penalty. Evidence will only be made available if an appeal is filed;
 - (ii) The Technical Official will hold a yellow card as the penalised athlete arrives at his/her position. The athlete will be ordered to stop in his/her transition space without touching any of their equipment, the Technical Official will start the timing. If the athlete touches or removes any of their equipment the Technical Official will ask the athlete to stop touching the equipment and the time will be paused. Once the athlete complies the count will continue;
 - (iii) When the penalty time has been completed, the Technical Official will say “Go” and the athlete can continue with the competition.
- d.) Time penalty at the Bike penalty box:
- (i) The penalised athlete’s race numbers are not displayed in a bike penalty box. It is the athlete’s responsibility to report to the next penalty box on the course after receiving notification;
 - (ii) The penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number, the number of penalties to serve and the colour of card(s) received. The time penalty starts when the athlete complies with all above and ends when the Technical Official says “Go”, at which time the athlete may continue with the competition. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue. For PTWC athletes the count will start once the athlete is totally stopped;
 - (iii) While in the bike penalty box, athletes can consume only the food and/or water that is on the athlete’s bike or person;
 - (iv) Athletes are prohibited from using the restroom while serving a penalty in the bike penalty box. The time of penalty will be paused while using the restroom;
 - (v) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the bike penalty box is prohibited.
- e.) Time penalty at the Run penalty box:
- (i) Athletes who are given a time penalty have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in disqualification on crossing the finish line. The athlete may then protest the penalty. Evidence will only be made available if an appeal is filed;
 - (ii) The penalised athletes’ race numbers are clearly displayed on a board at the penalty box;
 - (iii) The penalised athlete will proceed into the penalty box and inform the Technical Official of their race number and number of penalties to serve. The time penalty starts

when the athlete complies with all above and ends when the Technical Official says “Go”, at which time the athlete may continue with the competition. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue;

- (iv) The penalised athlete’s number will be removed from the board once the penalty is served;
 - (v) A penalised athlete may serve their penalty on any lap of the run;
 - (vi) For infringements occurring on the second half of the run, the time penalty will be served on the spot.
- f.) Time penalty on the spot:
- (i) The Technical Official will hold a yellow card in front of the penalised athlete. The athlete will be ordered to stop safely by the side of the run course. If the athlete moves forward the time will be paused. Once the athlete stops again the count will continue;
 - (ii) When the penalty time has been completed, the Technical Official will say “Go” and the athlete can continue with the competition;

3.6 Disqualification:

a.) General:

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

b.) Assessment:

- (i) If time and conditions permit, a Technical Official will assess a disqualification by:
 - Sounding a whistle;
 - Showing a red card;
 - Calling (in English) the athlete's number and saying "Disqualified";
 - For safety reasons, a Technical Official may have to delay issuing a disqualification.
- (ii) Athletes will be informed about the penalties by displaying the athlete’s number on the white board posted at the post finish area;
- (iii) The athlete and or the National Federation needs to be contacted and informed of the disqualification if this is after the athlete has finished and the penalty has not been posted on the board. The athlete or National Federation must respond within 5 days to the Technical Delegate if they wish to appeal.

c.) Procedure after Disqualification:

- (i) An athlete may finish the competition if a Technical Official issues a disqualification.

3.7 Suspension:

a.) General:

- (i) A suspension is a penalty appropriate for a fraudulent or a very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct;
- (ii) A suspended athlete will not take part in World Triathlon competitions or competitions sanctioned by National Federations affiliated with World Triathlon during a suspension period.

b.) Assessment:

- (i) The Head Referee will submit a report to the World Triathlon Tribunal including all the details of the action, and the reasons to recommend the athlete for suspension. This report will be submitted to the World Triathlon Secretary General within one week of the competition. The World Triathlon Secretary General will inform the affected National Federations.

c.) Suspensions will be assessed by the World Triathlon Tribunal for periods of three (3) months to four (4) years, depending on the violation;

d.) Suspensions based on contriving the World Triathlon Anti-Doping Rules: If the suspension is an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose federation is recognised by World Triathlon, IOC or GAISF and vice versa;

e.) Reasons for Suspension:

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

f.) Disciplinary Notice:

- (i) When an athlete is suspended, the World Triathlon will notify the concerned National Federation, in writing, within 30 days;
- (ii) All suspensions will be announced in the World Triathlon newsletter and communicated to the IOC and respective parties.

3.8 Expulsion:

a.) General:

- (i) Athletes who have been expelled will not participate in World Triathlon competitions or competitions sanctioned by National Federations affiliated with World Triathlon 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 an Anti-Doping Rule Violation: If the expulsion is for an Anti-Doping Rule Violation, the athlete will not be able to compete in any other sport whose federation is recognised by World Triathlon, IOC or Sport Accord and vice versa.

c.) **Disciplinary Notice:**

- (i) When an athlete is expelled, the World Triathlon will notify the concerned National Federation, in writing, within 30 days;
- (ii) Expulsions will be announced in the World Triathlon newsletter and communicated to the IOC and the respective parties.

3.9 Right to Protest:

- a.) An Athlete who receives a penalty may protest, with the exception of:
 - (i) a penalty for a drafting violation; and
 - (ii) a time penalty which has already been served.
- b.) If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted;
- c.) If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty;
- d.) The Competition Jury which receives the protest will decide on the correctness of the decision to issue the time penalty and will either:
 - (i) Dismiss the protest and confirm the disqualification; or
 - (ii) Uphold the protest, remove the time penalty and reverse the disqualification.

3.10 Reinstatement:

- a.) After suspension, an athlete must apply to the World Triathlon Tribunal for reinstatement.

33. APPENDIX K: PENALTIES AND VIOLATIONS

This list is a resume of the most common penalties and infringements. In case of different interpretations of the text in this appendix and the main body of the Competition Rules, the main body of the Competition Rules will be applied.

All the references to Elite in the charts below, include Elite, U23, Junior and Youth athletes.

The procedures and the amount of penalties for all categories and distances are outlined in section 3 of the Competition Rules.

GENERAL		
RULES	PENALTIES	REFERENCE
1. An athlete who competes in a category different from his/her age, in a distance in which it is not allowed, or before the 24-hour period;	- DSQ from all the events included in this period	2.5 m.) to 2.5 o)
2. Failing to follow the prescribed course;	- Warning and re-enter the competition by the same point - If not: DSQ	2.1 (xiii) 4.1 b.) 5.1 c.)
3. Departing the course for reasons of safety, but failing to re-enter at the point of departure when advantage is gained;	- If advantage is gained: Time penalty	5.1 c.)
4. Using abusive language or behaviour toward any event personnel official, LOC Staff, Volunteers or spectator;	- DSQ and report to the World Triathlon Tribunal for possible suspension	2.1 a.) (v) 2.1 a.) (vi)
5. For an unusual and violent act of unsportsmanlike behaviour;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	2.1 a.) (i) 3.7 3.8
6. Blocking, charging, obstructing, or interfering the forward progress of another athlete;	- Unintentionally: warning and amend - Intentionally: DSQ	4.1 e.) 5.1 c.) 6.1 d.) 7.1 f.)
7. Accepting assistance from anyone other than a Technical Official, race official or other athlete;	- Warning and amend if it is possible and return to the original situation - If not: DSQ	2.1 a.) (viii) 2.2
8. Not following the instructions of Technical Officials or race officials;	- DSQ	2.1 (a) iv

9.	Failure to wear the unaltered race numbers if provided by the Local Organising Committee, in the proper way ordered by the Technical Delegate and announced at the Athletes' Briefing;	<u>Age-Group</u> - Warning and amend if possible, or - DSQ <u>Elite</u> - Time penalty	2.9 (a)
10.	Wearing bib number during the swim segment when wetsuits are forbidden;	- Warning and amend if possible, or - DSQ	2.9 c.) (i)
11.	To dispose of rubbish or equipment around the course outside the clearly identified places, such as aid stations or rubbish disposal points;	- Warning and amend if possible, or - Time penalty	2.1 a.) (xi)
12.	Using illegal, dangerous or unauthorised equipment to provide an advantage or which will be dangerous to others.	- Warning and amend if possible, or - DSQ and removed from competition	2.1 a.) (ii) 4.11 f.) 5.2 6.4
13.	Athletes with nails not according with the conditions in 4.1 g)	- Warning and amend if possible, or - DSQ	4.1 g)
14.	Violating competition-specific traffic regulations;	<u>Unintentionally:</u> - Warning and amend if possible, or - DSQ <u>Intentionally:</u> - DSQ	2.1 a.) (iv)
15.	Deliberately try to finish in a contrived tie situation by elite, U23, junior and youth athletes, or Para triathletes in World Triathlon sanctioned events;	- DSQ of all athletes involved	2.11 h.) (ii)
16.	Wearing a different uniform than the one presented in the check-in, either in competition or in the award ceremony;	- Warning and amend if possible, or - DSQ	2.7 d.) (ii) 2.8 c.) (xii)
17.	Wearing during the competition or the award ceremony a uniform which doesn't meet the Competition Rules;	- DSQ	2.8 c.) (xii)
18.	Wearing clothing covering any part of the arms below the elbow shoulder and/or clothing covering any part of the legs below knee, when not allowed;	- Warning and amend if possible, or - DSQ	4.11 b.)

19.	Not covering the arms during the competition following a request from the Technical Delegate based on the weather conditions;	<ul style="list-style-type: none"> - Before the competition: Warning and amend - If not corrected: DSQ and removed from competition 	2.8 c.) (iv)
20.	Not wearing the uniform over both shoulders while on field of play;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	2.8 c.) (ix)
21.	In events where uniform with front zip is allowed, wearing a uniform with front zipper totally undone below the point of the end of the breastbone (sternum) during the competition;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	2.8 c.) (viii)
22.	In events where uniform with front zip is allowed, wearing a uniform with front zipper undone during the last 100 200m of the run;	<ul style="list-style-type: none"> - Warning and amend 	2.8 c.) (viii)
23.	Displaying any kind of demonstration of political, religious or racial propaganda;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ and removed from competition 	2.1 a.) (x)
24.	Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;	<ul style="list-style-type: none"> - DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension 	2.5 n.)
25.	Participating when not eligible;	<ul style="list-style-type: none"> - DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension 	2.5
26.	Drug abuse;	<ul style="list-style-type: none"> - Penalties will apply according to the WADA rules 	2.3
27.	Compete with a bare torso;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	2.1 c.) (ii) 6.1 a.) (iv)
28.	Indecent exposure or nudity;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	7.1 n.)
29.	Outside assistance: To give another athlete a complete bike, frame, wheel(s), helmet or any other item equipment which results in the donor athlete being unable to continue with their own competition;	<ul style="list-style-type: none"> - DSQ of both athletes 	2.2 b.)
30.	Gain unfair advantage from any vehicle (excluding drafting);	<ul style="list-style-type: none"> - DSQ 	2.1 a.) (xii)

31.	Not stopping in the next penalty box being obliged to do so;	- DSQ	3.5 d.) (i)
32.	Warming up on the course while another competition is in progress;	- Warning and amend if possible, or - DSQ	18.2 b.) 19.3 b.)
33.	Competing under suspension;	- DSQ, removed from competition and reported to the World Triathlon Tribunal for extending suspension or expulsion.	2.5 b.)
34.	Carrying out ambush marketing in the award ceremony;	- Forfeit the prize money earned in the event.	2.1 a.) (ix)
35.	Intentionally missing a technological fraud test after being selected;	- DSQ, removed from competition, and report to World Triathlon Tribunal for potential suspension	App N – 3.1
36.	Using any device, which makes the bike not only human powered and resulting technological fraud;	- DSQ, removed from competition, and reported to the World Triathlon Tribunal for potential suspension.	5.2 b.)
37.	Using any device distracting the athlete from paying full attention to their surroundings;	- Warning and amend if possible, or - DSQ	2.1 a.) (xiv)
38.	An athlete physically assists the forward progress of another athlete;	- DSQ	2.2 c.)
39.	An athlete do not refuse to receive physically assistance the forward progress of another athlete;	- DSQ	2.2 c.)

BRIEFING (NON-APPLICABLE FOR Age-Group)		
RULES	PENALTIES	REFERENCE
40. Not attending the Athletes' Briefing, without notifying the Technical Delegate;	- Athletes not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list of the event and from all start and wait list in the events on the next 30 days	2.7 b.) (iv), (v)
41. Athletes entering the briefing hall after the briefing has started and athletes not attending the briefing but informed the Technical Delegate about their absence;	- Time penalty served in Transition 1 applicable for the specific distance	2.7 b.) (iv) (v)

42.	Athletes missing 3 or more briefing in Triathlon/Para triathlon World Cup or World Triathlon/Para triathlon Series in the same calendar year, no matter if the athlete informed the Technical Delegate or not;	- Removed from the start list from every subsequent competition at which they miss the briefing	2.7 b.) (iv)
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START			
RULES		PENALTIES	REFERENCE
43.	Starting before the starter's signal;	- Time penalty	4.7 f.) 4.8 m.)
44.	Starting in a wave earlier than the one the athlete is assigned to;	- DSQ	4.7 h.) 4.8 n.) 4.10 g)
45.	Not moving directly forward before touching the water;	- Time penalty	4.7 d.)
46.	To change the start position once selected;	- Warning and amend if possible, or - DSQ	4.5 b.)
47.	To block more than one start positions;	- Warning and amend if possible, or - DSQ	4.5 b.)

SWIM			
RULES		PENALTIES	REFERENCE
48.	Wearing clothing covering any part of the arms below the elbow shoulder and/or clothing covering any part of the legs below knee, in a non-wetsuit swim;	- Warning and amend if possible, or - DSQ	2.8 c.) (iii)
49.	Not wearing the official swim cap from the time of the line-up;	- Intentionally: Warning and amend - If not corrected: DSQ	4.11 a.) (i)
50.	Make contact and continue to impede the progress of the other athlete without making an effort to move apart;	- Time penalty	4.1 e.) (ii)
51.	Deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm;	- DSQ and may report to World Triathlon Tribunal for potential suspension or expulsion;	4.1 e.) (iii)

52.	Wearing wetsuit not covering the torso, when the wetsuit is mandatory;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ and removed from competition 	4.11 d.) (iv)
53.	Athletes wearing branded second swim cap visible any time from the athletes' line-up till Transition 1;	<ul style="list-style-type: none"> - Before the competition: Warning and amend - During the competition: <ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite Draft-illegal and Para triathlon: Time penalty - Elite Draft Legal: Time penalty 	4.11 a.) (iv)

TRANSITION			
RULES		PENALTIES	REFERENCE
54.	Rack the bike improperly, outside the athletes' own space or blocking the progress of other athletes;	<ul style="list-style-type: none"> - Before the competition: Warning and amend - During the competition: <ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite Draft-illegal and Para triathlon: Time penalty - Elite Draft Legal: Time penalty 	7.1 a.) 7.1 f.)
55.	To have the helmet strap fastened in T1 while completing the first segment;	<ul style="list-style-type: none"> - Age-Group: Technical Official will undo the strap. - Elite and Para triathlon: Technical Official will undo the strap and time penalty. 	7.1 s.)
56.	Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike;	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite and Para triathlon: Time penalty 	7.1 r.)
57.	Mount the bike before the mount line;	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite and Para triathlon: Time penalty 	7.1 h.)
58.	Dismount the bike after the dismount line;	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite and Para triathlon: Time penalty 	7.1 j.)
59.	Discharge or store the athlete equipment outside the designated area;	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite and Para triathlon: Time penalty 	7.1 b.) 7.1 d.)
60.	Marking of position in transition area;	<ul style="list-style-type: none"> - Warning and amend, or 	7.1 q.)

	- If not corrected, marking and objects used for marking purposes will be removed and athlete will not be notified	
61. Failing to deposit all equipment inside the proper bag provided by the Local Organising Committee on the events where bag drop system is in place; (with the exception of bikes shoes that may remain on the pedals at all times);	- Age-Group: Warning and amend - Elite and Para triathlon: Time penalty	15.6 d.)
62. Stopping in the flow zone of the transition area;	- Warning and amend if possible, or - DSQ	7.1 p)
63. Interfering with another athlete's equipment in the Transition Area;	- Age-Group: Warning and amend - Elite and Para triathlon: Time penalty - DSQ in case the fact impedes other athlete to continue in the race	7.1 f.)
64. Remove trisuit and/or swimskin in a different place than athletes position in TA or dedicated area; standard distance race or shorter when wetsuits are not allowed;	- Warning and amend if possible, or - DSQ	7.1 p.)
65. Touching the locking mechanism on the helmet while in possession of the bike in transition;	- Age-Group: Warning and amend - Elite and Para triathlon: Time penalty	7.1 r.)
66. Intentionally discarding swim cap between the swim exit and transition, observed by a Technical Official;	- Age-Group: Warning and amend - Elite and Para triathlon: Time penalty	7.1 d.)
67. Cycling out of transition rather than mounting at the mount line;	- DSQ	7.1 i.)
68. Not attempting to dismount at the dismount line and cycling in Transition;	- DSQ	7.1 .)

BIKE		
RULES	PENALTIES	REFERENCE
69. Not wearing helmet during bike familiarisation and/or official bike training sessions;	- To be excluded from the specific session	5.2 g.) (ii)

70.	Make forward progress without the bike, during the bike segment;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	5.1 b.)
71.	Drafting in a draft-illegal competition on sprint and standard distance events;	<ul style="list-style-type: none"> - 1st offence: Drafting time penalty - 2nd offence: DSQ 	5.5 c.) 5.6 e.)
72.	Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 20 seconds on sprint and standard distance events;	<ul style="list-style-type: none"> - 1st offence: Drafting time penalty - 2nd offence: DSQ 	5.5 c.) 5.6 e.)
73.	Re-passing by an overtaken athlete prior to dropping out of the draft zone on sprint and standard distance events;	<ul style="list-style-type: none"> - 1st offence: Drafting time penalty - 2nd offence: DSQ 	5.5 c.) 5.6 e.)
74.	Drafting in a draft-illegal competition on middle- or long-distance events;	<ul style="list-style-type: none"> - 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ 	5.5 c.) 5.6 f.)
75.	Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making rearward progress to clear the drafting zone completed in 25 seconds on middle- and long-distance events;	<ul style="list-style-type: none"> - 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ 	5.5 c.) 5.6 f.)
76.	Re-passing by an overtaken athlete prior to dropping out of the draft zone on middle- and long-distance events;	<ul style="list-style-type: none"> - 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ 	5.5 c.) 5.6 f.)
77.	Drafting off a different gender athlete in draft legal events;	<ul style="list-style-type: none"> - 1st offence: Warning and amend - 2nd offence DSQ 	5.5 b.)
78.	Drafting off an athlete being in a different lap;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	5.5 b.)
79.	Drafting off a vehicle or motorbike in a draft-illegal competition;	<ul style="list-style-type: none"> - Warning and amend or - If not corrected: Drafting time penalty 	5.5 c.)
80.	Drafting off a vehicle or motorbike in a draft-legal competition;	<ul style="list-style-type: none"> - Warning and amend if possible, or - DSQ 	5.5 b.)
81.	Blocking in a draft-illegal competition;	<ul style="list-style-type: none"> - Time penalty 	5.7

82.	Blocking in a draft-legal Age-Group competition;	- Time penalty	5.7
83.	Passing another athlete in a no passing zone;	- Time penalty	18.4 e.) 19.4 e.)
84.	Wearing the helmet unfastened or insecurely fastened, during the bike segment;	- Age-Group: Warning and amend if possible, or - DSQ and removed from competition - Elite and Para triathlon: Time penalty	5.2 g.) (iv)
85.	Take off the helmet on the bike course, even if stopped;	- Warning and amend if possible, or - DSQ	5.2 g.) (iv)
86.	Not wearing a helmet during the bike segment;	- DSQ and removed from competition	5.2 g.) (iv)
87.	Competing with a different bicycle than the one presented at the check in, or modified after getting the approval at the check-in;	- DSQ	5.1 c.)
88.	While in the bike penalty box, athletes consume food and/or water other than that is on the athlete's bike or person;	- Warning and amend if possible, or - DSQ	3.5 d.) (iii)
89.	Athletes using the restroom while serving a penalty in the bike penalty box;	- Penalty paused	3.5 d.) (iv)
90.	Making adjustments to equipment or performing any type of bike maintenance while serving a penalty;	- Warning and amend if possible, or - DSQ	3.5 d.) (v)
91.	Make cuts across or make contact with another athlete in a dangerous manner and continue to impede the progress of another athlete without making an effort to move apart.	- Time penalty	5.1 c.) (iv)
92.	Deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm;	- DSQ and may report to World Triathlon Tribunal for potential suspension or expulsion;	5.1 c.) (v)
93.	Riding in a forbidden position.	- Time penalty - If repeated: DSQ and removed from competition	5.8

RUN AND SKI		
RULES	PENALTIES	REFERENCE
94. Crawl during the running segment;	- DSQ and removed from competition	6.1 a.) (iii) 6.3 a.)
95. Running together and/or taking pace from other athlete/s that is/are on a different lap one or more laps ahead. (Applicable to Elite, U23, Junior, Youth athletes and Para triathletes);	- Warning and amend if possible, or - DSQ	6.1 a.) (viii)
96. Being accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or along the course;	- Warning and amend if possible, or - DSQ	6.1 a.) (vii) 18.5 b.)
97. Run or ski wearing a helmet;	- Warning and amend if possible, or - DSQ	6.1 a.) (v) 18.5 f.)
98. To use posts, trees or other fixed elements to assist manoeuvring curves;	- Time penalty	6.1 a.) (vi)
99. Being accompanied by any non-competing person in the finish chute.	- DSQ	6.3 b.) 18.5. b.)
100. Not use classic style where mandatory	- First offence Time penalty, - Second offence DSQ	18.5. e.)
101. Changing corridors in the finish chute, impeding the progress of other athletes.	- DSQ	18.5. i.)
102. Make contact with another athlete in a dangerous manner and continue to impede the progress of another athlete without making an effort to move apart.	- Time penalty	6.1 c.)
103. Deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm;	- DSQ and may report to World Triathlon Tribunal for potential suspension or expulsion;	6.1 d.)

TEAM RELAY SPECIFIC		
RULES	PENALTIES	REFERENCE
104. One or more declared team members in a standalone relay event, entering the briefing hall after the briefing has started or not attending the briefing;	- 10 seconds time penalty for the team served in Transition 1 by the first team member	2.7 b.) (v)
105. Not submitting the team declaration form within the specified time;	- Teams will be removed from the start list of the event and from all start and wait list in the events on the next 30 days	16.7 c.)
106. Relay exchange completed outside of the exchange zone;	- Time penalty	16.10 c.)
107. Relay exchange not completed, or intentionally completed outside the changing zone;	- DSQ	16.10 c.) 16.10 d.)

PARA TRIATHLON SPECIFIC		
RULES	PENALTIES	REFERENCE
108. Para triathletes who use catheters or other urinary diversion devices, have spillage during training, competition or classification;	- Warning and amend if possible, or - DSQ	17.19 a.)
109. Using adapted cleats and bike shoes with exposed cleats that are mounted on prosthetic legs (which are allowed in the pre-transition area) and the cleats are not covered or not surrounded by anti-slip material;	- Warning and amend if possible, or - DSQ	17.9 f.)
110. Para triathlete without a temporary, review or confirmed class status according to the regulated timelines;	- DSQ	17.4
111. Para triathlete competes wearing or using any prostheses or special adaptive equipment which are not officially approved;	Pre race - Warning and amend - If not corrected: DSQ During the race: DSQ	17.16 a.) 17.12 l.) 17.8 b.) (vi)
112. Para triathletes using unprotected sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful;	- Warning and amend if possible, or - DSQ and removed from competition	17.11 e.)

113. Para triathlete's classification is considered Not Completed (CNC);	- Removed from the start list	See Classification Rules – part 3 section 10
114. Para triathlete who have been classified as non-eligible for a para triathlon competition;	- Removed from the start list	See Classification rules – part 5
115. Para triathlete fails to attend scheduled classification session;	- Reasonable explanation: Give second chance - If not: Removed from the start list	See Classification rules – part 6
116. Para triathlete who is intentionally misrepresenting his/her skills and/or abilities;	- First offence: DSQ - Second offence: DSQ and report to World Triathlon Tribunal for potential suspension or expulsion	See Classification rules – part 8
117. Guides and personal handlers, who have not registered at the athletes' briefing;	- Access to the FOP removed	17.6 b.)
118. Personal handler not carrying the special credentials which were given by the LOC/World Triathlon;	- Warning and amend if possible, or - DSQ the Para triathlete that he/she is handling	17.7 a.)
119. Para triathlete receiving help from more personal handlers that he/she has registered;	- DSQ	17.7 b.)
120. Any action taken by the personal handler which propels the para triathlete forward;	- DSQ the Para triathlete that he/she is handling	17.7 e.)
121. Personal handler repairing a Para triathlete's bike in an area other than the athletes' transition spot or the wheel station during the competition;	- DSQ	17.7 c.) (iv) 17.7 g.)
122. Para triathletes' equipment in the pre-transition area which haven't been registered;	- Warning and amend if possible, or - DSQ	17.8 b.) (vi)
123. Personal handlers' present in the pre-transition area from PTS2, PTS3, PTS4 and PTS5;	- Warning and amend if possible, or - DSQ the athlete that they are handling.	17.9 a.)
124. Personal Handlers assisting para triathletes before they are placed by the swim exit assistants on the daily chair, or assigned chair or space in pre-transition;	- Time penalty	17.9 a.)

125. Para triathletes with an absent lower limb not using a prosthesis or crutches to reach from Pre-Transition area to Transition 1 and hopping on one leg;	- Warning and amend if possible, or - DSQ	17.9 h.)
126. PTWC1 and PTWC2 para triathletes doing the transition outside the individual space;	- Time penalty	17.10 h.)
127. PTWC1 and PTWC2 athletes not stopping completely at the mount and at the dismount lines or continue before the Technical Official say "Go";	- Time penalty	17.14 e.)
128. PTWC1 and PTWC2 athletes drafting off a vehicle or motorbike during the run;	- Warning and amend - If not corrected: Drafting time penalty	17.15 d.)
129. Para triathletes leaving equipment in pre-transition after exiting it;	- Warning and amend - If not corrected: Time penalty	17.9 e.)
130. PTVI1, PTVI2 and PTVI3 athletes competing with a guide who is not complying with the requirements;	- DSQ	17.17 a.) (iv) (v)
131. PTVI1, PTVI2 and PTVI3 athletes not be tethered during the swim or the run;	- Warning and amend if possible, or - DSQ	17.17 b.) (i) 17.17 d.) (i)
132. PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 1.5m away from their guide, during the swim;	- First offence: Time penalty - Second offence: DSQ	17.17 a.) (viii)
133. PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 0.5m away from their guide, during the swim;	- First offence: Time penalty - Second offence: DSQ	17.17 a.) (viii)
134. PTVI1, PTVI2 and PTVI3 athletes pulled or pushed by the guide;	- DSQ	17.17 a.) (vii) 17.17 b.) (ii)
135. PTVI1, PTVI2 and PTVI3 para triathlete crosses the finish line and the guide is beside or behind the para triathlete but further apart than the required 0.5 meters maximum separation distance;	- DSQ	17.17 d.) (iii)
136. Para triathlete enters the Field of Play with a guide dog;	- Warning and amend if possible, or - DSQ	17.17 a.) (i)
137. PTVI1 athletes not wearing blackout goggles or glasses during the applicable segments.	- DSQ	17.17 a.) (x)