



Common Rules to Know Before Your Race

A Message from Triathlon Ontario

Congratulations on signing up for a Triathlon Ontario sanctioned race! You are not only taking steps to lead a healthy, active lifestyle, but because this race is a “sanctioned” race, you are supporting the growth and development of the sport by supporting the Provincial Governing Body.

Why are sanctioned races important? As the Provincial Governing Body of the sport, Triathlon Ontario oversees every aspect of the support such as athlete development, coaching certification, officiating, club sanctioning and event sanctioning. As a participant in a sanctioned event you can feel confident that your event has been vetted by a neutral, non-profit third party through an extensive sanctioning process to ensure it is safe and fair for every participant, regardless of skill or ability.

Whether your first event or your 20th, we wanted to help to make sure your experience is the best it possibly can be. We know you’ve probably spent many hours and dollars as you strive to achieve your goals so we’ve prepared a quick guide for some common rules of the sport that you should be aware of. We want you to have a fun and safe experience so be sure to read over the following to be sure you don’t unknowingly violate any rules while you race.

Best of luck!
Triathlon Ontario

General Conduct

Treat other competitors, officials, volunteers and spectators with respect and courtesy
Always follow official’s instructions – failure to follow an official’s instructions or verbal/physical abuse of an official, volunteer, fellow racer or race organiser is an **automatic DQ**
Shirts/tops must be worn at all times. No bare torsos are permitted
No earbuds, walk-mans, ipods, radios are permitted during the race
No littering

Swim

Any stroke is permitted
No fins, paddles, snorkels, booties, or gloves permitted

Bike

Most bikes are permitted but there are a few exceptions
Softride style bikes and disk brakes on road bikes are currently not allowed
Every bike needs to have a working brake on each wheel
While cages on pedals are technically legal, their use is highly discouraged
Helmets must be worn and properly clipped at all times while on the bike.
The helmet must be CSA approved and not have any cracks
Mount your bike AFTER the mount line and dismount your bike BEFORE the dismount line
Do not draft off of fellow competitors. Stay 5 Metres back unless you are passing and always pass on the left
Never cross the centre line on the road – **automatic DQ**

Run

Any pace of running/walking is allowed but no crawling.

Race number/bib must be worn on the front of your body during the run.

Transition

Spectators, coaches, pets are not permitted in transition.

Balloons, flags or any other items intended on marking your sport are not permitted

Chairs and stools are not permitted in transition

Please move all non-essential items (duffle bags, bike pumps etc.) to the designated areas

Helmet must be clipped on BEFORE you remove your bike from the bike rack and only unclipped AFTER you place the bike on the rack prior to your run.

For the complete rule book please see http://www.triathlon.org/uploads/docs/itusport_competition-rules_november2015.pdf

If you have any questions about the rules, don't hesitate to ask us at technical@triathlonontario.com or 416-426-7025