



# Rules & Regulations

## Triathlon

European Maccabi Games Berlin 2015  
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## Foreword

Dear participants of the European Maccabi Games Berlin 2015,

The Rules & Regulations at hand, provide the guidelines of the European Maccabi Games 2015 in Berlin. The Rules & Regulations regulate the execution of the sports competitions.

The Organising Committee and the sports federations, in most cases the Berlin sports federations, execute the competitions at the European Maccabi Games in close cooperation with one another. Insofar, the Rules & Regulations at hand are a joint product of the EMG2015 Organising Committee and the implementing sports federations.

We hope that the Rules & Regulations at hand will be the basis for sportsmanlike and fair sports competitions and an unforgettable European Maccabi Games Berlin 2015.



Robert Cohen  
Sports Director  
European Maccabi Confederation



Alexander Sobotta  
Sports Director  
European Maccabi Games Berlin 2015



## **1. Organisation**

- a. The Triathlon Committee of the 14th European Maccabi Games will be responsible for the Triathlon competitions of the the 14th European Maccabi Games.
- b. The Triathlon competitions will be conducted according to the rules of the International Triathlon Association (I.T.U).
- c. Participation in the competition is open to any athlete who is in possession of a Participant Card, issued by the Organizing Committee of the 14th European Maccabi Games and registered the Triathlon competitions.

## **2. Venues and times**

- a. The Triathlon Committee will determine the venues and times of the Triathlon competition and teams will be notified accordingly.
- b. The Triathlon Committee is authorized to change the venues and times of the competitions. These decisions will be final.

## **3. Teams**

- a. Each country may enter an unlimited number of athletes, approved by the Triathlon Committee, for each event.
- b. The competitions will be held in an Open Male, Open Female, Masters Male and Masters Female age categories.
- c. When there are less than 3 competitors and not two countries the age group will be merged with the group immediately below.

## **4. Events**

- a. The competition will be in the Olympic distances, i.e., 1.5km swim, 40km cycling and 10km run.

## **5. Conduct of Athletes**

### **Intention**

- a. The Triathlon Regulations are intended to:
  - (i) Create an atmosphere of sportsmanship, equality, and fair play;
  - (ii) Provide safety and protection;
  - (iii) Emphasise ingenuity and skill without unduly limiting the athlete's freedom of action;
  - (iv) Penalise athletes who gain an unfair advantage;

### **5.1. General Conduct**

- a. Triathlon involve many athletes. Race tactics are part of the interaction between athletes. 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 Competition Rules, available on [www.triathlon.org](http://www.triathlon.org);
  - (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. In case the athletes fail to do this, it may result a suspension.
  - (viii) Compete without receiving assistance other than from event personnel and officials.
  - (ix) Avoid having ambush marketing
  - (x) Not dispose rubbish or equipment around the course except at clearly identified places, such as feed stations or rubbish disposal points. All items must be kept with the athlete and returned to their transition spot.
  - (xi) Not attempt to gain unfair advantage from any external vehicle or object.

## **5.2 Outside Assistance**

- a. The assistance provided by event personnel or Technical Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Race Referee. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and puncture repair kits.
- b. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue with their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.

## **5.3 Race numbers**

- a. Official race numbers must be worn by athletes during the bike and the run segment. The official race number must be visible on the back during bike segment and on the front during run segment.

## 6. SWIMMING CONDUCT

### 6.1 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.

### 6.2 Wetsuit Use

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

Elite, U23, Juniors and Youth athletes:

Swim Length	Forbidden Above	Mandatory Below
Up to 1500 m	20° C	14° C

Age-Group athletes:

Swim Length	Forbidden Above	Mandatory Below
Up to 1500 m	22° C	14° C

### 6.3 Start Procedure

- a. Prior to the start of competition, athletes are lined up in the pool respective to the lane in order of their start numbers, unless their positions have been reallocated after the Athletes' Briefing.
- b. The athletes go directly to their assigned lane in the pool upon entering the pool and stay in that lane until the start procedure.
- c. After all athletes are in position "On your marks!" is announced and all athletes has to touch the edge of the pool with at least one hand.
- d. Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move forward.
- e. Valid Start with Early Starters: In the case of an early start of a few athletes, the race can continue, the False Start Technical Officials can decide that the start is valid. The early starters will receive a time penalty in Transition 1, according to the distance of the race (10 seconds for sprint, 15 seconds for Olympic Distance).

## 6.4 Equipment

- a. Swim cap
  - (i) All athletes must wear the official event swim cap during the swim segment
  - (ii) Swim caps are provided by the Triathlon Committee
  - (iii) If an athlete chooses to wear two caps, the official cap must be on the outside
  - (iv) Athletes may not alter the swim caps in any manner
  - (v) Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification
- b. Trisuits
  - (i) Athletes must wear the approved trisuit for the non-wetsuit swims. If athletes choose to wear more than one trisuit, both have to comply with the specifications, and the external suit has to comply with the uniform rules and cannot be removed during the entire competition.
  - (ii) Trisuits will not have any neoprene sections
  - (iii) If the suit has a zipper it will be located at the back and will not be longer than 40 cm
  - (iv) When the use of wetsuits is forbidden, clothing covering any part of the arms below the shoulders and clothing covering any part of the legs below the knees is also forbidden.
  - (v) Printed logos may be located in the authorized spaces only.
- c. Illegal Equipment:
  - (i) Athletes must not use or wear:
    - Artificial propulsion devices;
    - Flotation devices;
    - Gloves or socks;
    - Wetsuit bottoms only;
    - Wetsuits when they are forbidden;
    - Non-certified swimsuits;
    - Snorkels;
    - Official race numbers (in non wetsuit swim only)

## 7. Cycling Conduct

### 7.1 General Rules

- a.) 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.
- b.) 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 advantage is gained due to this action, the athlete will receive a time penalty to be served in Transition Area for Age Groupers and at the run penalty box for everyone else.

## 7.2 Equipment

- a.) In general, UCI rules, as of January 1st of the current year, will apply during competition and also during familiarization sessions and official training:
  - (i) UCI road race rules for draft-legal triathlon and duathlon races.
  - (ii) UCI time trial rules for draft-illegal triathlon and duathlon races.
- b.) The use of helmet during the complete bike segment is mandatory.
- c.) The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means 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;
- d.) Illegal Equipment
  - (i) Illegal equipment includes, but is not limited to:
    - Headphone(s) or headset(s);
    - Glass containers;
    - Mobile phone(s) or any other electronic listening communication device.
    - Bike or parts of the bike not complying with these rules.
    - Uniform not complying with the ITU Uniform Rules.

## 7.3 Bike Check

- a.) A bike check will take place upon Check-in to the Transition Area before the competition. Technical Officials will check that bikes comply with the ITU Competition Rules.
- b.) Athletes may request approval from the Race Referee during the Athletes' Briefing to allow them to make modifications, if necessary, to comply with the rules.
- c.) One athlete can only check one bike.

## 7.4 Drafting

### a.) General Guidelines

The bike segment will be a Draft-illegal race, which means:

- (i) Drafting from another athlete or motor vehicle is forbidden. Athletes must reject attempts by others to draft;
- (ii) An athlete is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;

- (iii) An athlete who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;
- (iv) To draft is to enter the bicycle or vehicle drafting zone:
  - Bicycle draft zone: the bicycle draft zone will be a rectangle 3 meters wide and 12 meters long. The center of the leading 3 meters edge will be measured from the leading edge of the front wheel. 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.
  - Motorbike draft zone: the bicycle draft zone will be a rectangle 3 meters wide and 12 meters long. The center of the leading 3 meters edge will be measured from the leading edge of the front. This applies also for draft legal event
  - Vehicle draft zone: The 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 center of the leading 5 metre edge of the rectangle. This applies also for draft legal events.
- (v) Entry into the bicycle drafting zone: An athlete may enter a bike draft zone in the following circumstances:
  - If the athlete enters the draft zone, and progresses through it within 20 seconds in the overtaking manoeuvre;
  - For safety reasons;
  - 100 metres before and after an aid station or transition area;
  - At an acute turn;
  - If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.
- (vi) Overtaking:
  - An athlete is passed when another athlete's front wheel is ahead of theirs;
  - Once overtaken, an athlete must move out of the draft zone of the leading athlete within 5 seconds.
  - 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.
  - The TD will instruct the athletes during the briefing on which side they must pass another athlete when mounted on their bicycle.
- (vii) See the diagrams below for events where left hand side road rules apply.

## **7.5 Penalties for Drafting**

- a.) It is forbidden to draft in a race declared as draft-illegal.
- b.) Technical Officials will notify the athletes who draft they are subject to a time penalty sanction. This notification must be clear and unambiguous

- c.) 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 olympic distance.
- d.) It is the athlete's responsibility to stop in the next Penalty Box. Failing to stop will result in a disqualification.
- e.) A second drafting offence will lead to a disqualification in olympic distance events or shorter.

## **8. RUNNING CONDUCT**

### **8.1 General Rules**

- a.) The athletes will:
  - (i) Run or walk;
  - (ii) Wear the official race number visible in the front;
  - (iii) Not crawl;
  - (iv) Not run with a bare torso;
  - (v) Not run without shoes or run barefoot on any part of the course;
  - (vi) Not run with a bike helmet on;
  - (vii) Not use posts, trees or other fixed elements to assist manouvering curves;
  - (viii) Not be accompanied by team members, team managers or other pacemakers on the course.

### **8.2 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.

### **8.3 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.

### **8.4 Illegal Equipment**

- a.) Headphone(s) and headset(s), mobile phones or any other electronic listening communication device;
- b.) Glass containers;
- c.) Uniform not complying with the Makkabi Uniform Rules.

## **9. TRANSITION AREA CONDUCT:**

### **9.1 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 not impede the progress of other athletes in the Transition Area;
- d.) Athletes must not interfere with another athlete's equipment in the Transition Area;
- e.) Cycling is not permitted inside the Transition Area: Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line. Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line. While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands. Mount and dismount lines are part of the transition area.
- f.) Nudity or indecent exposure is forbidden;
- g.) Athletes can not stop in the flow zones of the Transition Area;
- h.) Marking positions in the Transition Area is not allowed. Marks will be removed and the athletes will not be notified.
- i.) The helmet strap must remain unfastened in the Transition Area while the athlete is completing the first segment.

## **10. Referees**

- a. The Triathlon Committee will select a Referees' Committee, which in turn will appoint the marshals of the competition.

## **11. General**

- a. These regulations are but one part of the complete 14th European Maccabi Games Regulations, and must be read along with the instructions found in "Basic Regulations and Disciplinary Procedures".
- b. In the event of a discrepancy between the regulations written here and those appearing in the "Basic Regulations", the regulations written here will apply and be binding.
- c. Competitors are obliged to ride on their own bikes. The option of borrowing bikes will be clarified in reasonable time before the competition.
- d. The use of helmet is compulsory.