



COMPETITION RULES

REVISED APRIL 2015

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BTA Competition Rules

1. INTRODUCTION

1.1. Purpose:

The Bermuda Triathlon Association (BTA) Competition Rules will follow the International Triathlon Union (ITU) Age Group, non-drafting rules as closely as possible. This document is a combination of those ITU rules as well as the BTA adaptations or amendments that would apply to races held in Bermuda. Should a draft legal race be held, the ITU Elite or age group drafting rules would apply.

The ITU rules can be found on the website *www.triathlon.org*. The ITU rules are updated from time to time as the need arises and the BTA shall abide by those updates.

1.2. Intention:

The BTA is the sole governing body for triathlon, duathlon, and other related multi-sports in Bermuda. The competitive rules are intended to:

- a) To provide for the orderly and consistent administration of events sanctioned by the BTA.
- b) Create an atmosphere of sportsmanship, equality and fair play.
- c) Provide safety and protection.
- d) Penalize athletes who gain an unfair advantage.

1.3. Rule Exception and Additions:

A race director may request from the BTA a specific exception or addition of the rules for a particular race provided that:

- a) The additional regulation does not conflict with another competition rule.
- b) The additional regulation is made available in written form and announced at the athlete's briefing.
- c) Any requests to change a rule should be made with the athlete's safety as the highest priority.
- d) Reasoning is provided to the executive at least one week prior to the event. For race safety it may be necessary to make changes on the day of the race, however, the race director must consult with the BTA executive and it must be announced at the athlete briefing.

2. CONDUCT OF ATHLETES

2.1. General Conduct

Athletes will:

- e) Practice good sportsmanship at all times
- f) Be responsible for their own safety and the safety of others
- g) Know, understand and follow the BTA competition rules
- h) Obey traffic regulations and instructions from race officials
- i) Treat other athletes, officials, volunteers, and spectators with respect and courtesy
- j) Avoid abusive language
- k) Inform an official if withdrawing from a race
- l) Compete without receiving assistance other than from event personnel or officials
- m) Not dispose of 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

- n) Not attempt to gain an unfair advantage from any external vehicle or object.
- o) Follow the prescribed course

2.2. Outside assistance

- a) The assistance provided by event personnel or the race director is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes in the same race may assist each other with incidental items such as nutrition and drinks after a water station, 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 not restricted to shoes, complete bicycle, frame, wheels, and helmet. The penalty is disqualification of both athletes.

2.3. Drug Abuse

- a) Athletes will follow the ITU Anti-Doping Rules and the BSADA Anti-Doping Rules

2.4. Health

Triathlons and other related multi sports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting a race, the athletes declare they are in good health and are in appropriate physical condition to complete the race. The BTA encourages athletes to perform periodic health evaluations and to undergo a pre-participation evaluation prior to engaging in competitive sport.

2.5. Eligibility

Any athlete who competes in a race having not met the eligibility listed below will be disqualified.

a) Membership:

Competitors must be paid up annual members of the BTA and be in good standing. At the discretion of the BTA, competitors may be allowed to participate in sanctioned events through the issuance of a single day membership.

b) Multiple Competitions

Athletes may not compete within 48hrs (as determined by the start time) in more than one related multi-sport event when one event is of standard distance or longer.

Juniors may only compete in the junior event or the senior event (provided they have been granted permission by the BTA). This includes teams.

c) Age Determination

An athlete's age shall be determined by their age on December 31st in the year of the competition.

d) Age Limits:

- i) Junior distances: minimum age 7 (as of Dec 31) to compete alone in junior races. Children under 6 may be accompanied by an adult if the race allows.

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- ii) Sprint Distance- minimum age 16 (as of Dec 31) Athlete's aged 15 (as of Dec 31st) may request permission from the BTA Executive to enter a sprint race and eligibility will be determined on a case by case basis.
- iii) Olympic (Standard) Distance Triathlon- minimum age 18 (as of Dec 31) Athlete's aged 17 (as of Dec 31st) may request permission from the BTA Executive to enter an Olympic distance race and eligibility will be determined on a case by case basis.
- iv) Distances longer than Olympic (such as half ironman) minimum age 18 (as of Dec 31)

2.6. Insurance

Athletes competing must have medical insurance.

2.7. Registration

All athletes must be registered in the event prior to competing

Pre- race Briefing

The race director shall provide a race briefing before the start of the race. The time and location of the briefing is at the discretion of the Race Director.

2.8. Race numbers:

- a) Official race numbers are to be worn by athletes during the run segment. The official race number must be visible on the front. Official race numbers may be worn on the swim and bike segments.
- b) Race numbers are forbidden in a non-wetsuit swim segment.
- c) Body marking: shall be applied to each arm and each leg unless otherwise advised by the race director. Age group and gender markings on the calf may be utilized under the discretion of the race director.

2.9. Timing and Results

A race will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the race. Competitors must complete the course in its entirety.

When possible, official results will include

- a) swim or first segment
- b) transition 1
- c) Bike or second segment
- d) transition 2
- e) run or third segment
- f) overall finish time

3.6. Expulsion

a) General

Athletes who are expelled will not participate in a BTA competition for life.

b) Reason for expulsion

An athlete is expelled for life for repeated rule violations that incur suspensions.

3.7. Right of Appeal

Athletes punished with a penalty shall have the right to appeal.

4. SWIMMING CONDUCT

4.1. 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

b) Athletes must follow the prescribed swim course

c) Athletes may stand on the bottom or rest by holding an inanimate object such as buoy or stationary boat.

d) In an emergency, an athlete should raise arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition.

4.2. Wetsuit use For Age group Races

(Please refer to ITU rules for Elites use of wetsuits)

Wetsuit use for age group athletes is governed by the following table

Swim Length	Forbidden above	Mandatory below
Up to 1500 m	22C (71.6F)	14C (57.2F)
1501 to 3000m	23C (73.4 F)	16C (60.8F)
3001 to 4000m	24.5C (76.1)	16C (60.8F)

a) If weather conditions dictate, i.e. high winds, heavy rain, changing temperature, etc. The race director may adapt limits of the swim length and adapt provisions for wetsuit use. The final decision will be made one hour before the start and will be clearly communicated to the athletes.

b) Water temperature to be taken one hour prior to the start of the event on race day. It must be taken at the middle of the swim course and in two other areas on the swim course at a depth of 60cm. The lowest measured temperature will be considered the official water temperature.

4.3. Start Procedures

a) Athletes are grouped at the pre start area according to assigned wave (if applicable)

b) Athletes will be called to the start area

c) The start signal shall be given, either by horn or announcement

d) False Start: In case of a false start (several athletes move forward before the horn or announcement); the athletes must come back to position.

e) Valid Start with early starters. In the case of an early start with a few athletes, the race can continue. The early starters will be assessed a time penalty according to the distance of the race

- Junior races: 5secs
- 750m: 10 sec
- 1500m: 15 sec
- Long distance: 30 secs.

f) Athletes who miss the start may be allowed to proceed upon approval of the Race Director. The athlete's start time will be the official race start time and not adjusted for his/her lateness.

4.4. Equipment

a) Swim Cap

- i) all athletes must wear a swim cap during the swim segment
- ii) If swim caps are provided, athletes must wear the official event swim cap
- iii) If an athlete chooses to wear two swim caps, the official cap must be on the outside
- iv) Athletes must not alter the swim cap in any manner
- v) Failure to wear the official swim cap or altering the swim cap may result in a penalty up to and including Disqualification

b) Trisuits

- i) Athletes may wear trisuits or swimsuits. If the athlete chooses to wear two trisuits, neither suit can be removed during the entire competition/
- ii) Trisuits may not have any neoprene sections
- iii) When the use of wetsuits is prohibited, clothing covering any part of the arms below the shoulders and clothing covering any part of the legs below the knees is also forbidden.
- iv) Zipper in the back is preferred but not mandatory

c) Wetsuits

- i) Wetsuits cannot exceed 5mm of thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5mm thickness limit.
- ii) There is no limitation regarding the length of the zipper
- iii) Propulsion devices that create an advantage for the athlete or a risk to others are forbidden.
- iv) ii) the most external part of the wetsuits will fit the athlete's body tightly while they are swimming.
- v) The wetsuit may cover any part of the body, except the face, hands, and feet

c) Illegal Equipment

Athletes may not use or wear

- i) Artificial propulsion devices
- ii) Floatation devices
- iii) Gloves or socks
- iv) Wetsuit bottoms only
- v) Wetsuits when they are forbidden
- vi) Non-certified swim suits
- vii) Snorkels
- viii) Official race numbers (in not wetsuit swims only)

5. CYCLING CONDUCT

5.1. 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 Behavior
 - i) Athletes must obey the specific traffic regulations for the event unless an official advised otherwise
 - ii) Athletes leaving the field of play for safety reasons, have to return to it without gaining an advantage. If an advantage is gained, a time penalty will be assessed.

5.2. Equipment

Bikes must be in good working order with brakes on both wheels.

Mountain bikes and/or hybrid bicycles may be allowed at the discretion of the race director if they do not fit the characteristics outlined below.

Athletes with non-traditional or unusual bikes should seek approval from the Race Director prior to the start of competition.

The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable, the rear wheel shall be drive through a system comprising pedals and a chain.

Bikes should have the following characteristics

The bike will be no more than one meter and eighty five (185cm) long and the fifty (50cm) wide.

The bike will measure between 24 cm and 30cm from the ground to the center of the chain wheel axle

There will be no less than 54cm and no more than 65cm between a vertical line passing through the center of the chain wheel axle and a vertical line through the center of the front wheel axle.

There will be a vertical line touching the front most point of the saddle which will be no more than 5cm in front of and no more than 15cm behind, a vertical line passing through the center of the chain wheel axel, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.

If bike race numbers are given, they must be placed on the bike as instructed and not altered in any way.

Diagram 6 Saddle Fore-Aft Position

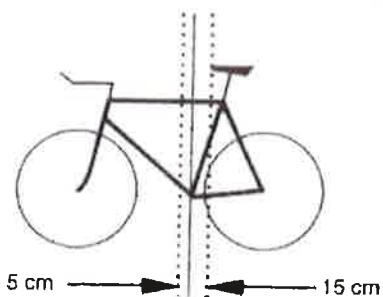
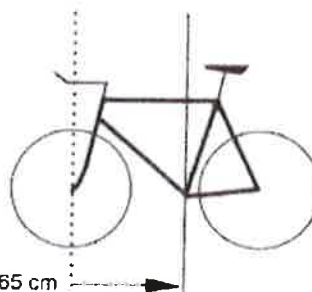


Diagram 7 Front to Centre Distance



a) Wheels

- i) No wheels may contain any mechanisms which are capable of accelerating it.
- ii) Tubular tires must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly to the frame.
- iii) There must be a brake on each wheel
- iv) If a wheel station is provided, athletes may keep spare wheels in the station. Wheels designated for a specific athlete may not be used.
- v) Disc wheels may be used, however the provision may be changed by the Race Director in the interests of safety (i.e. high winds)

b) Handlebars

Handlebars and clip on aero bars not extending beyond the leading edge of the front wheel will be permitted. Clip on aero bars do not need to be bridged. All tube ends need to be plugged.

c) Helmets

- i) Helmets must be approved by a national accredited testing authority. (ANSI, SNELL, CSA, CPSC)
- ii) Any alteration to any part of the helmet, including the chin strap, or the omission of any part is prohibited.
- iii) 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 the bike from the rack at the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg.
- iv) If an athlete moves the bike off course for any reason, the athlete may not unfasten or remove the helmet until after he/she has moved outside the boundary of the course route and has dismounted the bike. He/she must fasten the helmet securely on the head before returning to onto the bike course or before remounting the bike.

d) Pedals

Platform pedals are allowed, provide a quick release mechanism is fitted to ensure the release in case of a fall.

e) Illegal Equipment

Illegal equipment includes, but not limited to:

- i) Headphones, or headset
- ii) Glass containers
- iii) Mobile phones or any other electronic listening communication device
- iv) Bikes or parts of bike not complying with these rules

Any equipment or devices carried during the bike segment or added to the bike is subject to approval by the Race Director before the race. Non approved devices are forbidden and may result in disqualification of the athlete.

For use of cameras and video cameras, approval from the Race Director is required.

5.3. Draft Illegal Races (draft legal races will follow ITU rules)

- a) Drafting from another athlete, or another non- competing cyclist or a motor vehicle is prohibited. Athletes must reject attempts by others to draft.

- b) 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 on the course, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing.
- c) An athlete, who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.
- d) To draft is to enter the bicycle or vehicle drafting zone
- e) Bicycle draft zone: the bicycle draft zone will be a 10 meters long 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 sec will be allowed passing through the zone of another athlete.
- f) Motor bike draft zone. The motor bike draft zone will be 12 meters long.
- g) Vehicle draft zone: The vehicle draft zone will be 35m long.
- h)

Entry into the bicycling drafting zone: An athlete may enter a bike draft zone in the following circumstances

- i) If an athlete enters the draft zone and progresses through it within 20 seconds in the overtaking maneuver.
- ii) For safety reasons
- iii) 100m before and after an aid station or transition area
- iv) An acute turn
- v) If the race director excludes a section of the course because of narrow lanes, construction, detours or other safety reasons.

A) Overtaking

An athlete is passed when another athlete's front wheel is ahead of his or hers.

Once overtaken, an athlete must move out of the draft zone of the leading athlete within 5 secs.

Athletes must be kept 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.

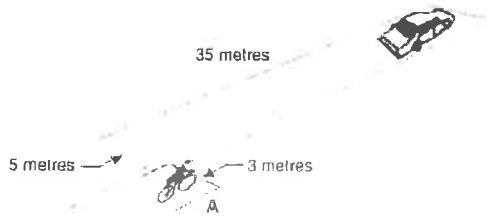
The Race Director will instruct the athletes on which side they must pass another athlete when mounted on the bike. On most courses in Bermuda, this will be on the RIGHT. Overtaken riders will keep LEFT.

Diagram 4 Drafting and Not Drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.

Diagram 5 Vehicle Draft Zone



A is travelling at the same speed as the vehicle. A is drafting. A must move to the Left Hand Side of the road otherwise A can also be called for blocking.

Diagram 1 Distance of Drafting Zone for ALL Competitors



Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

Diagram 3 Blocking



A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

B) Penalties for Drafting:

Race officials will notify the athletes who draft they are subject to a time penalty. This notification must be clear and unambiguous.

The athlete will be assessed a penalty at the end of the race

- 30 secs for Junior races (regardless of distance)
- 1min for Sprint
- 2mins for Olympic (Standard)
- 5mins for Long course

A second drafting penalty will result in disqualification for Standard (Olympic Distance or shorter) including Junior races

A third drafting penalty will result in disqualification for long course events

6. RUNNING CONDUCT

6.1. General Rules

The athletes will:

- i) Run or walk
- ii) Wear the official race number
- iii) Not crawl
- iv) Not run with a bike helmet on
- v) Not use posts, trees, or other fixed elements to assist in maneuvering curves.
- vi) Not be accompanied by team members, team managers, or other pacemakers on the course

6.2. Finish Definition

An athlete will be judged as "Finished" the moment any part of the torso, **crosses a vertical line** extending from the leading edge of the finish line

6.3. Safety Guidelines

The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to the race director, race official, or medical official as presenting a danger to themselves or others, may be removed from competition.

6.4. Illegal Equipment

Headphones and headsets, mobile phones, or any other electronic listening communication device

7. TRANSITION AREA

7.1. 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 place all equipment to be used at a later stage of the event within .5m of their point on the rack. All equipment already used must be left within .5m of their point on the rack. Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before the race start.

D) Bike shoes, glasses, helmet and other bike equipment can be placed on the bike

E) Athletes must not impede the progress of other athletes in the Transition Area

F) Cycling is not permitted inside the Transition Area. Athletes must mount their bicycles after the mount line by having one complete foot in contact with the ground after the mount line. Athletes must dismount their bicycles before the dismount line by having one complete foot in contact with the ground before the dismount line. While in the Transition area (before mount line and after dismount line) the bike can only be pushed by the athlete's hands, Mount and Dismount lines are part of the Transition Area.

G) Nudity or indecent exposure is forbidden

H) Athletes cannot stop in the flow zones of the Transition Area

I) Marking positions in the Transition Area is not allowed. Marks will be removed and athletes will not be notified

J) The helmet strap must remain unfastened in the Transition Area while the athlete is completing the first segment

8. RACE OFFICIATING

8.1. Race Officials

The race officials at all events shall consist of a Race Director, marshals, judges and a head timer. The race officials shall conduct each event in accordance with these rules and shall uphold and enforce these rules and any other regulations or policies of the BTA in an impartial manner.

- a) Race Director: Beginning with the start of the event and until all scores are finalized the decision of the race director are final and binding with respect to all competition matters pertaining to the event, with exception of the decisions by the protest committee.
- b) Powers of the Race Director, The race director shall be empowered to:
- c) Interpret and enforce these Competition Rules and other regulations or policies of the BTA.
- d) To supervise and control the general conduct of all participants, to require that a participant withdraw from an event, and to intercede during a competition at any stage to ensure that the Competitive Rules are observed.
- e) To invoke and impose penalties for violations of these rules and to prominently post a list of all violations and penalized participants designated by race number at a site located near the finish of the event.
- f) To make decisions on any point not specifically covered by these rules
- g) To instruct, design, assign duties to, and delegate authority to all other race officials
- h) To inspect the race course with respect to race safety

- i) To examine the equipment or other items of any participant at any time to check compliance with these Rules and to make the final and binding decision as to whether any equipment or other item is improper or unauthorized.
- j) To overrule any judge, marshal, or other race official at any point of interpretation of these Rules and to resolved differences in opinions between or among judges or other race officials.
- k) To establish all aspects of protest procedures, including the time and place of hearing, to impose sanctions for noncompliance with established procedure and to assess penalties in accordance with the resolution of any protests
- l) To prepare a report of actions taken and decisions rendered by the Protest Committee and to make recommendations on improving race operations.

8.2. Duties of the Race Director

- a) The Race Director shall wear distinctive clothing or other means of identification
- b) The Race Director shall establish an officials headquarters near the finish of the event
- c) The Race Director shall use and maintain a violation posting board erected by race management when possible
- d) The Race Director shall process violations reported by Marshals diligently and as soon as possible
- e) The Race Director shall determine the relative severity of any offense or violation
- f) The Race Director shall assess the appropriate penalty
- g) The Race Director shall retain the results of reported violations and decisions and shall review the information in connections with the protests
- h) The Race Director shall submit all appropriate data which reflects final results to the Head Timer for incorporation into the final results.

8.3. Official Results

Final results will reflect all decisions made by the Race Director and the Protest Committee

8.4. Race Marshals

Race Marshals will be assigned to the swim; bike or run portions of the event and to the transitions areas and will follow all instructions of the Race Director. Race Marshals shall have jurisdiction over all persons in their respective areas of assignment. Race Marshall shall enforce these Competition Rules by reporting violations to the Race Director. The Race Director (not the Marshal) shall assess penalties.

8.5. Judges

Judges shall hear and rule on all protests as members of the Protest Committee. Judges shall also assist other race officials as directed by the Race Director

8.6. Head Timer

The Head Timer is responsible for collecting and processing all data relevant to the calculation and determination of race results.

9. PROTESTS

9.1. General

A protest is against the conduct of an athlete, official, or the conditions of the competition. An athlete may file a protest with Race director provided the protest has not been previously observed by the officials and ruled upon by the Race Director.

9.2. Protests concerning Eligibility

Protests concerning the eligibility of an athlete shall be made to the Race Director before the Athlete's briefing.

9.3. Protests concerning the Course

Protests concerning the safety of the course or its variance to regulations must be made to Race Director 24hrs before the start of the race

9.4. Protest concerning the race

An Athlete who protests against another athlete or official must do so within 5mins of his/her finishing time. In case a protest is initiated in this period, the time limit will be extended by 15 more minutes

9.5. Protests concerning Equipment

Protest concerning an athlete's equipment which infringes on the conditions set out in these Competition Rules must be made within 5 mins of 5mins of his/her finishing time. In case a protest is initiated in this period, the time limit will be extended by 15 more minutes

9.6. Contents of a Protest

The protest must be accompanied by \$50 (USD or BMD) and will be refunded if the protest is successful. If the protest is unsuccessful, the money will be retained by the BTA. A protest form is included in the Appendices

Information to be included

- a. Alleged rule violated
- b. The location and approx. time of the alleged violation
- c. Persons involved in the alleged violation
- d. A statement, including a diagram of the alleged violation (if possible)
- e. The names of witnesses who observed the alleged violation
- f. Signature

9.7. Protest procedures

Protests will be filed with the Race Director, signed by the protester within the time limits above.

A competition jury will be formed which shall be comprised of the Race Director, the marshal from the segment where the alleged violation occurred, and a Board or Executive member of the BTA. A protest hearing may be held but will not be open to the public

The competition jury shall read the protest

The protester and the accused will be given adequate time to give their account of the incident. Witnesses may speak for three mins each

The Competition jury will hear the evidence and render a decision by simple majority.

The decision will be communicated to the parties (in writing if requested)

10. APPEALS:

An appeal is a request for a review of the decision made by the Race Director, or the Competition Jury.

The following procedure shall be used:

The BTA shall establish an ad hoc Board of Hearings and Appeals which shall consist of three disinterested members of the BTA who shall be selected under the direction of the BTA president.

This committee shall be empowered to:

- a) Impose and enforce penalties for any violation of the Competitive Rules or other policies or procedures of the BTA
- b) To review any punitive action or decision taken against any person and to affirm, reverse, stay or modify such action or decision
- c) To investigate any pertinent matter as directed by the BTA President or BTA Executive
- d) To determine eligibility of any person competing in a BTA sanctioned race
- e) To determine the membership status of any persons and to reinstate or revoke membership rights
- f) To issue conditional orders prohibiting or requiring certain conduct or action as a condition to maintaining membership rights
- g) To interpret and Competitive Rule, regulation or policy of the BTA
- h) To conduct hearings and determine any appeal properly filed with the BTA.

Proper Subject of Appeal

No person shall file an appeal with respect to a judgment call. Members may appeal the final decision of a Race Director or Competition Jury and punitive action affecting their membership or any other matter involving an interpretation of the Competition Rules of which an appeal is not otherwise prohibited.

10.1. Appeal Procedures

- a) Time and Fee: an Appeal must be filed in writing within 20 days after the date of the decision and must be accompanied by a \$50 USD or BMD fee
- b) Contents of Appeal: The appeal shall be filed in the form of a petition and shall contain the following
The petitioner's name, address, and phone number
- c) Detailed description of the factual background including date, time, precise location of any relevant incidents and an identification of the decision being appealed and the person or persons who rendered the decision.
- d) Any relevant rules, regulations, or policies and an application of the facts to those Rules, regulations or policies
- e) Detailed explanation of all the grounds for the appeal
- f) All of the evidence that the athlete wishes to be considered as well as the names and contact detail of any witnesses
- g) A request to participate in the hearing if desired (may not be granted)
- h) A request for additional time to prepare materials (up to 14 days)

10.2. Determination of Appeal

The appeal shall be heard and determined by a panel of three disinterested members of the BTA selected by or under the direction of the BTA President.

Hearing

The BTA President shall appoint or the panel may elect a chairperson to conduct the hearing. Hearings may be conducted by an attorney at law retained or appointed by the BTA, but any such attorney shall have no vote in the panel's decision. A hearing may be conducted by telephone at the panel's discretion. The appellant shall have the right to be represented by counsel

Appellate Decision: The appellate panel shall issue a written memorandum explaining and containing its decision with 14 days after the appeal has been duly filed or the hearing has been conducted, whichever is later. The appellant shall receive a copy of the decision. The decision of the appellate panel under this section shall be final.

11. DISCIPLINARY HEARINGS

11.1. General

Except as otherwise provided in these Rules, and whenever the time and circumstance permit, a disciplinary hearing will be held to determine whether an athlete should be suspended, expelled, or otherwise rendered ineligible to compete in BTA sanctioned events. Disciplinary hearing shall be given written notice personally delivered or sent to last known address. The notice shall apprise the respondent of the specific charges against him, the specific rules and regulations or policies alleged to have been violated, the potential penalties which may be imposed and the date time and place where hearing will be held. The date shall be set between 30 and 60 days after the date of notice. The hearing panel may continue or postpone the hearing in its sole discretion for good cause shown.

11.2. Answer

The respondent shall file a written response to all of the charges not later than 10 days prior to the date of the hearing, addressed to the BTA president. Any statements submitted by the respondent or other parties in support of the answer shall in be form of a sworn affidavit and shall contain a certification that the statement is true and correct.

11.3. Right to Counsel

The respondent shall have the right to the assistance of legal counsel in the preparation of a defense and the right to be represented by counsel at the hearing.

Hearing Panel

The hearing shall be held before a panel of three disinterested BTA Members who shall be selected by or under the direction of the BTA president. In no case shall members of the BTA Executive constitute the majority of the hearing panel. The BTA President shall appoint or the panel may elect a chairperson to conduct the hearing. Hearings may be conducted by an attorney at law retained or appointed by the BTA, but any such attorney shall have no vote in the panel's decision. A hearing may be conducted by telephone at the panel's discretion.

11.4. Hearing Decision

The panel shall issue a written memorandum explaining and containing its decision within 14 days after the conclusion of the hearing. The respondent shall receive a copy of the decision and notice of any right to appellate review by the BTA executive.

11.5. Appeal to the BTA Executive

Any respondent adversely affected by the a disciplinary hearing convened under this section shall have the right to appeal to the BTA Executive by filing a written petition along with \$50 USD or BMD filing fee within 20 days after the panel's decision. The BTA Executive shall appoint three disinterested members to decide any appeal under this section. Oral hearings will only be granted in exceptional circumstances at the discretion of the Executive; therefore petitions should contain all relevant information when submitted. Hearings may be conducted by phone or otherwise. An appellate hearing shall be scheduled between 30 and 60 days after the filing of the petition.

Compliance with Final Rulings All persons shall abide by the final determination of the BTA of an appeal or another matter relating to the Competitive Rules. In the event the BTA resolves an issue in a manner that changes official race results or the order in which athletes are deemed to have finished an event, all affected athletes shall abide by such ruling and shall return or agree to return any prize money or awards as the BTA may request. Failure to comply with this Section shall be grounds for suspension from the BTA.

Appendix A Penalties and Violations

Rules	Penalties
<p>1. Compete within 48 hrs. in more than one event of same individual related multisport</p> <p>Junior competing in both junior and senior event of the same individual related multisport</p>	<p>DSQ for all events included in the period</p>
<p>2. Starting before the starters signal</p>	<p>Time Penalty added to overall time 30 sec for long distance 15 sec for Olympic 10 sec for Sprint 5 sec for Junior</p>
<p>3. Failing to follow the prescribed course</p>	<p>Stop and Go and re-enter the race at the same point. If fails to do so then DSQ</p>
<p>4. Using abusive language or behavior toward any official</p>	<p>DSQ and report to BTA for possible suspension</p>
<p>5. Unsportsmanlike Behavior</p>	<p>DSQ and report to BTA for possible suspension</p>
<p>6. Blocking, Charging, obstructing or interfering with the forward progress of another athlete</p>	<p>Unintentional – verbal warning Intentional – DSQ</p>
<p>7. Unfair Contact The fact that contact occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favorable positions is not a violation</p>	<p>Unintentional – verbal warning Intentional – DSQ</p>
<p>8. Accepting assistance from anyone other than a Technical Official, race official or other athlete</p>	<p>If it is possible to amend and return to original situation: Stop and Go, If not DSQ</p>
<p>9. Refusing to follow the instructions of the Race Director or other race officials</p>	<p>DSQ</p>
<p>10. Departing the course for reasons of safety, but failing to re-enter at the point of departure</p>	<p>Unintentional – verbal warning and correct if possible Specifically on the bike, if advantage is gained, time penalty added to overall time 30 sec for long distance 15 sec for Olympic 10 sec for Sprint 5 sec for Junior</p>
<p>11. Failure to wear the unaltered race numbers if provided, in the proper way as ordered by the Race Director</p>	<p>Stop and Go, when amended If not DSQ</p>
<p>12. To dispose of rubbish or equipment around the course outside of identified places such as aid stations</p>	<p>Stop and Go, when amended If not time penalty added to overall time 30 sec for long distance 15 sec for Olympic 10 sec for Sprint 5 sec for Junior</p>
<p>13. Wearing items deemed a hazard to self or</p>	<p>Stop and Go, when amended</p>

others	If not DSQ
14. Using illegal our unauthorized equipment to provide an advantage or which will be dangerous to others	Stop and Go, when amended If not DSQ
15. Violating race specific traffic regulations	Unintentional – verbal warning and correct if possible Intentionally -DSQ
16. Fraud by entering under an assumed name or age or giving false information	DSQ and inform BTA for possible suspension
17. Participating when not eligible	DSQ and inform BTA for possible suspension
18. Repeated violations of BTA Rules	DSQ and inform BTA for possible suspension
19. Drug Abuse	Penalties apply per BSADA and/or WADA rules
20. For an unusual and violent act of unsportsmanlike behavior	Expulsion
21. Compete with a bare torso	Stop and Go, when amended If not DSQ
22. Outside Assistance: To give another athlete a complete bike, frame, wheel(s) helmet, bike shoes, running shoes or any other item of equipment which results in the donor athlete being unable to continue with their own race	DSQ of both athletes
23. Attempt to gain unfair advantage from any external vehicle or object	DSQ
24. Make forward progress without the bike during the bike segment	Stop and Go, when amended If not DSQ
25. Nudity or indecent exposure	DSQ
26. Drafting	Junior Race: 30 sec first offence, 2 nd offence DSQ. Time penalty to be added to overall time Sprint Race: 1 min first offence, 2 nd offence DSQ. Time penalty to be added to overall time Olympic Race: 2 min first offence, , 2 nd offence DSQ Time penalty o be added to overall time Races longer than Olympic distance, 5 mins first and 2 nd offences. 3 rd offence DSQ. Time penalty to be added to overall time
27. Wearing the helmet unfastened or insecurely fastened during the bike segment	Stop and Go, when amended If not DSQ
28. Take off the helmet on the bike course, even if stopped	Stop and Go, when amended If not DSQ
29. Not wearing a helmet during the bike segment	DSQ
30. Compete with illegal or unauthorized equipment	Stop and Go, when amended If not DSQ
31. Crawl during the run segment	DSQ
32. Run wearing a helmet	DSQ
33. Rack the bike outside the athlete's own space	Before the race: warning and amend During the race, Stop and Go when amended

34. To have the helmet strap fastened in T1 while completing the first segment	Time Penalty added to overall time 30 sec for long distance 15 sec for Olympic 10 sec for Sprint 5 sec for Junior
35. Mount the bike before the mount line	Stop and Go, when amended
36. Dismount the bike after the dismount line	Stop and Go, when amended
37. Discharge or store the athlete equipment outside the designated area	Stop and Go, when amended
38. To use posts, trees, or other fixed elements to assist in maneuvering curves	Stop and Go, when amended
39. Team relay exchange completed outside of the exchange zone	Time Penalty 10 sec
40. Team relay exchange not completed	DSQ
41. Warming up on the course while another race is in progress	Warning and amend If not amended DSQ
42. Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below the knee during a non-wetsuit swim	Warning and amend If not amended DSQ
43. Use of illegal equipment on the bike and/or run, including but not limited to headphones, glass containers, mobile phones,	Warning and amend If not amended DSQ
44. Marking of positions in Transition Area	Warning and amend If not corrected, marking will be removed and the athlete will not be notified.
45. Competing under suspension	DSQ and report to BTA for extended suspension on expulsion
46. Accumulating 2 time penalties in , Junior, Sprint or Olympic distance races	DSQ
47. Accumulating 3 time penalties in races longer than Olympic distance	DSQ

APPENDIX B: RACE PROTEST FORM:

PROTEST FORM

Part 1: To be completed by the protester.

Protest must be filed and signed by the protester under the conditions outlined in the ITU Competition Rules and submitted to the Referee.

Event Name:		Event Date:	
Event Location:		Time Protest Submitted:	
Name of Protester:		Race Number:	
Country of Protester:		Email:	
Address of Protester:			
	(street address)		(City and Postal Code)
Telephone (home):		Telephone (mobile):	
Name of Protestee:		Race Number:	
Country of Protestee:			

A protest is a formal complaint against the conduct of a fellow athlete or race official, or against conditions of the Competition. You must have substantial evidence, including witnesses, and you must be willing to take part in an interview. Any protest must be accompanied with a cheque or cash for \$50 USD or equivalent amount.

What type of Protest is involved? (Check one box only.)

- Protest Concerning the Course
- Protest Against Another Athlete or a Technical Official
- Protest Concerning Eligibility
- Protest Concerning Timekeeping
- Protest Concerning Equipment

Witness Details (2):

Name of Witness 1:

Name of Witness 2:

Rule(s) Violated:

Time of Incident:

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