

# TRIATHLON CANADA



## Level 1 Officials Course

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March 2016

# Introduction

- **Thank you on behalf of all triathletes for undertaking the task of official.**
- **Level 1 Officials are qualified to:**
  - Be a race official
  - Be an assistant to head official
  - Enforce and report rule infractions



# What are your objectives?



# Outline

- **The goals of the course are:**
  - To learn some of the Competition Rules
  - To learn how to enforce rules
- **All Level 1 Officials should receive:**
  - ✓ Level 1 Manual
  - ✓ Copy of Competition Rules
  - ✓ Check list for events worked / Log Book
  - ✓ Level 1 Officials Card



A stylized red figure with a circular head and three flowing, curved limbs, resembling a person in motion or a triathlete. The figure is centered in the background.

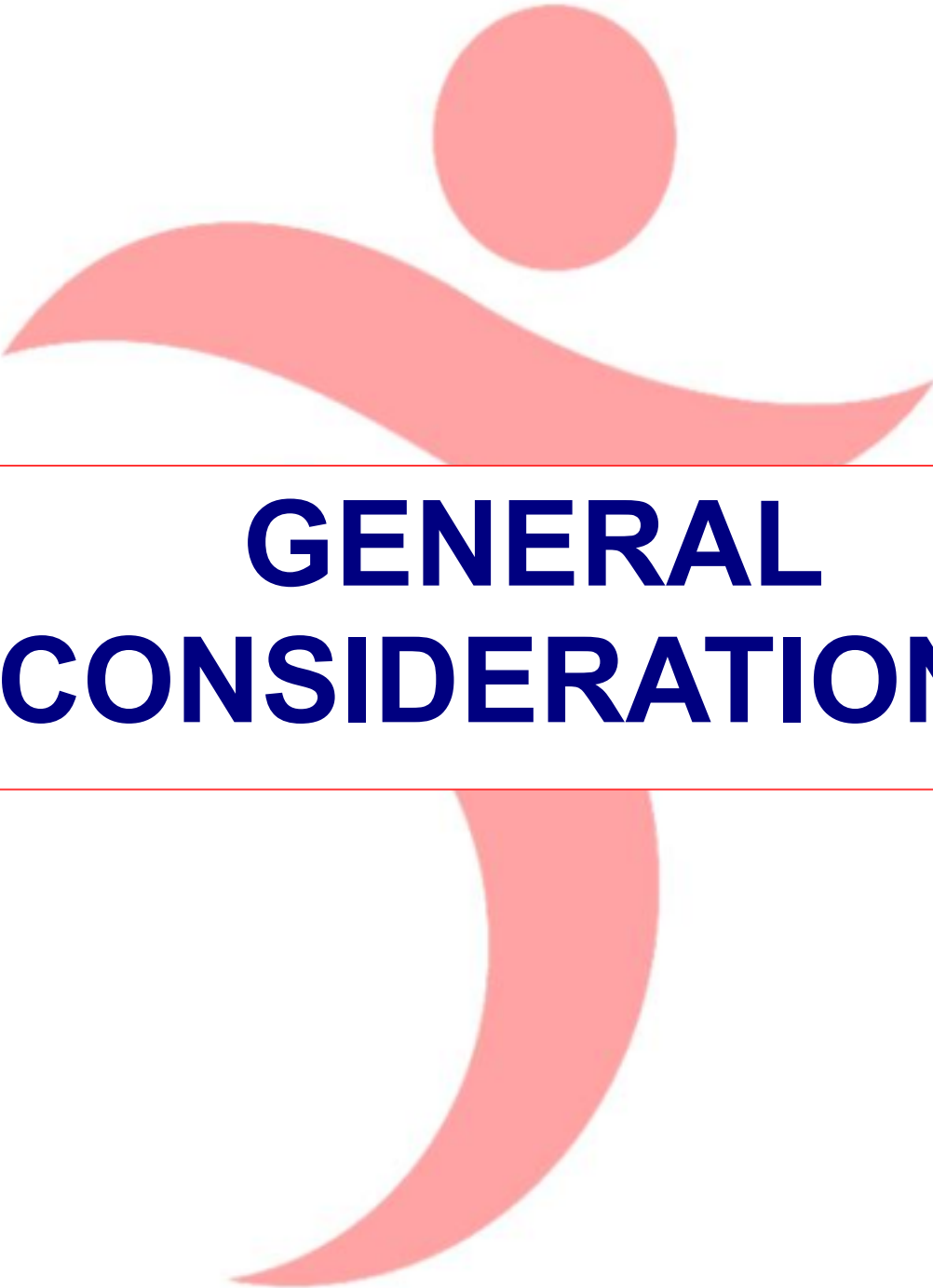
# **HISTORY OF TRIATHLON**

# History

## International Triathlon Union

- Sole governing body
- WTC a for-profit race organiser
- Founded in 1989
- First World Championships
- Olympic sport since 2000



A stylized red figure, possibly a person or a logo, is positioned behind the text. It has a circular head and a long, flowing, curved body that extends downwards.

# **GENERAL CONSIDERATIONS**



# Who is a Technical Official?

**What qualities do  
you think a TO  
should have?**





# **Essential skills for an effective TO**

- **Fairness**
- **Consistency**
- **The ability to listen**
- **The ability to make decisions**
- **The ability to observe**
- **Understanding of the Competition Rules**
- **Ability to Interpret the rules**
- **Understanding of the sport**
- **Ability to communicate**

# Conduct of Officials

## Based on the Fair Play Rule:

- Respect for fellow competitors
- Respect for Officials
- Respect for the rules
- Safety first
- Even playing field (fairness)

## The Competition Rules...

- Provide a safe event
- Create an even playing field
- Penalize competitors who gain an unfair advantage

# Conduct of Competitors

- Good Sportsmanship
- Responsible for own safety
- Know the competition rules
- Obey traffic regulations and/or officials
- Respect for fellow competitors, officials, rules
- No abusive language
- Inform officials after withdrawing from race
- If a rule is violated inform officials



# Conduct of Competitors (cont)

## Health

- Any competitor who appears to present a danger to the health and welfare of themselves, another competitor, official, or spectator may be removed from the competition.

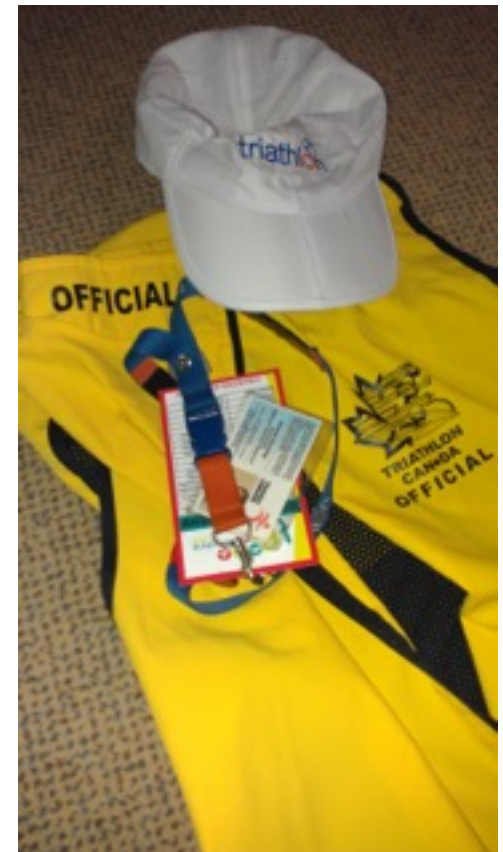
## Doping

- Competitors must comply with ITU doping standards



# Rule Enforcement

- **Penalties always through Race Referee**
- **Warning**
  - Verbal
  - RR need not be involved.
- **Yellow Card**
  - Stop & Amend
  - Stand-down/Time Penalty (Penalty box)
- **Disqualification (Red Card)**
  - Warnings or Yellow cards not required
- **Suspension/Expulsion**
  - PGB, NF or IF level



A stylized red figure with a circular head and two curved, flowing arms, one above and one below the text box.

# **ORGANISATIONAL STRUCTURE**

# Organizational Structure

- **ITU**

- World governing body
- Sanctions World Cup & Championships
- Selection of athletes to Games

- **NF's**

- National level governance
- Sanction national events
- Provide athlete development at elite level
- Liaison to the ITU

- **PGB's**

- Provincial level governance
- Sanction provincial events.
- Provide athlete development at all levels
- Liaison to clubs/members



**TRIATHLON PEI**



<div> <div>TD</div> <div>Sector Chief</div> <div>Assistant</div> <div>Level</div> <div>Training</div> </div>					
	Local	Provincial	National Champs	Continental Cups	Major Games WTS World Cups
	Local		Continental Cups	Major Games WTS World Cups	
	Local		WTS World Cups		
	Provincial (PTO1)	Provincial (PTO2)	National (NTO, ITU1)	Continental (CTO, ITU2)	International (ITO, ITU3)
	Comp Rules	Comp Rules	Comp Rules	Comp Rules	Comp Rules
		+	+	+	+
		EOM (Regional)	EOM (ITU)	EOM (ITU)	EOM (ITU)

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# **THE OFFICIALS**

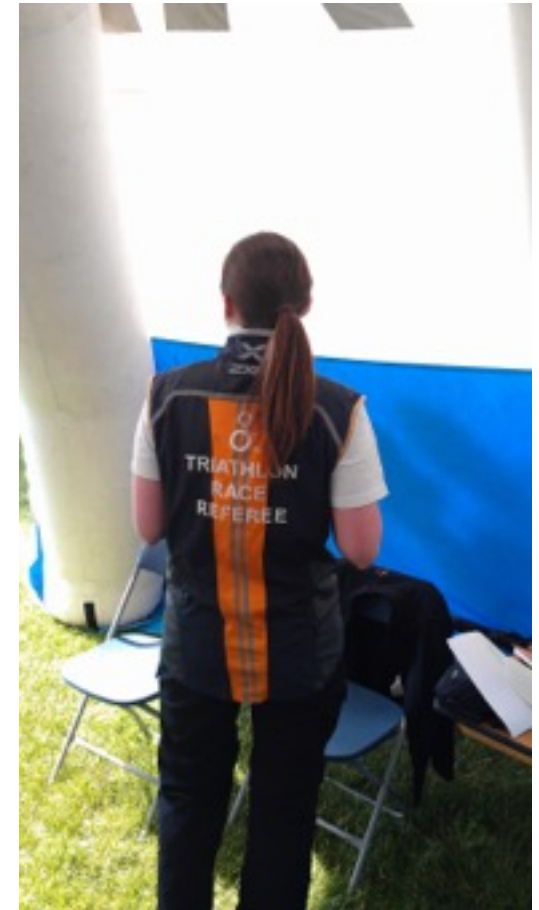
# ROLE OF THE OFFICIALS

## Technical Delegate (TD)

- Appointed by the governing body providing sanctioning
- Responsible for officials
- Oversees technical preparation for the event

## Race Referee

- Appointed by TD
- Responsible to the TD to hear and make final judgment on all violations reported by the marshals, protests and award penalties
- Organizes and instructs race marshals with action plan for enforcing rules



# ROLE OF THE OFFICIALS

## Technical Officials

- Appointed by Race Referee
  - Sector chiefs (S/B/R etc)
  - Assistant (S/B/R etc)
- Responsible to be proactive in preventing rule violations
- Reports to race referee all recommendations for disqualification



# ROLE OF THE OFFICIALS

## Competition Jury:

- Technical Delegate
- A representative of the host society (usually not the race director)
- A member of the governing body providing sanctioning - Executive Board or Council member.



# Cookie Time



# TLA Bingo

TK	Transfer of Knowledge
RD	Race Director
TD	Technical Delegate
ITU	International Triathlon Union
NF/IF	National/International Federation
DSQ	Disqualification
TZ	Transition Zone
RR/HR	Race Referee/Head Referee
FoP	Field of Play
DNS/DNF	Did Not Start/Finish





**SWIM**

# Swim Conduct/Athlete

- Competitor responsible for staying on course
- Any stroke may be used
- May stand on the bottom *but* forward progress is via swim stroke only
- If assistance accepted the competitor must retire
- No propulsive devices allowed
- No flotation devices

# Swim Conduct/Attire

- Swimhats
  - Must wear the official swim-hat
  - If two hats (ex. Latex allergy) official cap outermost
- Trisuits
  - Must not have neoprene sections
  - If two trisuits worn in non-wetsuit swim, the external suit to be worn throughout competition
  - Covering below knee or shoulder in non-wetsuit swim is forbidden
    - Long course may have shoulder-to-elbow

# Swim Conduct/wetsuits

- Wetsuit specification
  - Must not exceed 5 mm thickness
  - Most external part must be form-fitting
  - May cover any part of the body except face, hands and feet
- Forbidden
  - Gloves or socks
  - Wetsuit bottoms when wetsuits are forbidden
  - Wetsuits when they are forbidden
  - Snorkels
  - Race-numbers (in non-wetsuit swim)

# Swim Conduct: Max Stay

b.) Maximum stay in water:

Swim Length	Elite, U23, Junior and Youth	Age Groupers
Up to 300 m	10 min.	20 min.
301 m to 750 below 31°C	20 min.	30 min.
301 m to 750 above 31°C	20 min.	20 min.
751 m to 1500m	30 min.	1h 10 min.
1501 m to 3000m	1 h 15 min.	1 h 40 min.
3001 m to 4000m	1 h 45 min.	2 h 15 min.

# Swim Conduct: Wetsuit use

Wetsuit use is governed by the following tables:

## Elite, U23, Junior and Youth athletes:

Swim Length	Forbidden	Mandatory
Up to 1500 m	20 °C and above	15.9 °C and below
1501 m and longer	22 °C and above	15.9 °C and below

## Age Group athletes:

Swim Length	Forbidden	Mandatory
Up to 1500 m	22 °C and above	15.9 °C and below
1501 m and longer	24.6 °C and above	15.9 °C and below

# Swim Conduct: Temp mods

## 4.3. Modifications:

a.) The swim distance can be shortened or even cancelled according to this table:

Original swim distance	Temperature of water						
	Above 32.0 °C	31.9°C- 31.0 °C	30.9 °C – 15.0 °C	14.9 °C – 14.0 °C	13.9 °C – 13.0 °C	12.9 °C – 12.0 °C	Below 12.0 °C
750 m	Cancel	750 m	750 m	750 m	750 m	750 m	Cancel
1500 m	Cancel	750 m	1500 m	1500 m	1500 m	750 m	Cancel
3000 m	Cancel	750 m	3000 m	3000 m	1500 m	750 m	Cancel
4000 m	Cancel	750 m	4000 m	3000 m	1500 m	750 m	Cancel

*\* **Note:** The temperatures above are not always the water temperature used in the final decision. If the water temperature is lower than 22°C and the air temperature is lower than 15°, then the adjusted value is to decrease the measured water temperature according to the next chart.*



# Swim Conduct: Temp Mods

## 4.3 second table

(*)		Air temperature							
		15 °C	14 °C	13 °C	12 °C	11 °C	10 °C	9 °C	8 °C
Water Temperature	22 °C	21.0 °C	20.5 °C	20.0 °C	19.5 °C	19.0 °C	18.5 °C	18.0 °C	17.5 °C
	21 °C	20.5 °C	20.0 °C	19.5 °C	19.0 °C	18.5 °C	18.0 °C	17.5 °C	17.0 °C
	20 °C	17.5 °C	17.0 °C	16.5 °C	16.0 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C
	19 °C	17.0 °C	16.5 °C	16.0 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C
	18 °C	16.5 °C	16.0 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C	13.0 °C
	17 °C	16.0 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C	13.0 °C	12.5 °C
	16 °C	15.5 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C	13.0 °C	12.5 °C	12.0 °C
	15 °C	15.0 °C	14.5 °C	14.0 °C	13.5 °C	13.0 °C	12.5 °C	12.0 °C	Cancel
	14 °C	14.5 °C	14.0 °C	13.5 °C	13.0 °C	12.5 °C	12.0 °C	Cancel	Cancel
	13 °C	14.0 °C	13.5 °C	13.0 °C	12.5 °C	12.0 °C	Cancel	Cancel	Cancel

# Cookie Time





**BIKE**

# Bike Conduct

- Approved helmets are mandatory
- Helmets must be securely fastened at all times when in possession of the bike
- Must use legal equipment
- Headphones, headsets and glass containers are banned
- Bare torsos are not permitted
- Must obey traffic laws unless directed by an official



# Bike Conduct

- Any competitor who appears to be in danger to themselves or others will be removed
- No forward progress without the bicycle
- Must not block other athletes
- No drafting unless specified



# Bike Conduct; drafting

	Junior and Youth	U23	Elite	Age Group	Paratriathlon Elite and Open
<b>TRIATHLON</b>					
Team Relay	Legal	Legal	Legal		
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance Triathlon			Illegal	Illegal	Illegal
<b>DUATHLON</b>					
Team Relay	Legal	Legal	Legal		
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Long Distance			Illegal	Illegal	Illegal
<b>AQUATHLON</b>					
<b>WINTER TRIATHLON</b> (all distances)	Legal				
<b>CROSS TRIATHLON AND DUATHLON</b> (all distances)	Legal				



# Bike Conduct: Drafting

- The role of the drafting zone is:
  - Safety
  - Prevent another competitor gaining unfair advantage
- Lead cyclist has right of way





# Bike Conduct: draft-zones

- To draft is to enter a bicycle or vehicle draft-zone
  - Linear distance behind front wheel of every bicycle and vehicle
    - Bikes – 10 m from leading edge (STD/SPR)
    - Bikes - 12 m (LC)
    - Vehicles - 35 m (also applies to DL)
    - Motorbikes - 12 m (also applies to DL)



Standard and shorter distances: 10m  
Middle and longer distances: 12m

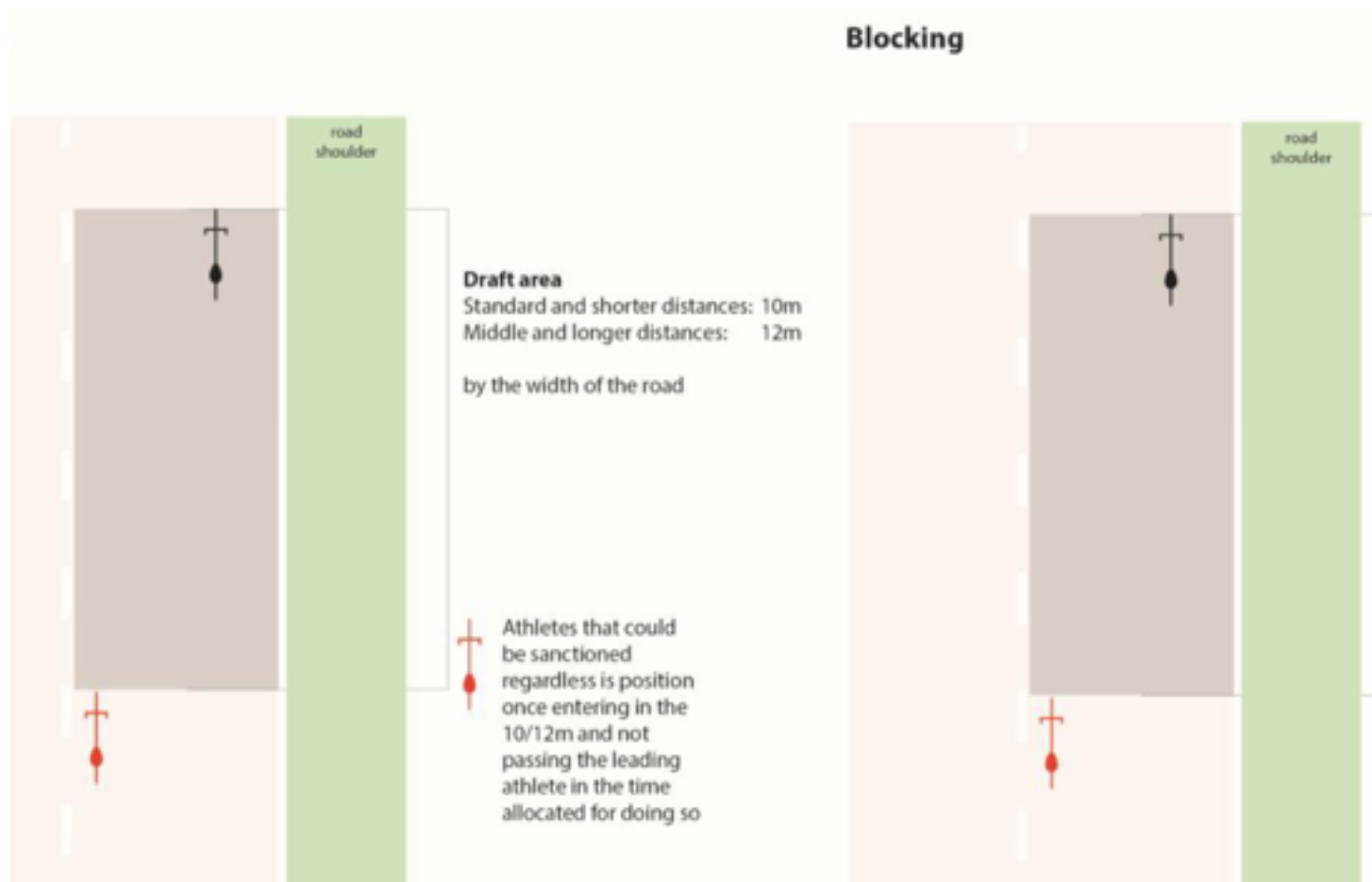
# Bike Conduct: Drafting

- Competitors can enter the draft zones when:
  - Making forward progress and pass within allotted time
  - Safety reasons require
  - Within 100 m of aid stations or entering/leaving transition
  - Making an acute turn
  - Race officials exclude a section of the course because of narrow lanes, construction, detours or other safety reasons. Competitors cannot overlap draft zones

# Bike Conduct: Drafting

- Once in a draft zone
  - STD/SPR: 20" to pass
  - LC: 25"to pass
- Overtaken: when front wheel is ahead
  - Once overtaken: 5" to fall back
- No blocking
  - Preventing athlete from passing due to poor position

# Drafting vs. Blocking



# Bike Conduct: Policing drafting

- Be proactive
  - Warning
- Policing of Drafting/Blocking
  - Time Penalty (Penalty Box)
  - Disqualification (multiple TP)
- Time Penalty
  - Blow whistle/call number
  - Show blue card
  - Inform of violation & to report to next PB
  - Confirm they understand



# Bike Equipment/Non-draft legal

- Equipment rules vary for draft legal/illegal races
- For Non-draft legal
  - Bikes must be a traditional frame
    - Bikes built around a diamond shape or a rear triangle which does not connect at the top of the down-tube/top tube are acceptable
  - No recumbent
  - No fairings
  - Wheels must be of spoke construction (covers may be allowed on back at head official's discretion).
  - Handlebar tube ends must be plugged
  - Draft illegal: Handlebars & clip-on bars may not extend beyond the front wheel.
  - Pedals bindings are allowed, provided a quick-release mechanism is fitted to ensure the release of the feet in a fall.

# Non draft legal bikes



# Bike Equipment/AG Draft legal

- For age-group draft legal
  - Bikes must be a traditional frame (see before)
  - Modified TT frames acceptable
  - A brake on each wheel
  - Wheels.
    - >12 spokes
    - No discs
    - No UCI non-conformity wheel list requirement
  - Handlebars
    - Bar ends must be plugged
    - No clip-ons of any length





# Bike Equipment/Illegal

- Headphones & technical earplugs
- Glass containers
- Mobile 'phone or other electronic listening/communications device
- Disc brakes (except PT1)
- Cameras (ex. GoPro) at TD/RR's discretion

# Bike Conduct: Helmet

- Meet CSA, ANSI, SNELL or other recognized safety certification standard.
- No alteration to any part of the helmet or strap including covers
  - Covers must be integral
- Secured on head prior to removing bike from rack
- Secured at all times when on bike
- Secured until bike is racked
  - If moving off-course must be outside the FOP and dismounted





**RUN**

# Run Conduct

## General Rules

- May walk or run / no crawling
- No bare torso
- Keeping on course is the responsibility of the competitor
- Considered finished when torso crosses finish line
- Any competitor who presents a danger to themselves, another competitor, official, or spectator will be removed from race.
- Headphones, headsets, and glass containers are banned.



A large, stylized red figure is centered in the background. It consists of a solid red circle at the top, representing a head, and a thick, flowing red line that curves downwards and outwards, resembling a body or a stylized letter 'S'.

**TRANSITION (TZ)**

# Transition Conduct

- Must use designated rack only
- Must not impede forward progress of fellow competitors
- Must not interfere with other competitors equipment
- Must keep all equipment in designated area
- May not mark their place on the rack
- Must mount and dismount at designated spot
- No cycling in transition
- Must rack own bike
- No indecent exposure



# Cookie Time





# KIDS OF STEEL



TRIATHLON DES JEUNES CANADA



# Kids & Youth Triathlon

- There is no ITU “Youth” division
- Nationally mandated programmes
  - TriCan KOS
  - USAT F1
- Distances & equipment are pro-rated by age

# Equipment Restrictions (TriCan)

## Wheels

- UCI Standard (U13)

## Handlebars

- No aerobars (U13)

## Pedals

- SPD-style (U13)
- Cages not allowed



# Distance restrictions

**Table 1. Summary of Race Distances and Equipment by Age Category**

Age Divisions	Maximum Race Distance (Swim / Bike / Run)	Race Equipment	Gearing (recommended)
7&Under*	Up to 50m - 1.5km - 500m	<ul style="list-style-type: none"> <li>No aero bars permitted</li> <li>Clipless pedals permitted (recessed cleat, entry on both sides of pedal)</li> <li>Wheels: minimum 16 spokes, 2.4mm maximum spoke depth, metal rim, 25mm maximum rim depth, 23C minimum tire width</li> </ul>	45 x 16
8-9yrs	Up to 100m - 5km - 1km		
10-11yrs	Up to 200m - 5km - 2km		
12-13yrs	Up to 300m - 10km - 3km		
14-15yrs	Up to 500m - 10km - 4km	<ul style="list-style-type: none"> <li>Draft-legal aero bars permitted</li> <li>All clipless pedal systems permitted</li> <li>Wheels: most race wheels permitted as per UCI rules, 60mm maximum rim depth</li> </ul>	52 x 16
16-19yrs	Up to 750m - 20km - 5km		
18-19yrs	Up to 1.5km - 40km - 10km	<ul style="list-style-type: none"> <li>Non-drafting aero bars permitted</li> <li>All clipless pedal systems permitted</li> <li>Wheels: all race wheels permitted in accordance with ITU non-drafting wheel rules</li> </ul>	N/A

**\*NOTE:** Race distances for 5 years and younger should be substantially shorter than the 7&Under maximums.



# **PARATRIATHLON**

# Paratriathlon

- Formerly Athletes With a Disability (AWAD)
- Paralympic sport as of 2016
- Classify into one of five categories (PT1-PT5)
- Points-based classification
  - Based on ability not nature of disability *per se*



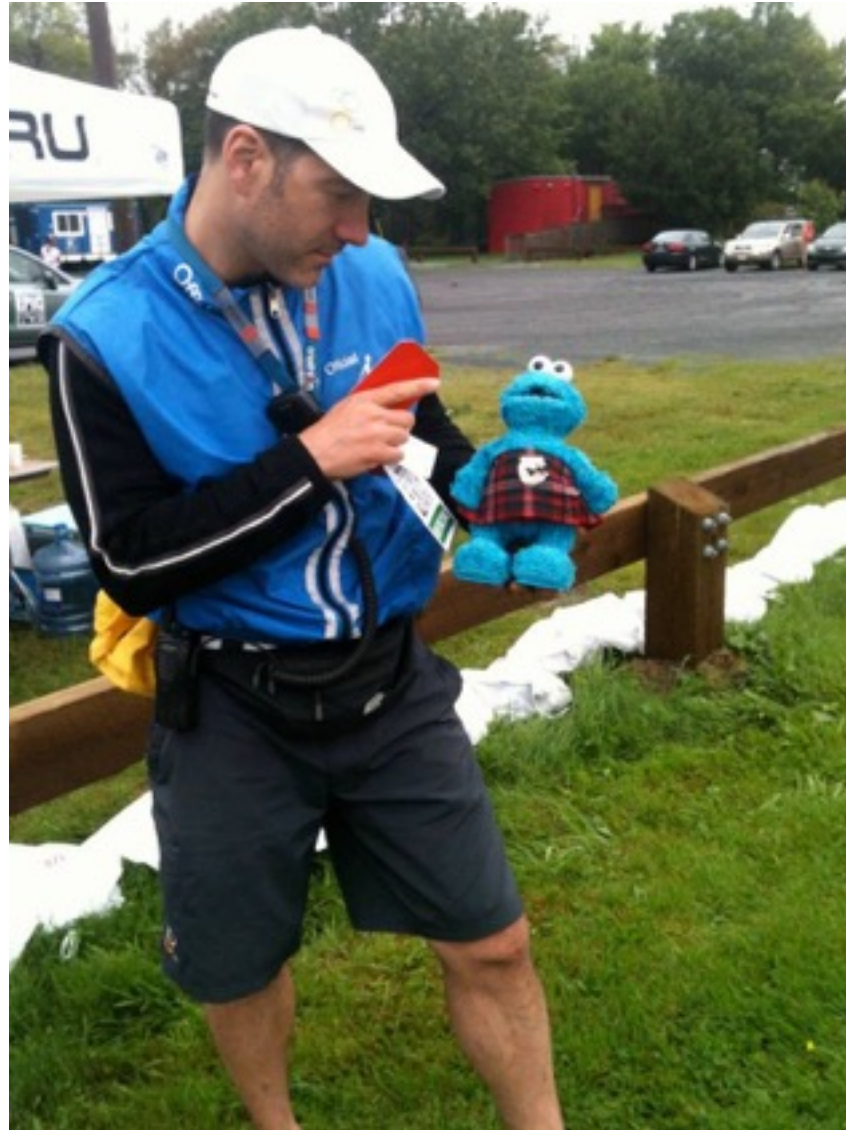
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# **APPEALS AND PROTESTS**

# Appeals and Protests

- **Protest** against conduct
- **Appeal** against RR's decision
- Forms from RR
  - \$50 fee, returned if successful
- Decided by Competition Jury

# Cookie Time







# **OFFICIALS PAPERWORK**

# Staying Certified

- Officials' Experience log
  - Points awarded for races and positions
  - One entry per separate event
- Fill out annually
- Submit to TriPEI Office

Report for the purpose of yearly re-certification

TO:

NTO

Triathlon Canada Technical Director (c/o David Markham, 357 Bronx Ave., Winnipeg, Manitoba, R2K 0Y9. E-mail: [dmarkham@shaw.ca](mailto:dmarkham@shaw.ca))

Level 1, 2 & N.T.O.

Send to your Provincial Governing Body Technical Director.

In accordance with Triathlon Canada's yearly re-certification criteria, I the undersigned, certify having officiated in the following events from January 1<sup>st</sup> to December 31<sup>st</sup> :

Date	City, Prov.(or State)	Capacity	Type of Race	Country
<b>LEGEND:</b>		A: Technical Delegate or Event Organizer (please specify) B: Head Referee C: S.B.R.T. Head Official D: Official Clinic Leader E: Competition Jury / Appeal Committee F: PGB Tech Director G: Race Official - Other capacity	1: Nat. Team Selection 2: Nat. Championship 3: ITU race 4: Other	Specify only if other than Canada

NAME: \_\_\_\_\_

1 of 5

Level of Official: \_\_\_\_\_

# Staying Certified

- Points
  - 1 (TO)
  - 10 (TD)
  - Multiplier for higher level races ex. ITU
- Only claim one position per race
- Minimum points to stay certified
- Calculated over a quadrennial

<i>Table of Point Attribution</i>	
<i>Position</i>	<i>Points</i>
<u>Technical Delegate, Team Leader or Event Organizer</u>	10
Head Referee or Chief Official	8
S/B/R/T or section Head Official	4
Official Clinic Leader	4
Competition Jury	2
Race Official	1
Provincial Governing Body Technical Director / per annum	20



**OFFICIALS LOOK AND FEEL**

uk sport  
Gold Event  
Series

LONDON™

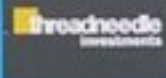


PRUHEALTH  
WORLD TRIATHLON  
GRAND FINAL  
LONDON



uk sport  
Gold Event  
Series

LONDON™



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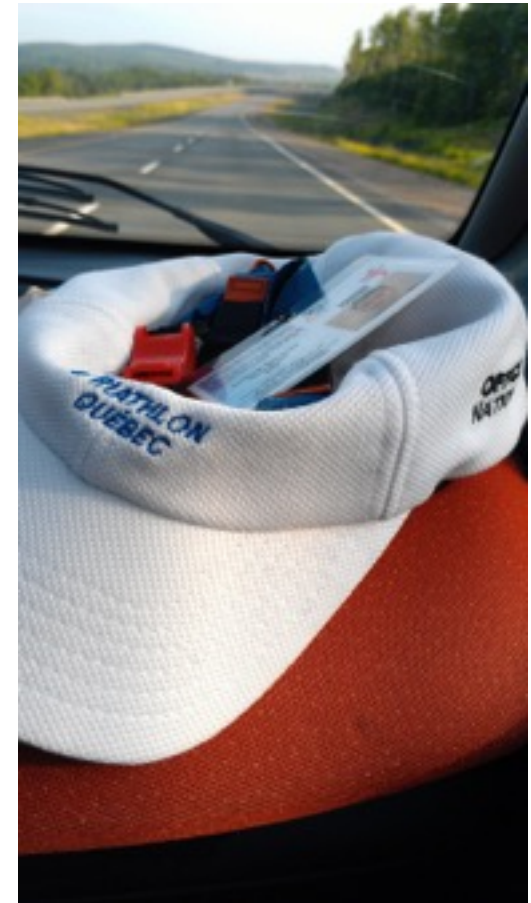
# Uniforms and equipment

- Plastic Poncho
- Small First Aid Kit
- Rule Book
- Light Snack
- Communication Device
- Race Day Schedule
- Tape measure
- Tape to plug handlebars



# Uniforms and Equipment

- Fanny pack
- Sunscreen, glasses
- Pen & pencil
- Small notepad
- Water bottle
- Red / Yellow card
- Whistle
- Credentials Card
- Running Shoes



# Uniforms and Equipment

- Neutral, no logos
- Dress code
  - Dark pants
  - Matching shirts
    - Race shirt
    - PGB/NF
  - Matching hats
    - NF
- Officials Vests





# Officials' Etiquette

- No eating in uniform in public
- No cheering in uniform
- No “fan” behaviour in uniform
  - Autographs
  - Photos
- Officials' lounge
- Take off vest/cover shirt

Where will you be next year???



Canada Summer Games, Magog, QC, 2013

**MERCI!!!**