

2024

Competition Rules



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World Triathlon Competition Rules

Approved by the World Triathlon Executive Board
in February 2024

Green highlight – added as of February 2024

The World Triathlon Competition Rules is the master source document, found on World Triathlon's website at www.triathlon.org. The web-based document acts as the official (authorised) reference document and is maintained based on authorised amendments in accordance with recommendations by the World Triathlon Technical Committee and accepted by the World Triathlon Executive Board.

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1. INTRODUCTION

1.1 Purpose:

- a.) World Triathlon is the sole governing body, responsible for the Competition Rules for Triathlon, Duathlon and its other related multisports. The complete list of sports under the jurisdiction of World Triathlon is included as Appendix A and Appendix J;
- b.) The World Triathlon Technical Committee (World Triathlon TC) will ensure technical aspects of World Triathlon competitions are of the highest quality;
- c.) The World Triathlon Competition Rules specify the conduct and behaviour of athletes during World Triathlon competitions. Where the World Triathlon Competition Rules do not specify, the rules of International Swimming Federation (FINA), International Cycling Union (UCI), World Athletics (WA), International Ski and Snowboard Federation (FIS), IPC Para Swimming, IPC Para Athletics and IPC Para Nordic Skiing will apply in their specific segments, unless World Triathlon Technical Committee decides otherwise;
- d.) The World Triathlon Event Organisers' Manual (EOM) and its related documents set safety and logistical standards for host National Federations (NFs) and for the Local Organising Committees (LOCs);
- e.) The World Triathlon Technical Officials' Certification Programme sets the standards for certifying World Triathlon Technical Officials;
- f.) It will be clearly indicated when a rule applies to a specific competition.

1.2 Intention:

- a.) The World Triathlon Competition Rules 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.
- b.) Definitions of all terms used in the World Triathlon Competition Rules are provided in Appendix D. Any difficulty in the interpretation or application of the World Triathlon Competition Rules should be referred to the World Triathlon Technical Committee.

1.3 Language and Communication:

- a.) The official language of World Triathlon Events is English:
 - (i) National Federations are responsible for providing translation services from/to English for their own athletes;
 - (ii) Local Organising Committees will communicate at least in English, even if another language is used in parallel.

1.4 Modifications:

- a.) The World Triathlon Competition Rules will be adapted for other modern multisport competitions, which fall within World Triathlon's jurisdiction;
- b.) An athlete must not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, every infringement related in the World Triathlon Competition Rules has a sanction attached. Technical Officials base their judgments on whether an advantage, not intended by the Rules, has been gained;
- c.) World Triathlon Competition Rules will be applicable to international competitions hosted by National Federations affiliated with World Triathlon.

1.5 Exceptions:

- a.) The World Triathlon Competition Rules will be applicable to all events sanctioned by World Triathlon and are to be implemented by the appointed Technical Delegate as appropriate. Where the World Triathlon Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, the World Triathlon Competition Rules will override the laws of the jurisdiction to the extent of the inconsistency. Athletes must be notified of the implications of these laws as early as possible and not later than prior to the start of the event;
- b.) Exceptions for special circumstances in a particular event may only be gained from World Triathlon with prior approval. A request for an exception to the World Triathlon Competition Rules must be made in writing 30 days prior to the event to the World Triathlon Technical Committee through by assigned Technical Delegate;
- c.) Exceptions for special circumstances in a particular athlete may only be gained from World Triathlon with prior approval. A request for an exception to the World Triathlon Competition Rules must be made in writing 30 days prior to the event to the World Triathlon Technical Committee by the assigned Technical Delegate from the National Federation to whom the application has been submitted or is being submitted;
- d.) The World Triathlon Technical Committee may consult with other World Triathlon committees, commissions or appropriate parties;
- e.) For any rule exceptions related to events sanctioned by World Triathlon, but not run within the competition system of World Triathlon or any of the Continental Confederations, a permanent panel will be created with one representative from each of the three parties: World Triathlon Technical Committee, World Triathlon Staff, Event Rights Holder. The final proposal from the panel will go to the World Triathlon Technical Committee for endorsement.

1.6 Specific Regulations:

- a.) A Technical Delegate may approve the addition of specific regulations for a particular competition, provided that:
 - (i) Each additional specific regulation does not conflict with another World Triathlon Competition Rules;

- (ii) Each additional specific regulation is made available in written form and is announced at the athletes' briefing; and
- (iii) Each additional specific regulation and the reasons for its inclusion are advised to the World Triathlon Technical Committee one week before the day on which the event is to be conducted. The World Triathlon Technical Committee may invalidate the incorporation of an additional specific regulation only on the authority of the World Triathlon Executive Board.

1.7 Intellectual Property:

- a.) World Triathlon Events are the exclusive property of World Triathlon, which owns all rights associated including, without limitation, the rights to organise, exploit, broadcast and reproduce World Triathlon Events. These rights include any type of digital media, whether that be photographic or video in nature, captured from within the boundaries of the field of play, regardless of ownership of the capturing device. All the personal data from the athlete entered into any World Triathlon event and the data produced from the event, including the results are exclusive property of World Triathlon.

1.8 Unauthorised Exceptions or Additions:

- a.) The unauthorised exception to, or addition of, a competition rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from National Federations and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

1.9 Rule Updates:

- a.) The World Triathlon Competition Rules may be changed from time to time by the World Triathlon Technical Committee at its discretion, with the approval of the World Triathlon Executive Board. Any rule change(s) shall be advised in writing to affiliated National Federations at least 30 days before it/they is/are to take effect unless the World Triathlon Executive Board decides otherwise. Updated World Triathlon Competition Rules will be posted on the World Triathlon website (www.triathlon.org).

2. CONDUCT OF ATHLETES

2.1 General Conduct:

a.) Triathlon and World Triathlon's other related multisports involve many athletes. Competition 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 World Triathlon Competition Rules, available from their National Federations and on www.triathlon.org;
- (iv) Obey traffic regulations and instructions from race officials;
- (v) Treat other athletes, race officials, volunteers, and spectators with respect and courtesy;
- (vi) Avoid the use of abusive language;
- (vii) Inform a Technical Official after withdrawing from the competition. Failing to do this may result in a suspension;
- (viii) Compete without receiving assistance other than from event personnel and race officials;
- (ix) Avoid using ambush marketing;
- (x) Avoid displaying any kind of demonstration of political, religious or racial propaganda;
- (xi) Not dispose of rubbish or equipment around the course except at clearly identified places, such as aid stations, littering areas or rubbish disposal points. All items must be kept with the athlete and returned to their transition spot;
- (xii) Not attempt to gain an unfair advantage from any external vehicle or object;
- (xiii) Follow the prescribed course;
- (xiv) Not use any device that will distract the athlete from paying full attention to their surroundings:
 - Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A "distracting manner" includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification;
 - Cameras, phone cameras, and video cameras are prohibited unless permission is given by the World Triathlon or the licence holder of the event. If such permission is given, it is the athlete's responsibility to notify the Head Referee of such permission prior to the start of the competition. Athletes seen

with an unauthorised camera, phone camera, or video camera will be disqualified.

- (xv) Ensure that the equipment to be used in the race complies with the safety standards and it is in proper condition.
- (xvi) Not modify any equipment of the competition set up.

2.2 Outside assistance:

- a.) The assistance provided by event personnel or Technical Officials is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Head Referee. The Head Referee may authorise the accredited team support to repair flat tyres or replace wheel(s) if the incident happens before the first athlete arrives at Transition 1. Athletes competing in the same competition may assist each other with incidental items such as, but not restricted to, nutrition and drinks after an aid station, pumps, tubular tyres, inner tubes and puncture repair kits;
- b.) Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes includes but is not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be disqualification of both athletes. Athletes may provide to other athletes competing in the same competition other items of equipment provided that the donor is able to continue with their own competition;
- c.) An athlete cannot physically assist the forward progress of another athlete on any part of the course. This will result in both athletes being disqualified.

2.3 Drug Abuse:

- a.) Athletes and guides will follow the World Triathlon Anti-Doping Rules;
- b.) All athletes and guides are responsible for familiarising themselves with the World Triathlon Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances and methods;
- c.) World Triathlon has implemented the World Triathlon Anti-Doping Rules and abides by rules set by the World Anti-Doping Agency (WADA) Code.

2.4 Health:

- a.) Triathlons and World Triathlon's other related multisports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting in a competition, the athletes declare they are in good health and are in appropriate physical condition to complete the competition;
- b.) World Triathlon encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport. An annual PPE is mandatory for all athletes competing in Youth, Junior, U23, Elite and

Para triathlon events, in any World Triathlon event as outlined in Appendix J. More information about PPE can be found in Appendix Q.

2.5 Eligibility:

- a.) All athletes must be in good standing with their National Federations. To ensure this, for World Triathlon and Continental Confederation events, all the entries must be done by the National Federations, not by the athletes themselves;
- b.) Athletes under suspension are not allowed to compete in any World Triathlon event, in any competition sanctioned by World Triathlon members, or in any competition held under the World Triathlon Rules;
- c.) An athlete's age is determined by their age on December 31st in the year of competition;
- d.) Athletes aged 15 to 17 years old are eligible to compete in the Youth category;
- e.) Athletes aged 16 to 19 years old are eligible to compete in the Junior category;
- f.) Athletes aged 18 to 23 years old are eligible to compete in the U23 category;
- g.) All Elite athletes must be registered on the World Triathlon online system by their respective National Federation in the category they are competing in. Once they compete in a World Triathlon event, they cannot compete in the same calendar year as an Age-Group athlete in the same multisport as outlined in Appendix J. Athletes competing in the World Triathlon Championship Series will be automatically tagged as an Elite in the system.
- h.) Athletes will be eligible to compete in the individual Age-Group events in the group in which their age is included. The groups are:
 - (i) 15 to 19 in super sprint distance events (M15)/(F15);
 - (ii) 16 to 19 in sprint distance events (M16)/(F16);
 - (iii) 18 to 19 in standard and longer distance events (M18)/(F18);
 - (iv) 20 to 24 (M20)/(F20);
 - (v) 25 to 29 (M25)/(F25);
 - (vi) 30 to 34 (M30)/(F30);
 - (vii) Etc.
- i.) The different qualification criteria can be found in the World Triathlon Qualification Criteria and published in www.triathlon.org;
- j.) Specific qualification criteria affecting Major Games and Recognised Games are published in www.triathlon.org;
- k.) Specific qualification criteria affecting events sanctioned by World Triathlon, but not part of the World Triathlon events structure, are published in the respective website of such events;

- l.) Athletes may not compete within 24 hours at the same or different World Triathlon event in more than one triathlon or multisport competition (see Appendix I) when one competition is of standard distance or longer. The 24 hours is considered from the start of the race till the start of the other race the following day. Exceptions will be for the team relay events at the defined super-sprint distances (see 16.1.a.), PTVI1, PTVI2 and PTVI3 guides and aquathlon;
- m.) Age limits: Athletes must be a minimum age to compete in any event, as outlined in Appendix A. Continental Confederations may add other age limits for Continental Championships, for youth and younger categories with super-sprint events. The age limits as outlined in Appendix A cannot be modified;
- n.) 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, will be disqualified from the events he/she took part in. Any awards, prizes and points will be removed;
- o.) Eligibility of athletes to the male or female races are subject to the criteria determined in the documents
 - [World Triathlon Gender Eligibility Guidelines](#),
 - [World Triathlon Eligibility Regulations for Transgender Athletes](#), and
 - [World Triathlon Non-Binary Policy](#).
- p.) Athletes who are competing under the World Triathlon flag will be entered in the competition by the National Federation the athlete is moving to. They will compete with the same rights as any other athlete in terms of awards, prizes and points.

2.6 Insurance:

- a.) All athletes competing in an event must have personal insurance coverage guaranteed by their National Federation. This insurance will cover:
 - (i) Any accident occurring before, during and after any competition;
 - (ii) Any sickness that an athlete could suffer during a trip to a competition or event;
 - (iii) Liability caused by an athlete during the competition.
- b.) The athlete's National Federation guarantees the existence of this insurance by entering an athlete in an event.
- c.) Local Organising Committees or National Federations organising an event cannot force the athletes to pay for a competition day fee for insurance purposes.

2.7 Registration:

- a.) Entry:
 - (i) National Federations will register their athletes for World Triathlon Events following their National Federation qualification system or other World Triathlon approved qualification system;

- (ii) All athletes qualify to any World Triathlon Event as outlined in Appendix J by the eligibility rules outlined in 2.5 and by the qualification criteria outlined in Appendices **F**;
- (iii) Prior to competing in World Triathlon Championships, World Triathlon Cups, World Triathlon Championship Series events, World Triathlon Para Series, World Triathlon Para Cups and World Triathlon Multisport Championships, Elite, U23, Junior athletes and Para triathletes must sign the World Triathlon Athletes' Agreement, which states that any dispute arising from the World Triathlon Rules that cannot be settled by its existing protests and appeals procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) to the exclusion of recourse to ordinary courts. Once signed, the World Triathlon Athletes' Agreement is valid until the end of the competition year it has been signed in. The Athletes' Agreement is published on www.triathlon.org;
- (iv) National Federations are responsible for entering their athletes, coaches and support team for all World Triathlon Events using the World Triathlon online system on www.triathlon.org. Quotas and timelines are indicated in:
 - Athletes: The qualification criteria for the specific event
 - Support team: Point 10.9 of these Competition Rules
- (v) All athletes and para triathletes must provide picture ID at registration/packet pick-up prior to competition. All support team accredited must provide picture ID to receive the accreditation.

b.) Pre-Race Briefings:

- (i) Coaches' Meeting: If a coaches' meeting is scheduled, it will take place one hour before the Athletes' Briefing. The Technical Delegate will conduct the Coaches' Meeting. The agenda will include the announcement of the Competition Jury and all the technical details of the event as well as specific information for coaches. Coaches' accreditations will be distributed at this meeting, or if the Coaches' Meeting is not scheduled, accreditations will be distributed at the end of the Elite/U23/Junior/Youth Athletes' Briefing;
- (ii) Age-Group Team Managers' and Coaches' Briefing: At World Championships and at Continental Championships (if applicable), the Technical Delegate will conduct the Age-Group Team Managers' and Coaches' briefing. Only Age-Group Team Managers and Coaches registered on www.triathlon.org are allowed to attend. The agenda of this briefing will include the announcement of the Competition Jury and all the necessary information for the event;
- (iii) Para triathlon Coaches' Meeting: If a Para triathlon Coaches' Meeting is scheduled, it will take place before the Para triathlon Briefing. The Technical Delegate will conduct it and the agenda will include the announcement of the Competition Jury and all technical details of the event as well as the specific information on para triathlon procedures. Coaches' accreditations will be distributed at this meeting, or if

the Team Managers' Meeting is not scheduled, accreditations will be distributed at the end of the Para triathletes' Briefing;

- (iv) Elite/U23/Junior/Youth/Para triathletes Briefings: At all World Triathlon Events, the Technical Delegate will conduct the Athletes' Briefing. Elite/U23/Junior/Youth athletes and Para triathletes including their Handlers/Guides must be in attendance. Coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:
- Athletes / Para triathletes including their Handlers/Guides not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list;
 - Athletes / Para triathletes including their Handlers/Guides entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the Technical Delegate about their absence, will receive a time penalty to be served in Transition 1. The time penalty applicable for the specific distance (see 3.3.e.(ii));
 - Athletes missing the briefing due to force majeure and informed the Technical Delegate about their absence by the time of the briefing, may file an appeal against the Head Referee's decision on the time penalty the latest 2 hours before their competition starts;
 - For the World Triathlon Championship Series, World Triathlon Cup events, World Triathlon Para Series or World Triathlon Para Cup events, if an athlete misses more than two briefings in a calendar year, they will be removed from the start list for the third missed briefing and each missed briefing thereafter, even if they informed the Technical Delegate in advance.
- (v) Mixed relay briefing: At all World Triathlon Mixed Relay Events, the Technical Delegate will conduct the Athletes' Briefing. It may be together with the individual event briefing or a separate one. One athlete or a coach or any other accredited member of the delegation support crew for this event from each team must be in attendance. The following penalties apply to teams without representant attending the briefing:
- Teams not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list;
 - Team representatives entering the briefing hall after the briefing has started and team representatives not attending the briefing, but who have informed the Technical Delegate about their absence, will receive a 10 second time penalty to be served in Transition 1 of the first leg.
- (vi) Athletes/Para triathletes with their Handlers/Guides must register prior to entering the briefing venue;
- (vii) For World Triathlon Championship Series and World Triathlon Cup events, there is one single Athletes' Briefing for female and male elite athletes. This briefing will be held at 18:00 local time two (2) days prior to the first elite competition day;

- (viii) For all other World Triathlon or Continental Elite events, the briefing will take place at 18:00 one (1) day before the first competition day;
 - (ix) For all other World Triathlon or Continental events (U23, Junior, Youth, Para triathlon, Relay), the briefing will take place one (1) day before the first competition day of the related event and category;
 - (x) Alteration to any of the times above should be announced on the World Triathlon website 45 days in advance;
 - (xi) The pre-race briefings are not open to the media.
- c.) Packet Pick-Up:
- (i) All World Triathlon Events - Age-Group:
 - All athletes must pick up their own race packet at the official competition registration area during a designated time. Packet pick-up will be opened on two (2) separate days, starting from 3 days prior to their competition. The hours shall be from 09:00 to 19:00. If a National Federation is unable to make the designated registration time, they must request a different time at least 14 days in advance, in writing to World Triathlon;
 - The race packets will contain a minimum of: five (5) official race numbers (one (1) bib number, one (1) bicycle sticker number and three (3) helmet stickers) and four (4) safety pins, numbered swim cap, 4 body tattoo for both arms and legs or alternative body marking, 1 category body decal for the calf or alternative body marking, timing chip, accreditation pass, tickets for all of the social functions. Local Organising Committee gifts may be distributed at the same time.
 - (ii) All World Triathlon Events - Elite, U23, Junior, Youth and Para triathlon competitions:
 - All athletes will pick up their own race packet at Registration following the Athletes' Briefing;
 - The race packet will include: three (3) helmet numbers, one (1) bike number, body decals for both arms and both legs, accreditation pass, athletes' guide, tickets for all of the social functions. Local Organising Committee gifts may be distributed at the same time.
- d.) Check-in:
- (i) Age-Group competitions with more than 700 athletes entered will schedule the Check-in the day before the competition. Age-Group events with fewer athletes, and Elite, U23, Junior, Youth and Para triathlon will have the bike check on same day;
 - (ii) Technical Officials will conduct the check-in at the athletes' lounge or at the transition area and will include the following:
 - Distribution of the swim caps and timing chips (except for the Age-Group events);

- Control of the athletes' uniform, which must comply with the World Triathlon Guidelines Regarding Authorised Identification published on www.triathlon.org. Each uniform should be photographed. If an athlete needs to replace the uniform, this process has to be done again;
 - The bike check is regulated under section 5.3;
 - Distribution of the race packets to the athletes who missed the briefing.
- (iii) Athletes may be penalised or stopped racing in case not respecting the check-in times.

2.8 Uniform:

- a.) All athletes competing in World Triathlon Events are required to wear their uniform conforming to the World Triathlon Guidelines Regarding Authorised Identification;
- b.) The World Triathlon Guidelines Regarding Authorised Identification set the space limitation on the athletes' uniforms to include commercial logos;
- c.) Athletes must follow the following rules with respect to wearing uniforms:
- (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony;
 - (ii) The uniform must cover the whole torso in the front. The back may be uncovered from the waist up;
 - (iii) Sleeves:
 - Age-Group athletes and para triathletes may wear uniforms with sleeves that extend to above the elbow and not covering the elbow in any distance competition.
 - Youth, Junior, U23, and Elite athletes may wear uniforms with sleeves that extend to above the elbow and not covering the elbow in all multisports and distances except standard and shorter distances triathlon.
 - For standard and shorter distance triathlons, athletes competing in Youth, Junior, U23, and Elite events must wear an uniform without sleeves. The part of the uniform covering the shoulders may extend as a maximum to the scapulohumeral joint.
 - (iv) Arm covers or long sleeves may be used, except during the swim, when wetsuits are forbidden if TD approves. In extreme weather conditions, the decision rests with the Technical Delegate in consultation with the Medical Delegate (if applicable) to allow or make mandatory long sleeves.
 - (v) Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden;
 - (vi) Long sleeves and long pants are allowed in Winter Triathlon events.

- (vii) A one-piece uniform is preferred. If a two-piece uniform is used, both pieces must overlap and no torso must be visible during the entire competition, except middle- and long-distance events where the midriff is allowed to be exposed;
- (viii) Zipper:
- Age-Group athletes and Para athletes may wear uniforms without zipper or with zipper located either at the front or at the back. Zipper will not be longer than 40 cm. Front zipper can be undone to the point of the end of the breastbone (sternum) during the competition, with the exception of the last 200 metres of the run, when it needs to be zipped up.
 - Elite, U23 and Junior athletes may wear uniforms without zipper or with zipper located either at the front or at the back in all middle- and long-distance triathlon events and in all distances of the rest of multisport events. Zipper will not be longer than 40cm. Front zipper can be undone to the point of the end of the breastbone (sternum) during the competition, with the exception of the last 200 metres of the run, when it needs to be zipped up.
 - Elite, U23, Junior and Youth athletes may wear uniforms without zipper or with zipper located at the back which will not be longer than 40 cm. in standard and shorter distances triathlon events.

Category	Short sleeve		No sleeve	
	Back zipper allowed	Front zipper allowed	Back zipper allowed	Front zipper allowed
Elite	all other multisport	all other multisport	all events	all other multisport
U23	all other multisport	all other multisport	all events	all other multisport
Junior	all other multisport	all other multisport	all events	all other multisport
Youth	all other multisport	all other multisport	all events	all other multisport
Para	all events	all events	all events	all events
Age-Group	all events	all events	all events	all events

All other multisport: aquabike, aquathlon, cross duathlon, cross triathlon, duathlon, long distance triathlon, long distance duathlon, winter triathlon and included within those as per Appendix I.

- (ix) The uniform must be worn over both shoulders while the athlete is on the Field of Play;
- (x) Elite, U23, Junior, Youth and Para triathlon athletes must wear the same uniform from the start to the finish in standard distance or shorter events;
- (xi) Rain jackets are allowed for middle- and long-distance events or when the Technical Delegate authorises it. Rain jackets must be the same design and colour as the uniform or transparent;
- (xii) Failure to comply with the World Triathlon Competition Rules related to the uniform may result in an athlete having to wear a triathlon suit supplied by World Triathlon. Alternatively, Technical Officials may request the athlete use a permanent marker or other means to eradicate logos on the uniform that do not comply with the

Competition Rules. If during the competition or the award ceremony, an athlete wears a uniform with logos that do not comply with the Competition Rules (including the World Triathlon Guidelines Regarding Authorised Identification), he/she will be disqualified.

- d.) For reasons of religion, athletes are allowed to have the body totally covered (except the face) provided that:
- (i) The uniform material is approved by FINA (applicable only for the non-wetsuit swim);
 - (ii) The uniform will not interfere with the bicycle mechanisms;
 - (iii) Extra identification elements are to be worn over the uniform, following the Technical Delegate's instructions.
- e.) Technical Delegate, after consultation to the Medical Delegate or Events Advisory Group, may authorise individual or exceptional deviations from the rules above for safety or healthy reasons. (i.e. skin cancer), however hands and feet will be uncovered during the swim segment without exception.

2.9 Race numbers:

- a.) Elite, U23, Junior and Youth athletes will not wear bib numbers.
- b.) When, due to the competition schedule Age-Groups are mixed with other athletes the Technical Delegate can decide on making the use of the bib numbers mandatory for all the athletes;
- c.) Bib numbers:
- (i) Age-Group:
 - May be worn for the wetsuit swim segment, but forbidden in a non wetsuit swim segment;
 - Mandatory for the run segment;
 - Must be visible on the front during the run segment.
- d.) The use of the bib number in Para triathlon is regulated in section 17;
- e.) Body marking:
- (i) Elite, U23, Junior, Youth and Para triathlon:
 - The Local Organising Committee or World Triathlon will provide body marking decals, which the athletes must apply prior to the event;
 - Body markings are to be applied so they are visible on each arm and leg, unless instructed otherwise by the World Triathlon Technical Delegate at the briefing. On the arm, the body marking should be applied as close to the shoulder as possible. On the leg, the body marking should be applied as close to the hip as possible; Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;
 - (ii) Age-Group:

- The Local Organising Committee will provide body marking or body marking decals, who will apply them prior to the event;
 - Body markings must be applied so they are visible on each arm, as close to the shoulder as possible, unless instructed otherwise by the World Triathlon Technical Delegate at the briefing;
 - Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;
 - One calf of each athlete – if not covered - will be marked with the category and gender of the athletes (For example, the number M25 would appear on a male athlete in the 25-29 individual age category or F25 should appear on a female athlete in the same category or the number X30 would appear on all team members in the 30-39 age category for the Age-Group Mixed Relay).
- f.) For Winter Triathlon and Winter Duathlon events, points 2.9 a.) to 2.9 e.) do not apply. In these events athletes will be provided with a bib vest which is mandatory to be worn by the athletes during the whole race.

2.10 Assignment of race numbers:

a.) General:

- (i) Athletes' race numbers are assigned based on previous results in similar events, by using the most related ranking;
- (ii) The Elite men's and women's events will be numbered starting with number 1, except in middle- and long-distance events;
- (iii) Number 13 will not be used.

b.) Specific events numbering criteria:

- (i) World Triathlon Championship Series (WTCS) and World Triathlon Championship Finals:
 - First criteria: WTCS Ranking;
 - Second criteria: World Triathlon Ranking;
 - Third criteria: random.
- (ii) Triathlon U23 World Championships:
 - First criteria: WTCS Ranking;
 - Second criteria: World Triathlon Ranking;
 - Third criteria: random.
- (iii) Junior - any event:
 - First criteria: World Triathlon Ranking;
 - Second criteria: Applicable Continental Junior Ranking (For example Europe Triathlon, Americas Triathlon, etc.);

- Third criteria: random.
- (iv) Triathlon World Cup events:
- First criteria: World Triathlon Ranking;
 - Second criteria: random.
- (v) Triathlon Continental Cup events:
- First criteria: World Triathlon Ranking;
 - Second criteria: random.
- (vi) Triathlon Elite Continental Championships:
- First criteria: Top 10 classification of the related Continental Championships in the previous year;
 - Second criteria: World Triathlon Ranking;
 - Third criteria: random.
- (vii) Triathlon U23 Continental Championships:
- First criteria: World Triathlon Ranking;
 - Second criteria: random.
- (viii) Multisport – any Elite event:
- First criteria: World Triathlon related ranking;
 - Second criteria: random.
- (ix) Age-Group – any event (including Mixed Relay):
- First criteria: Age-Group by Age-Group;
 - Second criteria: Grouped by nations (according to the IOC codes of the country) in alphabetical order starting by the host nation.
- (x) Para triathlon – any event:
- First criteria: Athlete Medal Event in this order PTWC Women, PTWC Men, PTS2 Women, PTS2 Men, PTS3 Women, PTS3 Men, PTS4 Women, PTS4 Men, PTS5 Women, PTS5 Men, PTVI Women, PTVI Men;
 - Second criteria: Para triathlon Ranking;
 - Third criteria: random.
- (xi) Team Relay – any event:
- First criteria: One team per nation;
 - Second criteria: World Triathlon Mixed Relay World Ranking;
 - Third criteria: random.

- c.) Numbering of the final of events with a qualifying round format is regulated in sections 20.5 and 21.4.

2.11 Timing and Results:

- a.) A competition will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the competition as defined in 6.2. a.), 17.15. f.), 18.10 and 22.4., except if the event is conducted under the “rolling start system” as defined in 4.9.
- b.) The official results will list the athletes according to their finish time and in accordance with the Olympic Results and Information Service (ORIS) standards, a sample of the results format is included in Appendix L.
- c.) In the event that two athletes tie for a place, and their performances cannot be separated, they will be awarded the same rank, sorted by race number, and the next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing.
- d.) Time splits to be included are:
 - (i) Swim or first segment;
 - (ii) Transition 1;
 - (iii) Bike or second segment;
 - (iv) Transition 2;
 - (v) Run or third segment.
- e.) Results will include the following Invalid Results Markers (IRM) and listed in this order:
 - (i) athletes who do not finish the competition (DNF);
 - (ii) any lapped athletes or athletes stopped by the last biker – first runner scenario (LAP);
 - (iii) not classified participants or not making the cut-off time in any segment or second, third, fourth, etc teams finishing the race from same NF (NC);
 - (iv) Non-eligible Para triathletes (NE);
 - (v) those who are disqualified (DSQ);
 - (vi) and athletes or teams showing up at pre-race briefing (2.7 b.)) and not starting the race (DNS);
 - (vii) If more than one athlete is marked DNF or LAP, those who completed the most laps should be listed first; if several athletes are marked DNF or LAP on the same lap, athletes should be listed according to their times at the previous timing point with the fastest first, or by ascending start number if no times were recorded up to the point at which they retired;

- (viii) If more than one participant is included in the same IRM group (different than DNF or LAP), they should be listed within the same group according to ascending start number;
- (ix) For DSQ athletes, the final results should not be displayed.
- f.) Additional information will be displayed either at the header or the footer of the results:
 - (i) Swim distance and number of laps;
 - (ii) Bike distance and number of laps;
 - (iii) Run distance and number of laps;
 - (iv) Air temperature;
 - (v) Water temperature;
 - (vi) Wetsuit swim/No wetsuit swim;
 - (vii) Name and country of the Technical Delegate;
 - (viii) Name and country of the Head Referee;
 - (ix) Name and country of the members of the Competition Jury.
- g.) For relay events, the rules above are applicable and the total time per athlete will be shown;
- h.) Results will be official once the Head Referee signs them. Incomplete results can be declared official at any time.
 - (i) The Head Referee will use all the resources available to decide the final position of every athlete. The information from technology will be used to assist in the decision-making process. The Head Referee may decide, based on the available evidence, that a competition is tied if there is no way of defining which athlete crossed the line first.
 - (ii) Athletes who deliberately try to finish in a contrived tie situation, where no effort to separate their finish times has been made, will be DSQ;
- i.) When the race time is taken electronically by a chip timing system:
 - (i) Each athlete will be provided with one (1) or more timing chips. The quantity and use of the timing chips has to be approved by TD.
 - (ii) Athletes has to start the race with the chip placed on the body as indicated in the pre-race information.
 - (iii) TOs will check in the pre start area if the chip is properly placed and may request the athlete to modify the position or to place a new chip if the athlete is not wearing it. This may result in a delay of the involved athlete moving to the select the start position.
 - (iv) If it is detected that the athlete lost the timing chip during the race, TOs may offer a replacement chip either in T1 or T2. It is the athlete decision to take the replacement

chip or not. In case if the athlete does not take it, their splits may not be registered and published in the results. Specifically, for Age-Group races this lost chip circumstance may lead to a disqualification if it is impossible to determine the athlete completed the whole race.

- j.) Para triathletes changing sport class after classification assessment before the event will be moved to the new sport class. Non-eligible Para triathletes will be removed from the start list;
- k.) Para triathletes changing sport class after observation during competition will be moved to a new sport class. Non-eligible Para triathletes will be displayed as NE;
- l.) Results may be modified by the following bodies, without removing the time of a served penalty:
 - (i) Head Referee;
 - (ii) Competition Jury;
 - (iii) World Triathlon Technical Committee as the outcome of a results revision process as outlined in 12.10;
 - (iv) World Triathlon Technical Committee as the result of a change of a para triathlon sport class process;
 - (v) Anti-Doping Hearing Panel.
- m.) Results may be modified by the following bodies without removing the time of a served penalty other than where the penalty results from a decision made in bad faith, arbitrarily, or in application of the wrong rule:
 - (i) World Triathlon Tribunal excluding the field of play decisions, as the outcome of a level 2 appeal;
 - (ii) CAS as result of a level 3 appeal.
- n.) If results are modified, all affected parties must be notified.

2.12 Exceptional conditions:

- a.) The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the Technical Delegate following the same principles. The Technical Delegate may take other decisions if the options below are not possible to implement. Prize money and points will be distributed according to the final result of the race:
 - (i) Before the competition:
 - A triathlon may be modified to a duathlon, aquathlon, or even in a 2 segments competition: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The preferred option will be a duathlon with the shorter run first;

- A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed;
 - The events to be postponed to hold as a minimum two segments. If not possible, the event will be cancelled as no multisport can be run as a single segment event.
 - Relay events may be modified on the same basis than those indicated in the previous two bullets.
- (ii) Modification of the competition once started:
- Any segment, but only one, may be shortened during the competition. The Technical Delegate and Technical Officials will take all reasonable actions to ensure the fairness of the event and the safety of the athletes. Otherwise, the competition will be stopped;
 - For the relay events, once one segment is modified, the modifications will remain for the rest of the legs.
- (iii) Unplanned interruption of individual standard distance or shorter competition after it has started:
- If the lead athlete has completed more than the 50% of the last segment all athletes will be ranked according to the position at the last available recorded data;
 - In the case that all the athletes are stopped before the 50% of the last segment the competition will be restarted, if possible, otherwise no results will be produced.
 - The new start will happen, at least, 45 minutes after the interruption.
- (iv) Unplanned interruption of individual middle distance or longer competition after it has started:
- Athletes completed at least two segments will be ranked according to their position at the last available recorded data;
 - Any athlete who does not complete at least two segments will be included in the results as NC;
 - In the case that all the athletes are stopped before the end of the second segment the competition will be restarted, if possible, otherwise no results will be produced.
 - The new start will happen, at least, 45 minutes after the interruption.
- (v) Modification of relay competition by shortening it:
- The race will be considered valid for those teams which completed at least two legs;
 - There are two possible scenarios:

1. If all of the teams are able to reach the point of cancellation (i.e. broken pontoon, with no possibility to get in the water). The results of the race will be according to the position and times of the teams at the point the race is stopped;
 2. If the race has to stop no matter where the teams are (i.e. weather alert) The results of the race will be according to:
 - The latest timing split per team;
 - The order of the teams to that point.
- (vi) Modification of qualifying round format events:
- In case not all the round of competition (qualifier or final) can be performed, the results of the last complete round performed will be considered as final results by ranking the athletes according to the times on that round;
 - If the first round of competition is not completed, the competition will be restarted for all the athletes if possible, otherwise no results will be produced;
 - A triathlon may be modified to a duathlon, aquathlon, or even in a two segment competition: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The preferred option will be a duathlon with the shorter run first;
 - A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed.

2.13 World Triathlon Events Advisory Group:

- a.) This body will be available to provide support and guidance to the Technical Delegates of all events in the World Triathlon and Continental Confederations calendar;
- b.) The composition of the group will be:
 - (i) A representative of the World Triathlon Sport Department (chair);
 - (ii) A representative of the World Triathlon Medical Committee;
 - (iii) A representative of the World Triathlon Technical Committee.
- c.) The Chair of the group may involve any other elected members or staff of World Triathlon or the respective Continental Confederations;
- d.) The members will be available from Thursday to Sunday on each weekend with an event;
- e.) The Technical Delegates will be able to contact the chair of the advisory group and at his/her discretion a meeting of the group will be called;
- f.) This group will provide support and guidance, but the final decision on any matter will be made on site by the World Triathlon Technical Delegate (except Water Quality matters as outlined in section 10.3).

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;
- d.) 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.
- e.) Infringements and penalties are listed in Appendix K;
- f.) The Technical Officials are allowed to determine penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally.

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 minutes in long distance events;
 - 5 minutes in middle distance events;
 - 2 minutes in standard distance events;
 - 1 minute 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.

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:
 - Will be served in the Bike penalty box;

- 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.
- (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	E	Equipment Outside bin
S	Swim Conduct	L	Littering
M	Mount Line Violation	V	Other Violations
B	Bike Behaviour	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) 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;
 - (ii) 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;
 - (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 appeal 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 occurred 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 SportAccord 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.

4. SWIMMING

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 at the beginning and the end of every swim lap. Technical Delegate may authorize to push off the ground in other sections of the swim course;
- 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;
- e.) Athletes may sportingly maintain their own space in the water:
 - (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
 - (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
 - (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.
 - (iv) Additionally for the World Triathlon Championship Series, World Triathlon Cups, World Triathlon Para Series or World Triathlon Para Cups, if an athlete is penalised for infringing this rule twice in a calendar year, he or she will not be admitted in the next event from those mentioned above. This sanction is also applicable to the third, fourth or following infringement.
- f.) Rules about water quality are outlined in section 10.

4.2 Wetsuit Use:

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

Elite, U23, Junior and Youth athletes:

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

Age-Group from the youngest to 55-59 category:

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

Age-Group from 60-64 category to the oldest:

Swim Length	Forbidden	Mandatory
All distances	24.6 °C and above	15.9 °C and below

4.3 Maximum stay in water:

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

4.4 Modifications:

- a.) In case of high or low temperatures the swim distance can be shortened or even cancelled according to this table:

Original swim distance	Temperature of water								
	Above 33.0°C	32.9-32.0°C	31.9-31.0°C	30.9-15.0°C	14.9-14.0°C	13.9-13.0°C	12.9-12.0°C	11.9-11.0°C	Below 11.0°C
Up to 300m	Cancel	Original distance							Cancel
750m	Cancel	Cancel	750m	750m	750m	750m	750m	Cancel	Cancel
1000m	Cancel	Cancel	750m	1000m	1000m	1000m	750m	Cancel	Cancel
1500m	Cancel	Cancel	750m	1500m	1500m	1500m	750m	Cancel	Cancel
1900m	Cancel	Cancel	750m	1900m	1900m	1500m	750m	Cancel	Cancel
2000m	Cancel	Cancel	750m	2000m	2000m	1500m	750m	Cancel	Cancel
2500m	Cancel	Cancel	750m	2500m	2500m	1500m	750m	Cancel	Cancel
3000m	Cancel	Cancel	750m	3000m	3000m	1500m	750m	Cancel	Cancel
3800m	Cancel	Cancel	750m	3800m	3000m	1500m	750m	Cancel	Cancel
4000m	Cancel	Cancel	750m	4000m	3000m	1500m	750m	Cancel	Cancel

- b.) The temperatures in section 4.2 are not always the water temperature used in the final decision. When the water temperature is above 22°C, the temperatures in the table are to be applied as they are. When the water temperature is at or below 22°C and the air temperature is at or below 15°C, then the value of the water temperature will be adjusted according to the following table:

(*)		Air temperature (All values in °C)										
		15	14	13	12	11	10	9	8	7	6	5
Water Temperature All values in °C)	22	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	Cancel
	19	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	Cancel
	18	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel
	17	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel
	16	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel
	15	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel
	14	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel
	13	13.0	13.0	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

- c.) If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the Technical Delegate in consultation with the Medical Delegate (if applicable) may adapt limits of the swim length or adopt provisions about the use of wetsuits. The final decision will be made one hour before the start and will be clearly communicated to the athletes by the Technical Delegate;
- d.) For aquathlon events (normally run-swim-run), the LOC should plan for a swim-run where the water temperature is expected to be below 22 °C. Where a run-swim-run aquathlon has been planned, but on competition day the water temperature is below 22 °C, the format will change to swim-run;
- e.) Water temperature must be taken one hour prior to the start of the event on competition day. It must be taken at the middle of the course and in two other areas on the swim course, at a depth of 60 cm. Where the average measured figure is 27 °C or below, the lowest measured temperature will be considered as the official water temperature. Where the average measured figure is above 27 °C, the highest measured temperature will be considered as the official water temperature.

4.5 Starting Position Selection: (Elite/U23/Junior/Youth athletes):

- a.) Prior to the start of competition, athletes are lined up in the order of their start numbers. A Technical official will order each athlete to move to the start one by one.;
- b.) The athletes go directly to their selected numbered position upon entering the pontoon and stay in that position behind the pre-start line until the start procedure. A selected position cannot be changed by any athlete during the Starting Position Selection process. An athlete cannot occupy more than one start position. The Technical Delegate may

decide to cancel this process and assign the start positions according to race numbers, in cases where no ranking exists or due to other extraordinary circumstances.;

- c.) Start Line Technical Officials note each athlete's race number and the starting position selected;
- d.) Starting Position Selection ends when every athlete is in a starting position.

4.6 Starting Position Selection: (Age-Group)

- a.) Athletes from the same wave will be together as a group in the pre start area.
- b.) A technical official will allow the athletes to move to the start area and will control the flow to keep this process safe.
- c.) Athletes will select any position which is not used. Technical Officials may ask the athletes to move from crowded to empty areas of the start line.

4.7 Start Procedure: Athletes): (Mass start):

- a.) A start is a mass start when a large group of athletes are starting together. It may be used in any competition and category.
- b.) After all athletes are in position (confirmed and noted by the Start Line Technical Officials) and the whole Field of Play is confirmed ready for the start "On your marks!" is announced and the athletes step forward to the start line (without stepping on it);
- c.) Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move directly forward towards the first buoy until they reach the water.
- d.) Technical Officials involved in the start procedure are:
 - Start Technical Officials are responsible for announcing "On your marks" and for giving the start and false start signal;
 - False Start Technical Officials stand on both sides of the start area to have a clear view of the start.
- e.) False start: In case of a false start, where several athletes move forward before the start horn, the Head Referee will sound the start horn many times requiring athletes to return to their previously selected positions. This will be controlled by the start line technical officials and the start procedure will start again. The false start officials will signal the Head Referee with a flag to indicate a false start. A false start may be declared also when not all the athletes have the opportunity to start the race immediately after start horn;
- f.) Valid start with early starters: In the case of an early start of a few athletes, the competition can continue, the False Start Technical Officials can decide that the start is valid. A photo/video camera may be used to identify early starters. The early starters will receive a time penalty in Transition 1. In case of relay events, the time penalty has to be served by the first athlete of the team;
- g.) For Age-Group events mass start may be organised in different waves. Different AGs categories may be grouped in the same wave. Age-Group categories with a large number

of athletes may be split, in this case only athletes from the same Age-Group category will be in the same wave.

- h.) Athletes starting in any wave before the one that the athlete is assigned to, will be disqualified;
- i.) Athletes who are late to the assigned wave will need the approval of the Start Technical Official. The athlete start time will be the start time of the assigned wave.

4.8 Start procedure (Interval Start System):

- a.) An interval start is defined when the start is given at different times to different groups of athletes who are competing together. Typically it is used in PTWC and PTVI events .
- b.) Athletes are responsible for being at the start line on time;
- c.) A video camera shall be used to record the entire start;
- d.) The Start Technical Officials are responsible for synchronising their own and the Timekeepers' watches;
- e.) Start Technical Officials must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes' actual start time must be noted with both electric and hand timing, in case the Competition Jury decides his/her late start was due to force majeure;
- f.) Athletes will be called to the start area and will occupy the start positions according to the TOs' instructions;
- g.) Ten minutes before their start time, all the athletes should be ready at the start area;
- h.) Five minutes before their start time, athletes will be asked to take their position at the start area;
- i.) One minute before their start time, athletes will be asked to enter the water, or approach the start line;
- j.) When all athletes are in position, the "start procedure " will be initiated. "On your marks!" will be announced;
- k.) The start signal (horn blast) will be sounded at the exact start time of the wave;
- l.) An athlete who is an "early starter" in a "valid start" will not be recalled to the start line;
- m.) The early starters will receive a time penalty in Transition 1;
- n.) An athlete who starts any time before the beginning of the "start procedure" or who starts in a wave they are not assigned to, will be disqualified;
- o.) Athletes who are late to their assigned wave must get approval of the Start TO start;
- p.) The athlete start time will be the start time of the assigned wave, and no adjustment to his/her start time can be made.

4.9 Start procedure (Time Trial Start System):

- a.) Time trial start system is defined when the athletes competing in the same event will start the race at specified start times. Typically is to be used in events with time trial qualifier stages.
- b.) Athletes are responsible for being at the start line on time;
- c.) A video camera shall be used to record the entire start;
- d.) The Start Technical Officials are responsible for synchronising their own and the Timekeepers' watches;
- e.) Start Technical Officials must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes' actual start time must be noted with both electric and hand timing; in case the Competition Jury decides his/her late start was due to force majeure;
- f.) Athletes will line up according to the start order. Athletes will need to report at the pre-start area at least 2 minutes before their start time;
- g.) Athletes will be informed by the starter about the remaining time to the start, 15 and 5 seconds before the start time;
- h.) The Start Technical Official will announce the start time by using an electronic/manual horn;
- i.) Athletes starting the competition before the start time will be recalled to the start line. Any athlete failing to do this will be disqualified. Athletes starting after their start time, must get the approval of the Start Technical Official to proceed. The start time of those athletes will be the start time originally assigned.

4.10 Start Procedure (Rolling Start System)

- a.) Rolling start is defined when athletes can cross the start line at any moment during a defined range of time. The athlete's time will start when the athlete crosses the start line. This start system is appropriate for long distance events with mass participation. It may be used in draft-illegal events, even if they are not long distance, or where the start conditions do not permit a wide space offering the athletes a safe start to the swim. There are two variations:
 - (i) Rolling start with determined start times: Athletes will start with no order in predetermined time slots, individually or in groups up to five athletes.
 - (ii) Continuous rolling start: athletes will start the race in a continuous flow.
- b.) This system is only applicable to Age-Group competitions.
- c.) There will not be a mass start.
- d.) The Start Technical Official can interrupt the start procedure at any time.

- e.) The Start Technical Official will determine the start time of any athlete in case of incidents at the start.
- f.) If one athlete has two or more start times recorded, the first one will be the valid start time
- g.) Athletes starting in any wave before the defined range of time for him/her, will be disqualified;
- h.) Athletes who are late to the defined range of time will need the approval of the Start Technical Official. The athlete start time will be the start time of the first athlete in the defined range of time.

4.11 Equipment:

- a.) Swim cap:
 - (i) All athletes must wear the official event numbered swim cap during the swim segment;
 - (ii) In an Aquathlon event athletes may carry the official event swim cap and goggles during the first run segment and may wear them in the Transition Area;
 - (iii) Numbered swim caps are provided by World Triathlon or the Local Organising Committee;
 - (iv) If an athlete chooses to wear two caps, the second swim cap must be unbranded and the official swim cap must be on the outside from the moment of the athletes' line-up procedure starts;
 - (v) No sponsor logos are allowed on the official swim cap other than prescribed by World Triathlon/ Local Organising Committee;
 - (vi) Athletes may not alter the swim caps in any manner;
 - (vii) 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.
 - (ii) Trisuits must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene);
 - (iii) When the use of wetsuits is forbidden, clothing covering any part of the arms and clothing covering any part of the legs below the knees is also forbidden with the exceptions outlined at 2.8.c.(iii);
 - (iv) Trisuits must comply with the applicable Guidelines Regarding Authorised Identifications.

c.) Swimskins:

- (i) Swimskins must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene);
- (ii) In standard and shorter distance events, swimskins have to be worn for the whole duration of the event, for other distances swimskins may be removed after the swim segment;
- (iii) Swimskins used during the whole duration of the race must comply with the uniform regulations. Swimskins used only during the swim segment must comply with the wetsuit section of the applicable Guidelines Regarding Authorised Identifications for middle- and long-distance events.
- (iv) Swimskins can be used in all water temperatures.

d.) Wetsuits:

- (i) Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit, +/- 0.3 mm tolerance is admissible.
- (ii) Propulsion devices that create an advantage for the athlete, or a risk to others, are forbidden;
- (iii) The most external part of the wetsuits will fit to the athletes' body tightly while they are swimming;
- (iv) A wetsuit may cover any part of the body except the face, hands and feet. When mandatory, the wetsuit must cover at least the torso;
- (v) There is no limitation regarding the length of the zipper;
- (vi) Wetsuits must comply with the applicable Guidelines Regarding Authorised Identifications.

e.) Electronic devices may be used in the competition unless they are distracting the athlete from paying full attention to their surroundings.

f.) Illegal Equipment:

- (i) Athletes must not use or wear:
 - Artificial propulsion devices;
 - Flotation devices;
 - Gloves;
 - Socks, except when use of wetsuits are mandatory;
 - Wetsuits or any part of the wetsuits when they are forbidden;

- Non-certified swimsuits;
 - Snorkels;
 - Bib numbers (in non wetsuit swim only)
 - Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs;
 - Safety inflatable device (tube) which has been deployed. If deployed the athlete must retire from the race.
 - Suits, vests, or any clothing having any part made of rubberized material such as polyurethane or neoprene.
 - Buoyancy shorts
- (ii) Any jewellery deemed to be a hazard to themselves or other athletes. (Athletes may be requested to remove any such items.)

5. CYCLING

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.
 - (iv) Use a different bike during the competition than the one checked in.
- 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 an advantage is gained due to this action, the athlete will receive a time penalty to be served in the transition area for Age-Groupers and at the run penalty box for everyone else.
 - (iii) Dangerous riding may result in a penalty. This includes but is not limited to passing another athlete on the wrong side.
 - (iv) Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
 - (v) Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.
 - (vi) Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.
 - (vii) Additionally for the World Triathlon Championship Series, World Triathlon Cups, World Triathlon Para Series or World Triathlon Para Cups, if an athlete is penalised for infringing this rule twice in a calendar year, he or she will not be admitted in the next event from those mentioned above. This sanction is also applicable to the third, fourth or following infringement.

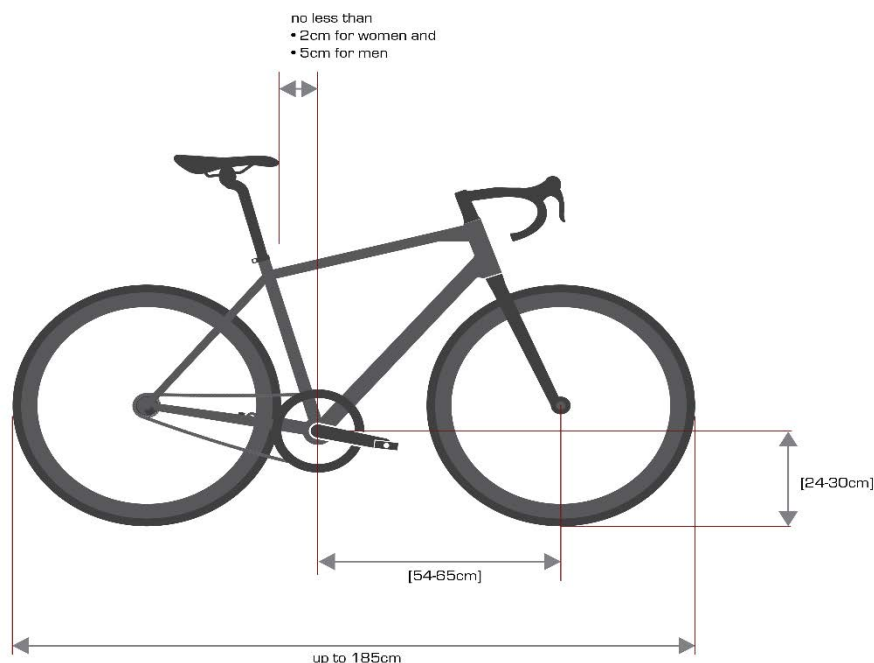
5.2 Equipment:

- a.) In general, UCI rules, as of January 1st of the current year, will apply during competition and also during familiarisation sessions and official training:
 - (i) UCI road race rules for draft-legal triathlon and duathlon competitions;
 - (ii) UCI time trial rules for draft-illegal triathlon and duathlon competitions;

- (iii) UCI Mountain Bike (MTB) rules for winter triathlon, cross triathlon and cross duathlon competitions.
- b.) The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system consisting of pedals and a chain. Bicycles are referred to as bikes and will have the following characteristics in the following sections:
- c.) For draft-legal competitions. Elite, U23, Junior and Youth:
- (i) Frames:
- The frame of the bike shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements, (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section) such that the form of each element encloses a straight line. The elements of the frame shall be laid out such that the joining points shall follow the following pattern: the top tube connects the top of the head tube to the top of the seat tube; the seat tube (from which the seat post shall extend) shall connect to the bottom bracket shell; the down tube shall connect the bottom bracket shell to the bottom of the head tube. The rear triangles shall be formed by the chain stays, the seat stays and the seat tube with the seat stays anchored to the seat tube at points falling within the limits laid down for the slope of the top tube. The maximum height of the elements shall be 8 cm and the minimum thickness 2.5 cm. The minimum thickness shall be reduced to 1 cm for the chain stays and the seat stays. The minimum thickness of the elements of the front fork shall be 1 cm; these may be straight or curved. The maximum ratio of any two dimensions in a cross section of any tube is 1:3;
 - The bike will be no more than 185 cm long, and 50 cm wide;
 - The bike will measure between 24 cm and 30 cm from the ground to the centre of the chain wheel axle;
 - There will be no less than 54 cm and no more than 65 cm between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;
 - Fairings are prohibited. Any device, added or blended into the structure, that is destined to decrease, or which has the effect of decreasing, resistance to air penetration or artificially to accelerate propulsion, such as a protective screen, fuselage form fairing or the like, shall be prohibited;
 - Bikes provided with the UCI Road Race homologation label (Code RD) are always allowed in World Triathlon draft legal events, even if they contravene any of the previous bullets in this 5.2 c) (i) insert.
 - Bikes provided with the UCI Time Trial homologation label (Code TT) are forbidden unless they comply with the condition listed above.

(ii) Saddle position for U23 and Elite events:

- There will be a vertical line touching the front-most point of the saddle which will be no less than 5 cm for the men, and 2 cm for the women, behind a vertical line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.
- The expected ratios between E (Femur) and E+F (Femur+Tibia) and between F (Tibia) and E+F (Femur+Tibia) is around 56% to 44%. Where the athlete's ratio is nearer to 50/50 an exception will be considered.
- Exceptions to this rule may be requested 30 days prior to the competition by the National Federation of the athlete to a panel composed of:
 - One person designated by World Triathlon Technical Committee;
 - One person designated by World Triathlon Coaches Committee;
 - One person designated by the World Triathlon Medical and Anti-Doping Committee.
- Exceptions are valid for four years from the calendar year the request has been made. Following that date, the athlete/NF must resubmit the request along with all the supporting documents.



(iii) Non-traditional or unusual bikes:

- Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the World Triathlon Technical Committee for approval at least 30 days before the Event.
- Provided all other criteria of the World Triathlon rules are met then full details of the equipment including images must be supplied to the World Triathlon Technical Committee. The procedure is outlined in Appendix P.
- A catalogue of all previously submitted equipment will be available on the website with confirmation as to whether it has been accepted or rejected. A form is available on the World Triathlon website for athletes wishing to submit equipment for approval.

(iv) Logos and race number stickers:

- Only logos of bicycle related products may appear on the athlete's bicycle;
- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- The athlete's full name(s) or family name(s) or initial of the first name and family name(s), may appear once on the bike, either on the horizontal bar of the bike or on the shaft of the seat, with a maximum size of 10cm².
- Bike race number stickers, provided by World Triathlon or the Local Organising Committee, must be placed on the bike as instructed, without any alteration;

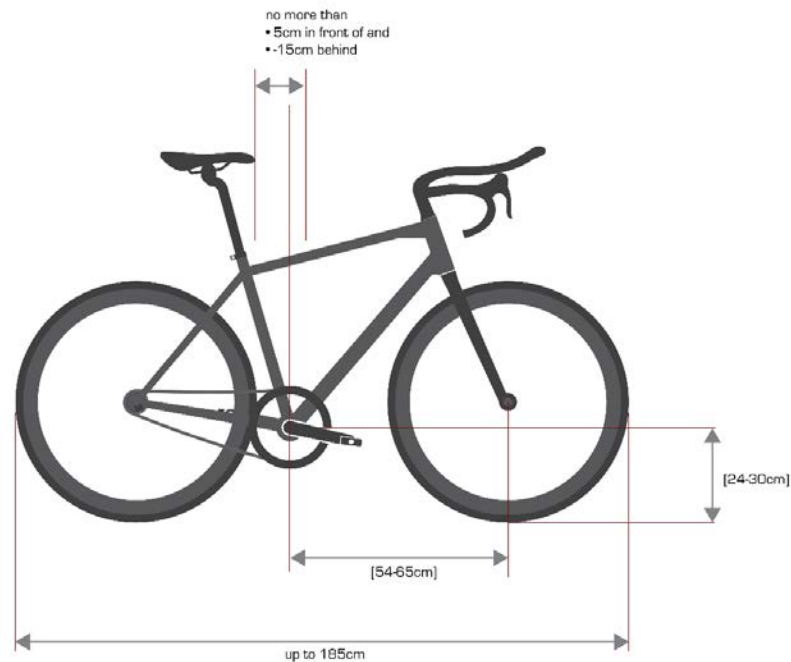
d.) For draft-illegal events, and Age-Group draft-legal events:

(i) Frames:

- The bike will be no more than 185 cm long, and 50 cm wide;
- The bike will measure between 24 cm and 30 cm from the ground to the centre of the chain wheel axle;
- There will be no less than 54 cm and no more than 65 cm between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;
- The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable.
- Bikes provided with the UCI Time Trial homologation label (Code TT) are always allowed in World Triathlon draft-illegal events, even if they contravene any of the previous bullets in this 5.2 d.) (i) insert.

(ii) Saddle-position:

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



(iii) Non-traditional or unusual bikes:

- Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the World Triathlon Technical Committee for approval at least 30 days before the Event. Provided all other criteria of the World Triathlon rules are met then full details of the equipment including images must be supplied to the World Triathlon Technical Committee. The procedure is outlined in Appendix P. A catalogue of all previously submitted equipment will be available on the website with confirmation as to whether it has been accepted or rejected. A form is available on the World Triathlon website for athletes wishing to submit equipment for approval.

(iv) Logos and race number stickers:

- Only logos of bicycle related products may appear on the athlete's bicycle;
- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- The athlete's full name(s) or family name(s) or initial of the first name and family name(s), may appear once on the bike, either on the horizontal bar of the bike or on the shaft of the seat, with a maximum size of 10cm².

- Bike race number stickers, provided by World Triathlon or the Local Organising Committee, must be placed on the bike as instructed, without any alteration.

e.) Wheels:

- (i) No wheel may contain any mechanisms, which are capable of accelerating it;
- (ii) Tubular tyres must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly onto the frame;
- (iii) There must be a brake on each wheel;
- (iv) Wheels can be replaced only at official wheel stations, where provided;
- (v) Technical Officials at the wheel station will give the proper wheel to the athlete. The athlete is responsible for replacing the wheel in the forks. Wheels designated specifically for other athletes or teams cannot be used;
- (vi) For Elite, U23, Junior and Youth draft-legal competitions, wheels are allowed to be used if they are included in the current UCI approved non-standard wheels lists. (Both list applicable, the one contains wheels approved prior 1st January 2016 and the other after this date.) Wheels not on this list must comply to the following criteria:
 - A diameter between 70 cm maximum and 55 cm minimum, including the tyre;
 - Both wheels must be of equal diameter;
 - Wheels shall have at least 20 metal spokes;
 - The maximum rim dimension (depth) will be 25 mm. on each side;
 - The rim must be alloy;
 - All components must be identifiable and commercially available.
- (vii) For Age-Group draft-legal competitions, wheels must have the following characteristics:
 - Wheels shall have at least 12 spokes;
 - Disc wheels are not allowed.
- (viii) For draft-illegal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Technical Delegate in the interest of safety, i.e. high winds.

f.) Handlebars:

- (i) For Elite, U23, Junior and Youth draft-legal competitions, the following handlebar rules will apply:
 - Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - Water bottles and water bottle holders may not be mounted onto the handlebars.

- Clip-ons are not allowed.
- (ii) For Age-Group draft-legal competitions, the following handlebar rules will apply:
- Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - Clip-ons are not allowed.
- (iii) For draft-illegal competitions, the following rules on handlebars apply:
- Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces do not need to be bridged. All tube ends have to be plugged.
 - Water bottles and water bottle holders may be mounted onto the handlebars or clip-on.



g.) Helmets:

- (i) Helmets must be approved by a national accredited testing authority recognised by a National Federation affiliated with World Triathlon;
- (ii) Helmet must be used in all official activities when the athlete rides the bike: competition, familiarisation and training sessions;
- (iii) An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited;
- (iv) The helmet must be securely fastened and fit properly at all times and any garment worn underneath must not affect the fit when the athlete is in possession of the bike. If an athlete moves the bike off the course for any reason, the athlete may not unfasten or remove the helmet until after he/she has moved outside the boundary of the bike course route and has dismounted the bike; and he/she must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike;
- (v) Helmet race number stickers, provided by World Triathlon or the Local Organising Committee, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;
- (vi) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible;
- (vii) The helmet can be any colour or design.

h.) Platform Pedals:

- (i) Platform pedals are allowed, provided a quick-release mechanism is fitted to ensure the release of the feet in case of a fall.

i.) Disc brakes:

- (i) Disc brakes are allowed.

j.) Illegal Equipment:

- (i) Illegal equipment includes, but is not limited to:
 - Headphone(s), headset(s), technical earplug(s) or smart helmets which are inserted or covering the ears;
 - Glass containers;
 - Mirrors;
 - Bike or parts of the bike not complying with these rules;
 - Uniform not complying with the applicable Guidelines Regarding Authorised Identifications.
 - Water bottles if placed behind the saddle for draft-legal competitions.

- k.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Head Referee before the competition, must be securely mounted, not endanger any athlete or give unfair advantage;
- l.) For cameras and video cameras, in addition to requiring approval from the Head Referee, all the images and footage taken will be copied by World Triathlon. The use of those images for commercial purposes is subject to approval by World Triathlon.

5.3 Bike Check:

- a.) A bike check may include all items listed in 5.2.
- b.) A visual bike check will take place before the athletes access the transition area prior the competition. Technical Officials will check that bikes comply with the World Triathlon Competition Rules;
- c.) Athletes may request approval from the Head Referee after the Athletes' Briefing if their bike is legal;
- d.) Each registered athlete may only check one bike into their transition;
- e.) All athletes must rack their bike before the Transition Area closes. Any athlete unable to do this must inform the Head Referee.

5.4 Overlapping:

- a.) Elite, U23, Junior, Youth and Mixed Relay, athletes who have been lapped during the bike segment will be withdrawn from the competition by the Technical Officials. Technical Officials may anticipate this decision, for safety reasons, if the athlete is closer than 100 meters ahead from the leader and the Technical Official is totally sure that the overlapping will happen. This provision can be modified by the Technical Delegate, following the procedure outlined in 1.5.

5.5 Drafting:

- a.) General Guidelines:
 - (i) There are two kinds of competitions, depending on the allowance of drafting:
 - Draft-legal competitions;
 - Draft-illegal competitions.
 - (ii) The competitions will be draft-legal or illegal according to this table:

	Junior and Youth	U23	Elite	Age-Group	Para triathlon
TRIATHLON					
Team Relay	Legal	Legal	Legal	Legal	Illegal
Super Sprint Distance	Legal	Legal	Legal	Illegal	
Sprint Distance	Legal	Legal	Legal	Both options	Illegal

Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
DUATHLON					
Team Relay	Legal	Legal	Legal	Legal	
Super Sprint	Legal	Legal	Legal	Illegal	
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
AQUATHLON					
WINTER TRIATHLON (all distances)	Legal				
CROSS TRIATHLON AND DUATHLON (all distances)	Legal				
AQUABIKE				Illegal	

b.) Draft legal events:

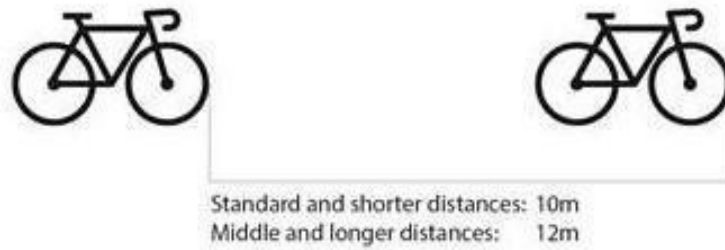
- (i) It is forbidden to draft off a different gender athlete;
- (ii) It is forbidden to draft off an athlete being in a different lap;
- (iii) It is forbidden to draft off a motorbike or vehicle.

c.) Draft-Illegal events:

- (i) It is forbidden to draft off another athlete or motor vehicle. 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:
 - Middle- and long-distance draft zone: the bicycle draft zone will be 12 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 25 seconds will be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement.;

- Standard and shorter distance events bicycle draft zone: the bicycle draft zone will be 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 seconds will be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement;
 - Motorbike draft zone: the draft zone behind a motorbike will be 15 meters long. This applies also for draft legal events;
 - Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle on the bike segment. 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:
- For safety reasons;
 - If the athlete enters the draft zone, and progresses through it within the allotted time in the overtaking manoeuvre;
 - 100 meters 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;
 - An overtaken athlete must drop out of the draft zone of the passing athlete by continuously making rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
 - Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;
 - 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 Technical Delegate 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 right hand side road rules apply.



5.6 Penalties for drafting:

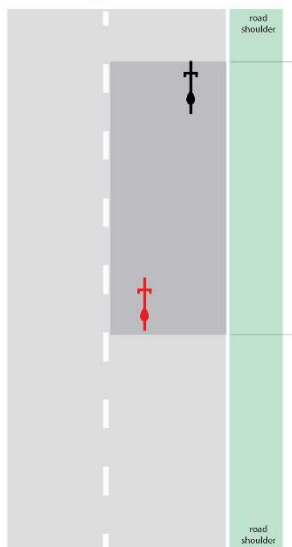
- a.) It is forbidden to draft in a competition declared as draft-illegal;
- b.) Technical Officials will notify the athletes who draft they are subject to a time penalty. This notification must be clear and unambiguous;
- c.) The athlete sanctioned has to stop in the next penalty box and must stay there for a specific time depending on the competition distance. One minute for the sprint distance, two minutes for standard distance and five minutes for middle and long 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 standard distance events or shorter;
- f.) The third drafting offence will lead to disqualification for middle- and long-distance events.
- g.) Drafting violations cannot be appealed.

5.7 Blocking:


- a.) Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course. Athletes blocking will receive a yellow card to be served at the next bike penalty box.

Illustration for riding on the right side of the road

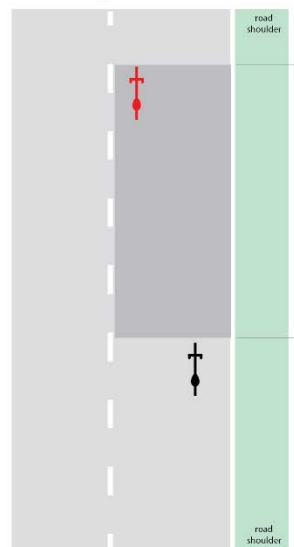
Drafting (riding right side of the road)




Draft area
Standard and shorter distance: 10m
Middle and long distance: 12m
by the width of the road

 Athlete to be sanctioned regardless its position once entering in the 10/12m zone and not passing the leading athlete in the time allocated for doing so.

Blocking (riding right side of the road)



Draft area
Standard and shorter distance: 10m
Middle and long distance: 12m
by the width of the road

 Athlete that could be sanctioned for blocking provided she/he is preventing other athletes to pass

5.8 Riding positions:

- The riding position requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle;
- Additionally during the draft-illegal races, forearms can be used as a point of support on the handlebar. While arms or elbows are in contact with the handlebar or armrest, hands will grip the clip on.

Image 1:

Allowed positions in all races:



Image 2:

Allowed position only in draft illegal races:



Image 3:

Forbidden positions in all races:



6. RUNNING:

6.1 General Rules:

- a.) The athletes will:
 - (i) Run or walk;
 - (ii) Wear the bib number (applicable always in the Age-Group events. For other events, the Technical Delegate can make it mandatory and athletes will be informed in the race briefing);
 - (iii) Not crawl;
 - (iv) Not run with a bare torso;
 - (v) Not run with a bike helmet on;
 - (vi) Not use posts, trees or other fixed elements to assist manoeuvring curves;
 - (vii) Not be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course;
 - (viii) Not run together and/or take pace from other athlete/s who is/are one or more laps ahead (Applicable only to Elite, U23, Junior, Youth athletes and Para triathletes).
- b.) Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c.) Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d.) Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

6.2 Finish Definition:

- a.) 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:

- a.) The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical Officials or Medical personnel as presenting a danger to themselves or others, may be removed from the competition;
- b.) Athletes can't be accompanied by any non-competing person in the finish chute.

6.4 Illegal Equipment:

- a.) Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears;
- b.) Glass containers;

- c.) Uniform not complying with the World Triathlon Guidelines Regarding Authorised Identification.
- d.) Crutches, canes, poles or any device to help the progress by pushing or pulling with the arms. The specific regulation for para triathletes is included in chapter 17.
- e.) Shoes:
- (i) World Triathlon follows World Athletics' Shoe Regulations applicable to road events for all the triathlon and its other related multisports as described in 1.1.a);
 - (ii) Customised shoes, as defined in the World Athletics' Shoe Regulations, are permitted to be worn in competitions following approval from the World Triathlon Technical Committee;
 - (iii) Development shoes, as defined in the World Athletics' Shoe Regulations, can be used in all World Triathlon recognised events (with the exception to the elite competitions of the World Triathlon Championship Series events, the elite/u23 competitions of the World Triathlon Championship Finals, the elite/junior competitions of the World Triathlon Sprint & Relay Championships, the elite/u23/junior/para competitions of all the World Triathlon Multisport Championships, the World Triathlon Para Championships, the Olympic Games and the Paralympic Games) with the conditions that:
 - the specific shoe is already on the list of Shoes Approved by World Athletics as a development shoe, and
 - the triathlon event where the shoes to be used is held within the approved dates as on the list of Shoes Approved by World Athletics;
 - the shoe manufacturer or the athlete must submit the request to World Triathlon Technical Committee to be able to use the development shoes.
 - (iv) Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
 - (v) In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.

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 before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg;
- b.) Athletes must use only their designated bike rack and must rack their bike:
 - (i) For a traditional bike rack, the bike must be racked as follows:
 - For the first transition: in an upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing to the middle of the transition lane. Head Referee may apply exceptions;
 - For the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0.5 m of the rack number or name plate. The bike must be racked in a way that does not block or interfere with the progress of another athlete.
 - (ii) In case of an individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels.
- c.) Position of equipment:
 - (i) Athletes must place within 0.5m of the bin all equipment to be used at a later stage in the event. If a bin is not provided, the 0.5m will be measured from the point on the ground immediately below the rack number or name plate. The bin, if provided, must be within 0.5m from the rack number or name plate.
 - (ii) Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before competition starts.
 - (iii) By the end of the last transition all equipment - regardless whether used or not - must be deposited in the corresponding numbered bin provided, with the following exceptions:
 - bike shoes, which may remain fixed on the pedals;
 - other bike equipment than helmet and glasses, if placed on the bike previously in Transition 1 may remain on the bike.
 - (iv) For any previous transitions, only used equipment must be deposited in the corresponding numbered bin provided. For events with repeating segments, the rule applies for any used equipment that will not be used again.
 - (v) A piece of equipment is considered deposited in the bin when one part of the equipment is inside the bin.
- d.) If an athlete wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the bin in transition one, however, only one pair of running shoes may be on the floor at any time during the bike segment of the competition. Running shoes must be located within 0.5m of the athlete's bin (rack number/name plate).

- e.) Athletes who are observed by a technical official discarding their swim cap between the swim exit and transition will receive a penalty.
- f.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike in Transition 1;
- g.) Athletes must not impede the progress of other athletes in the transition area;
- h.) Athletes must not interfere with another athlete's equipment in the transition area;
- i.) Cycling is not permitted inside the transition area, except during the cycling segment. Mount and dismount lines are part of the transition area;
- j.) Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line.
- k.) Athletes who cycle out of transition rather than mounting at the mount line will be disqualified.
- l.) Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line.
- m.) Athletes who make no attempt to dismount at the Dismount line causing them to cycle in Transition will be disqualified.
- n.) 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.
- o.) If during the mount or dismount manoeuvre, the athlete loses their shoe(s) or other equipment, they will be collected by the Technical Officials and no penalty will be applied.
- p.) Nudity or indecent exposure is forbidden;
- q.) Athletes cannot stop in the flow zones of the transition area;
- r.) Marking positions in the transition area is forbidden. Marks, towels and objects used for marking purposes will be removed and the athletes will not be notified;
- s.) All athletes must have their helmet securely fastened and cannot touch the locking mechanism of the helmet from the time they remove their bike from the rack before the start of the bike segment until after they have placed their bike on the rack and let go after the finish of the bike segment.
- t.) The helmet strap must remain unfastened in the transition area while the athlete is completing the first segment.

8. COMPETITION CATEGORIES

8.1 World Championships:

a.) World Triathlon may organise World Championships in the distances, formats and categories shown in this chart:

	Elite	U23	Junior	Age-Group	Para triathlon
TRIATHLON					
Team Relay	Yes	Yes (U23/Jr combined or separated)		Yes	Yes
Eliminator	Yes				
Super Sprint Distance	Yes	Yes	Yes	Yes	
Sprint Distance	Yes	Yes	Yes	Yes	Yes
Standard Distance	Yes	Yes		Yes	Yes
Middle Distance	Yes			Yes	Yes
Long Distance	Yes			Yes	Yes
DUATHLON					
Team Relay	Yes		Yes		
Sprint Distance	Yes	Yes	Yes	Yes	Yes
Standard Distance	Yes	Yes		Yes	Yes
Middle Distance	Yes			Yes	Yes
Long Distance	Yes			Yes	Yes
AQUATHLON					
Standard Distance	Yes	Yes	Yes	Yes	Yes
Long Distance	Yes			Yes	Yes
Team Relay	Yes				
WINTER TRIATHLON AND WINTER DUATHLON					
Team Relay	Yes		Yes		
Sprint Distance	Yes	Yes	Yes	Yes	Yes
Standard Distance	Yes	Yes			
CROSS TRIATHLON AND CROSS DUATHLON					
Team Relay	Yes		Yes		
Sprint Distance	Yes	Yes	Yes		Yes
Standard Distance	Yes	Yes		Yes	Yes
AQUABIKE					
Standard Distance				Yes	
Long Distance				Yes	

- b.) National Federations and Continental Confederations should be encouraged to include each of these categories in their National and Continental Championships.
- c.) National Federations and Continental Confederations may organise National and Continental Championships in super sprint and shorter distances for ages of 15 years and below. The decision on which ages are grouped together is the responsibility of the National Federation and the Continental Confederation respectively.

9. PRIZES AND AWARDS

9.1 Prize Money:

a.) General Rules:

- (i) Prize money for the World Triathlon Events shall be distributed equally between men and women in both amount and depth, according to the World Triathlon Prize Money Percentage Breakdown, as outlined in Appendix H.
- (ii) Prize money will be paid regardless of the points cut-off percentage time of the winner.

9.2 Awards:

- a.) Athletes or team members who place first, second or third at any event will be awarded an official podium medal (gold, silver, bronze);
- b.) In addition, teams may receive a medal and/or trophy for first, second and third positions.

9.3 Prizes, Points and Awards in combined events/categories:

- a.) In case of events which take place together or different categories competing together in the same wave, the awards, prize money and points will be distributed as follows:

Events taking place together:	Awards (medals) to:	Prize money to:	Points to:
Elite and U23	- Elite awards for all athletes - U23 awards for U23 athletes	- Overall	- Overall
Elite, U23 and Junior	- Elite awards for all athletes - U23 awards for U23 athletes - Junior awards for Junior athletes	- Overall	- Overall
U23 and Junior	- U23 awards for U23 athletes - Junior awards for Junior athletes	- Overall	- Overall
All categories	- Elite awards for all athletes - Categories awards per categories	- Overall	- Overall
Triathlon Continental Championships with athletes from other continents	- Award for the athletes from the continent	- All are eligible	- Athletes from the continent
Multisport Continental Championships with athletes from other continents	- Award for the athletes from the continent	- All are eligible	- Overall

Continental Cups	- Overall	- Overall	- World Triathlon points: overall - Continental points: Athletes from the continent
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b.) Athletes from other continents can participate in Continental Championships provided that the competition is not full with the athletes from the host continent. In this case, points and medals are going to athletes from the host continent, but prize money is distributed to the athletes in the overall results. The exceptions to this paragraph are the Duathlon and Long-distance Triathlon Continental Championships that are part of the World Series as well: in this case points are distributed to the overall results.

10. EVENTS

10. A. Events: Safety and environment:

10.1 Water quality:

- a.) The Technical Delegate may modify the distance of the swim segment or even cancel the swim, depending on the speed of the current.
- b.) Water quality:
- (i) Samples of the water collected from three different locations on the swim course will be separately analysed and the poorest results will determine if the swim can take place. The swim will be allowed if the following values are below the level of tolerance in the different types of water:
- Sea and transition water:
 - PH between 6 and 9;
 - Entero-cocci not more than 100 per 100 ml (cfu/100ml);
 - Escherichia coli E. Coli not more than 250 per 100 ml (cfu/100ml);
 - Absence of positive visual evidence of Red Tide Algal bloom.
 - Inland water:
 - PH between 6 and 9;
 - Entero-cocci not more than 200 per 100 ml (cfu/100ml);
 - Escherichia coli E. Coli not more than 500 per 100 ml (cfu/100ml);
 - The presence of Blue-Green Algal blooms/scum (cyanobacteria) not more than 100.000 cells/ml. This test is only required in case of positive visual evidence of Blue-Green Algal bloom. Because of the potential for rapid scum formation daily sanitary inspection is mandatory by the LOC Medical Director in the two weeks before the competition in the area prone to scum formation. Where no scums are visible, but the water shows strong greenish discoloration, turbidity and the transparency is less than 0.5 m the cyanobacteria test must be performed.
 - All units have to be cfu/100 ml or nmp/100 ml. (cfu: Colony Forming Units; nmp: Most Probable Number)
- (ii) If the water quality test shows values out of the tolerance limits as indicated above, the swim will be cancelled, unless the World Triathlon Medical and Anti-Doping Committee permits.

10.2 Water quality information and decision-making flow:

- a.) Water Quality Data:
- (i) According to the World Triathlon rules, the LOC must submit water quality tests taken from three locations of the swim course:
- 2 months before the competition;

- 7 days before the competition;
 - on the first competition day of the event, for statistical purposes only.
- (ii) However, results delivery may vary from 48 hours to 96 hours depending on the methodology that the laboratory is using. Results received more than seven days after the sample collection will not be accepted;
- (iii) Therefore, making a decision on competition delay based purely on data that is not reflecting the current conditions 100% is not advisable.
- (iv) Additionally for Olympic and Paralympic Games the collection of water samples will be done:
- One test per day for a period of ten days before the first competition till two days after the last competition, one, two and three years before the Olympic Games and the Paralympic Games.
 - From ten days before the first competition till two days after the last competition twice every day, in the morning and in the evening in the year of the Olympic Games and the Paralympic Games.
 - Results will be delivered within 24 hours from the sample collection

b.) Applicable process:

- (i) Use approach in the cases but not limited to, where the event is running under rainy conditions recommended by WHO to guide decision making by combining:
- (ii) sanitary inspection;
- (iii) water quality analysis;
- (iv) weather forecasts.

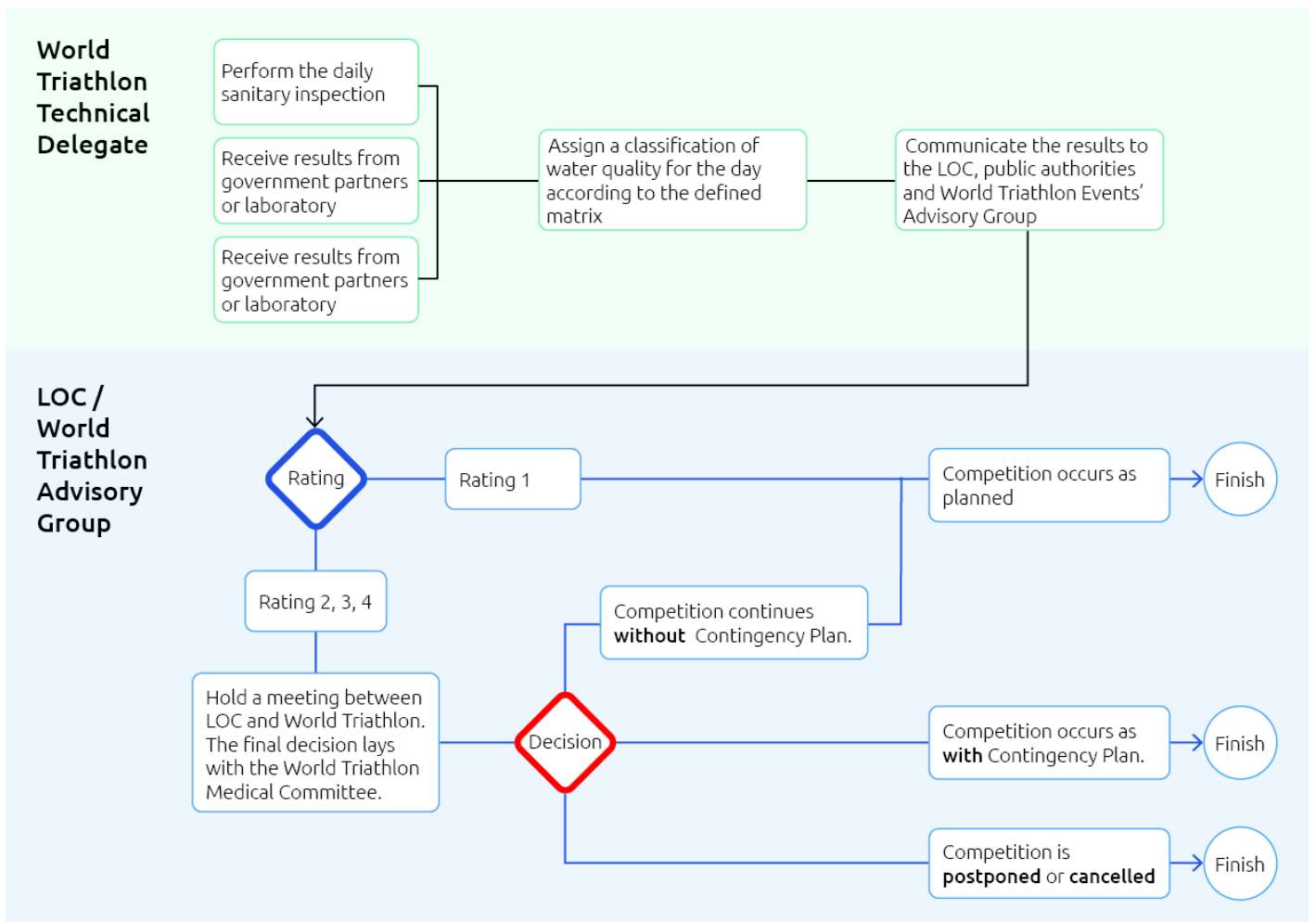
c.) Sanitary inspection:

- (i) Evaluation of:
- The absence of oils and smell of phenol;
 - The colour of the water that may not change in an abnormal way;
 - Visibility of the water of more than one meter (this may only be less when this is caused by natural circumstances);
 - A location with a lot of garbage can be an ideal environment for brown rats;
 - Discharge of cooling water from a factory;
 - Sewage discharge or the occurrence of houses and boats;
 - Bird colonies;
 - Algal bloom.

d.) Water Quality Information Flow:

(i) The World Triathlon/LOC Water Quality Consultative Group is represented by:

- World Triathlon Medical Committee;
- World Triathlon Technical Delegate;
- World Triathlon Medical Delegate (if applicable);
- World Triathlon Team Leader (if applicable);
- World Triathlon Sport Department (including the Project Manager);
- LOC Race Director;



e.) Water Quality Decision Matrix (Sea and Transition water)

		Two past results E.coli < 250* Enterococci < 100*	Last result E.coli: 250 to 500* Enterococci 100 to 200*	Two past results E.coli: 250 to 500* Enterococci 100 to 200*	Last result E.coli > 500* Enterococci > 200*
Sanitary Inspection category (susceptibility to faecal influence)	Low	1	2	2	4
	Moderate	1	2	3	4
	High	2	3	3	4

* cfu/100ml

(i) Key for Levels:

- 1 = 'Very Good Water Quality': (E.coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain;
- 2 = 'Good Water Quality': (E.coli < 250 or Enterococci < 100) with poor visual pollution during sanitary inspection or forecasted heavy rain;
- 2 = 'Good Water Quality': (E.coli: 250 to 500 or Enterococci 100 to 200) but with no or potential visual pollution during sanitary inspection or forecasted heavy rain;
- 3 = 'Fair Water Quality': (E.coli: 250 to 500 or Enterococci 100 to 200), but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain;
- 4 = 'Poor Water Quality': (E.coli > 500 or Enterococci > 200), with any visual pollution during sanitary check and/or potential for forecast of heavy rain.

f.) Water Quality Decision Matrix (Inland water)

		Two past results E.coli < 500* Enterococci < 200*	Last result E.coli: 500 to 1000* Enterococci 200 to 400*	Two past results E.coli: 500 to 1000* Enterococci 200 to 400*	Last result E.coli > 1000* Enterococci > 400*
Sanitary Inspection category (susceptibility to faecal influence)	Low	1	2	2	4
	Moderate	1	2	3	4
	High	2	3	3	4

* cfu/100ml

(i) Key for Levels:

- 1 = 'Very Good Water Quality': (E.coli < 500 or Enterococci < 200) with no or potential visual pollution during sanitary check or forecasted heavy rain;

- 2 = 'Good Water Quality': (E.coli < 500 or Enterococci < 200) with poor visual pollution during sanitary inspection or forecasted heavy rain;
- 2 = 'Good Water Quality': (E.coli: 500 to 1000 or Enterococci 200 to 400) but with no or potential visual pollution during sanitary inspection or forecasted heavy rain;
- 3 = 'Fair Water Quality': (E.coli: 500 to 1000 or Enterococci 200 to 400), but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain;
- 4 = 'Poor Water Quality': (E.coli > 1000 or Enterococci > 400), with any visual pollution during sanitary check and/or potential for forecast of heavy rain.

10.3 Modifications due to heat:

- a.) Medical Delegate or, if absent, Race Medical Director will measure the WBGT index. All the measurements with the WBGT tool should be taken at the finish area every 30 min starting 3 hours before the start of the competition. The device must be placed in direct sunlight 1.5 m above the ground.
- b.) WBGT index values are categorised:
- Assessing on-site environmental heat stress at regular intervals using the Wet-Bulb-Globe-Temperature (WBGT) index and providing announcements of its readings. WBGT levels for the modification of exercise or competition for healthy adults are based on recommendation from the American College of Sports Medicine (2007).
 - Any decision made will take into consideration the level of medical assistance, facilities in the medical tent, evolution of the weather conditions and forecast, period of the competitive season, race distance and category, athlete fitness level and the age of the athletes. Event organisers will pay particular attention to unexpected or unseasonably hot weather in mass- participation events, considering that the un-acclimatised participants or participants without a sufficient level of training are at higher risk for heat illness.
 - During the races, weather information and the WBGT index will be provided at the Sport Information Centre and the Athlete Lounge. The information will be posted in the Athlete Lounge in time for athlete check in. The WBGT index will be converted to a five-level coloured flag system indicating the heat illness risk of current weather conditions. The information will be delivered in the form of written announcement

WBGT Risk Categories					
Flag Colour	Black	Red	Orange	Blue	Green
WBGT Index (°C)	> 32.2	30.1-32.2	27.9-30.0	25.7-27.8	< 25.7
Risk	Extreme	Very High	High	Moderate	Low

- c.) For sprint and standard distance events, in case of very high risk (red flag) the following will be taken into consideration:
- (i) If the LOC and Medical Staff are able to provide medical assistance respecting all the rules of the World Triathlon Event Organiser Manual Medical Services and Exertional Heat Illness Prevention document, particularly in large mass participation events:
 - Standard distance events: change to Sprint distance
 - Sprint distance events and below: stay as originally planned
 - (ii) If the LOC and Medical Staff are unable to provide medical assistance respecting all the rules of the World Triathlon Event Organiser Manual Medical Services and Exertional Heat Illness Prevention document, particularly in large mass participation events, the competition must be rescheduled.
- d.) For sprint and standard distance events in case of an Extreme Risk (WBGT index: >32.2°C, Black Flag) the competition must be re-scheduled or cancelled.
- e.) For middle- and long-distance events, a meeting must take place among the assigned Technical Delegate, the assigned Medical Delegate, the LOC Race Director, the LOC Race Medical Doctor and the Chair of the Event Advisory Group for agreeing the heat countermeasures to be implemented in the cases where the event is expecting to take place in very high risk and extreme high risk conditions.

10.4 Swim Current:

- a.) The race has to be rescheduled or cancelled in the case where the athletes are swimming against a swim current equal or more 1.5m/s on a straight line and equal or more 1m/s when they need to turn at any point in a 90 degrees angle or more

10.5 Thunderstorm and lightning:

- a.) Lightning can be an immediate threat to athletes. If lightning strikes are approaching the venue and are within 8 miles/ 13 km the race should be stopped, the venue should be evacuated and the athletes should be taken to a safe area. Thirty minutes after the last lightning, activities may resume.

10. B. Events: Technical

10.6 Wave starts:

- a.) To ensure the safety of the athletes, there are limits on the quantity of athletes starting at the same time. For categories of events which are not specified below, the quota of athletes is defined in the specific qualification criteria. The Technical Delegate may apply lower limits than the indicated, according to the event conditions:

	WTCS / WTPS	World Triathlon Championship Finals	World Triathlon Cup / WTPC	Other Standard and shorter distances triathlons	Middle- and Long-Distance Triathlon - All events (*)	Cross Triathlon - All events	Duathlon - All events	Mixed Relay
Elite	55	65	65	70	100	100	100	30
U23	n/a	70	n/a	70	n/a	100	100	30
Junior	n/a	70	n/a	70	n/a	100	100	30
Youth	n/a	n/a	n/a	70	n/a	n/a	n/a	30
Semi-final/Final (any category)	60	n/a	90	90	n/a	n/a	n/a	n/a
Para triathlon	80	122	80	52/80 (**)	80	80	80	n/a
Age-Group	n/a	200	n/a	200	500	500	500	200

(*) Long distance triathlons may have larger start groups if they are in water start events and after Technical Delegate approval.

(**) 52 is applicable for Continental Cups 80 is applicable for Continental Championships

- b.) Athletes from the same age group can be divided in two or more wave starts provided:
- (i) Both/all waves will have the similar number of athletes assigned;
 - (ii) Athletes from the same National Federation will be split in all groups randomly, assigning the similar number to each of the waves;
 - (iii) National Federations with only one athlete will be entered to one or the other wave, in order to keep the numbers balanced. The same principle will apply to the excess resulting from National Federations with odd number of athletes;
 - (iv) The champion will be the athlete with quickest time, no matter in which wave he/she is starting in;
 - (v) The result list of the Age-Groups affected will contain the athletes of both waves sorted by times;
 - (vi) The waves containing athletes from the same Age-Group will be scheduled one immediately after the other;
 - (vii) These waves will not include athletes from a different Age-Group.

10.7 Transition:

- a.) The Technical Delegate will determine the position of the mount and dismount lines. Both lines will be considered as part of the transition area.

10.8 Bike:

- a.) A 10 % tolerance margin will be accepted for the distance of the bike segment provided that it has been approved by the Technical Delegate. In the middle- and long-distance events, this tolerance is limited to 5%;
- b.) There must be a minimum number of penalty boxes as follows:
- Standard distance or shorter events: one every 10 km;
 - Middle- and long-distance events: one every 30 km.

10.9 Support team:

- a.) NFs can enter in the races a crew to support the athletes and the NF delegation. This crew is composed by the following categories: Coaches, Medical, Bike Mechanic, Ski man and NF representatives. World Triathlon may add other categories if needed in a specific event. The people entered in the categories of Coaches and Medical must complete the Anti-Doping Education course.
- b.) National Federation's Quota: Every National Federation has a support team quota according to the charts below. When a National Federation has a quota allocated of 3 or higher, different genders will be represented, otherwise the quota will be reduced by 1.

- (i) Elite events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	2	3	4
Medical	1	1	1

- (ii) U23 events (U23 not mixed with other categories):

Athletes	1 to 6	7 or more
Coaches	2	3

- (iii) Junior events:

Athletes	1 to 6	7 or more
Coaches	2	3

(iv) Youth events:

Athletes	1 to 6	7 or more
Coaches	2	3

(v) Para triathlon Events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	2	3	4
Medical	1	1	1

(vi) Mixed Relay events:

Team	1 or more
Coaches*	3
Medical*	1

** In case a Mixed Relay event is held in conjunction with an individual event, the delegation already accredited for the individual race should be considered.*

(vii) Delegation support for Age-Group events:

Total number of athletes across all events	1 to 50	51 to 100	More than 101
Coaches	2	4	6
Bike mechanic/Ski man	1	2	2
Medical	1	1	1
NF Representatives *	2	2	2

** Only in case no Congress held in conjunction with the event.*

c.) Head of Delegation:

- (i) National Federations with athletes in every category of Elite, U23, Junior in both genders, will be provided with an extra accreditation with coach access for all events during the World Triathlon Championship Finals.
- (ii) National Federations with athletes in all four events - Duathlon, Aquathlon, Cross Triathlon and Long-Distance Triathlon – in Elite category in both genders, will be provided an extra accreditation with coach access for all events during the World Triathlon Multisport Championships.

d.) All the personnel registered as part of the support team will receive an accreditation with access according to their role;

- e.) National Federations are responsible for entering their support personnel in the World Triathlon online entry system. World Triathlon will approve the support personnel according to the quota seven days prior to the event. No additions will be admitted after this deadline.

10.10 Start times:

- a.) The minimum time difference between waves will be:

	Inter gender start time difference (1)	Elite/AG start time difference (2)
Continental Cup Sprint	45 min	1h
Continental Cup Standard	1h 30 min	2h
World Cup Sprint	1h 45 min	1h 30 min
World Cup Standard	2h 45 min	2h 30 min
WTCS Sprint	1h 45 min	1h 45 min
WTCS Standard	2h 45 min	2h 45 min
Duathlon Standard Distance	1h 30 min	2h 30 min
Triathlon / Duathlon MD-LD	5 min	5 min
Mixed Relay	1h 45 min	n/a

(1) This will be applicable whether the men or the women's event starts first.

(2) This will be applicable for Age-Group waves starting after the Elite events. Elite events starting after the Age-Group Events will only start once the Age-Group Events have finished.

- b.) The Technical Delegate can decide to reduce the above indicated differences in Continental Cup and Duathlon standard distance events provided that the men and the women will not be on the bike segment simultaneously;
- c.) The Technical Delegate can decide to reduce the above indicated differences in Continental Cups and Duathlon standard distance events to a minimum of five minutes if one of the events has fewer than 10 athletes competing, and enough officials to control any potential drafting between male and female athletes;
- d.) The Technical Delegate can also require different start times by asking for a specific regulation, as indicated under section 1.6;
- e.) Events not included in the previous chart will need the approval of the Technical Delegate prior to publishing the start times.

10.11 Modified events:

- a.) When a competition cannot be held in the original format due to force majeure, all the points for all the rankings related, including Olympic Qualification List points, will be reduced depending on the final conditions under which the event took place:

- (i) If the event remains as a triathlon or the multisport originally planned, but any of all of the segments are shortened according to the World Triathlon Competition Rules, 100 % of the points will be awarded;
 - (ii) If the event becomes another World Triathlon multisport competition according to the World Triathlon Competition Rules in terms of distances and conditions, 75 % of the points will be awarded;
 - (iii) If a triathlon event becomes a duathlon and the swim is replaced by a running segment with similar duration of the cancelled swim, 75% of the points will be awarded;
 - (iv) If the event becomes another World Triathlon multisport competition with deviations from the World Triathlon Competition Rules in terms of distances and conditions, 50 % of the points will be awarded.
- b.) In the case of events which have multiple stages (semi-final/final format, eliminator format, arena games, indoor events or other) and that are modified in one or more stages, the reduction of the points will be applied according to the format of the final stage or phase. If the final stage or phase is not modified there will not be reduction of the points. In case of A and B finals, A final format will determine the points reduction.

10.12 Cut-off time:

- a.) Technical Delegate may determine a cut-off time for the entire competition or any intermediate point;
- b.) If there is a cut-off time, it must be announced at least 30 days before registration closes.

11. TECHNICAL OFFICIALS

11.1 General:

- a.) The duties of the Technical Officials are to conduct the competition are in accordance with the World Triathlon Competition Rules;
- b.) World Triathlon Technical Officials are:
 - (i) Technical Officials;
 - (ii) Para triathlon Specific Technical Officials;
 - (iii) Chair of the Competition Jury.
- c.) Technical Officials must be at least 19 years old on the 31st of December in the year of the competition they are working on;
- d.) To hold a competition under these Competition Rules, it is necessary to have the presence of:
 - (i) A Technical Delegate; and
 - (ii) A Head Referee.

11.2 World Triathlon Technical Officials:

- a.) The Technical Officials at all World Triathlon competitions are:
 - (i) The World Triathlon Technical Delegate (TD) ensures all aspects of the World Triathlon Competition Rules and World Triathlon Event Organisers' Manual are fulfilled. Local Organising Committees will modify the competition conditions, as per the indications of the Technical Delegate at any time. Accredited coaches will be informed about the modifications;
 - (ii) The Assistant Technical Delegate (ATD) assists the Technical Delegate with his/her duties;
 - (iii) The Head Referee checks the certification of the Technical Officials, makes the results official by signing them and makes final judgments on rule violations;
 - (iv) The Chief Race Official (CRO) assigns and monitors the work of all Technical Officials;
 - (v) Technical Officials are assigned to Registration, Start, Finish, Transition Area(s), Pre-transition Area, Post-Transition Area, Swim, Swim exit, Bike, Run, Wheel Stations, Aid Stations, Technology, Penalty boxes, Lap Counter, Protocol, Race Control Office, Video Review, and Vehicle Control. An adequate number of Technical Officials will be assigned to each area and will be responsible for the enforcement of World Triathlon Competition Rules within their assigned jurisdiction. A Technical Official may be assigned in more than one position. Additional positions may be created if necessary;

- (vi) Technical Officials can be accredited as Bike Check Officials to conduct technological fraud control. Complete procedure can be found in Appendix N;
- (vii) The Competition Jury is appointed by the Technical Delegate;
- (viii) The World Triathlon Medical Delegate, appointed by the World Triathlon Medical and Anti-Doping Committee, is responsible for all medical and anti-doping issues on behalf of World Triathlon.

11.3 Para triathlon Specific Technical Officials:

- a.) The Chief Classifier is a classifier responsible for the direction, administration, coordination and implementation of classification matters;
- b.) Classifiers will be responsible for determining the Sport Class and Sport Class Status of the Para triathletes from PTS2 to PTS5, PTWC1 and PTWC2 Para triathletes;
- c.) Classifiers certified by the International Blind Sports Federation and International Paralympic Committee will be responsible to determine the sport class and sport class status of the PTVI1, PTVI2 and PTVI3 Para triathletes;
- d.) World Triathlon Para triathlon Classification Rules are included in Appendix G.

11.4 Competition Jury:

- a.) The World Triathlon Technical Delegate will appoint the members of the Competition Jury as follows:
 - (i) For Olympic Games and the Elite competitions of the World Triathlon Championship Finals the Competition Jury consists of five people being selected from:
 - The Technical Delegate or the Assistant Technical Delegate, who chairs the Competition Jury;
 - A member of the World Triathlon Executive Board;
 - A representative of the host National Federation;
 - A representative from the World Triathlon Technical Committee;
 - A representative from the World Triathlon Medical and Anti-Doping Committee.
 - (ii) For all the other World Triathlon Events and other Games that do not include the Olympic Games, the Competition Jury consists of three people being selected from:
 - The Technical Delegate or the Assistant Technical Delegate, who chairs the Competition Jury;
 - A member of the World Triathlon Executive Board or any Committees or Commissions, or if none are present, a member of the Continental Confederation's Executive Board or any Committees or Commission, or staff liaisons, or if none are present, a representative from the host National Federation;

- A representative from the host National Federation.
 - (iii) The Competition Jury can invite experts to the hearing, whereby they may have a voice but no vote.
- b.) Being a member of the Competition Jury in one event is not compatible with:
 - (i) Being a Technical Official in the same event other than the Technical Delegate;
 - (ii) Being an accredited coach in the same event;
 - (iii) Being an athlete competing in the same event.
- c.) Duties of the Competition Jury:
 - (i) The Competition Jury rules on all appeals and all protests;
 - (ii) The Competition Jury has the authority to modify the competition results as a consequence of its decision on the appeal or protest. This results modification is a Field of Play decision;
 - (iii) The Competition Jury must be available starting before the Athletes' Briefing until after the end of competition;
 - (iv) The Competition Jury Chair is responsible for filing a written statement on all appeals and decisions reached.
- d.) Competition Jury meetings schedule:
 - (i) Competition Jury will meet, at a minimum:
 - After the race briefing;
 - One hour before the start of the event;
 - After the last finisher.
 - (ii) Additionally, in the Age-Group events, the Competition Jury will meet, at a minimum:
 - After the first finisher;
 - After the finish of the first half of the field.
- e.) Competition Jury Integrity:
 - (i) The Competition Jury observes the following principles:
 - Give equal weight to the evidence and testimony provided by all;
 - Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
 - Have an open-minded approach until all evidence has been submitted;
 - Recognise an athlete is innocent until the alleged violation has been established to the complete satisfaction of the Competition Jury.
 - (ii) Conflict of interest:

- The Chair of the Competition Jury decides if any member has a conflict of interest;
- In the case of conflict of interest or absence or any other reason the Chair of the Competition Jury can replace the member who has the conflict of interest. The Chair of the Competition Jury can appoint the replacement at his/her discretion. The Competition Jury will remain with the same number of members that it originally had;
- The Chair of the Competition Jury is deemed not to have a conflict of interest.

11.5 Technology Tools:

- a.) Technical Officials may use any kind of electric, electronic, magnetic, or other technological support to acquire data or evidence on rule infractions as supporting evidence.

11.6 Volunteer Certification:

- a.) All volunteers, who are assigned to areas of responsibility on the Field of Play, must be educated to World Triathlon's minimum standard. Education kits obtained from World Triathlon will cover key areas of Field of Play responsibility.

11.7 Health:

- a.) World Triathlon encourages Technical Officials to undergo an annual health evaluation.

11.8 Technical Officials' Certification:

- a.) All documents related to the procedures and regulations on Technical Officials' certification as well as the list of certified Technical Officials can be found under - http://www.competitions.com/development/technical_officials/certification

11.9 Eligibility International Technical Officials:

- a.) A Technical Official (TO) can be affiliated to any National Federation (NF) according to eligibility conditions of each National Federation in terms of nationality, residence, age or any other may applied;
- b.) Only one affiliation will be recognised by World Triathlon;
- c.) If a TO listed as an international TO (level 1, 2 and 3a and 3b) within World Triathlon wishes to move from one NF to another NF, he/she is required to introduce an international transfer to World Triathlon;
- d.) To get an international transfer, the application must be signed by the NF from which the TO wants to transfer and by the NF to which the TO wants to transfer;
- e.) When a TO applies for an international transfer, the NF from which he/she is transferring from, in signing the transfer application, shall be deemed to have confirmed that there is no reason for them to prevent the TO from transferring to the new NF;
- f.) The application for international transfer of NF shall be introduced between 1st of November and the 31st of December in any calendar year;

- g.) When both NFs approve the transfer, the TO will change NF on the international level from the 15th of January in the following year;
- h.) When only the receiving NF approve the transfer, the TO will change NF on the international level from the 15th of January in the second following year;
- i.) In the meantime, the TO can continue to act as an international TO under the World Triathlon flag, without representing any NF. World Triathlon will take care of the necessary administration, so he/she can continue acting as international TO;
- j.) Any appeal from any parties regarding the international transfer process is to be addressed to the World Triathlon Tribunal.

12. PROTESTS

12.1 Protests:

- a.) An Athlete, a representative of a National Federation, a representative of a Continental Confederation or a representative of World Triathlon - for all cases accredited for the event - may request a change to start lists or competition results, or protest against the conduct of another Athlete (including the equipment they used), a Technical Official, a Coach or any accredited personnel, or protest against decisions made by the Head Referee;
- b.) Protests must be made in accordance with these Competition Rules and are identified as a Level 1 Protest;
- c.) Protests against a disqualification for not serving a time penalty will be determined according to the correctness or otherwise of the violation which resulted in the time penalty and not the disqualification itself.

12.2 Matters which may be the subject of a protest, including but not limited to:

- a.) Eligibility of an Athlete;
- b.) Composition of a start list;
- c.) Conditions of a field of play, except:
 - (i) When a competition cannot be held in the original format due to a force majeure event.
- d.) Conduct of an Athlete;
- e.) Equipment used by an Athlete;
- f.) Conduct of a Technical Official;
- g.) Conduct of an accredited Coach or any accredited personnel;
- h.) Decisions taken by the Head Referee, except:
 - (i) A drafting violation;
 - (ii) A time penalty, which has already been served.
- i.) Error in competition results.

12.3 Protester:

- a.) In accordance with the protest initiation procedures set out in rule 12.4, a protest may be initiated by:
 - (i) An Athlete who is entered for the competition;
 - (ii) A representative of a National Federation who is accredited for the competition in accordance with rule 10.9.

12.4 Protest initiation and timelines:

a.) Protests will not be accepted unless initiated and lodged in accordance with the relevant timeline. The timeline for a protest varies according to the subject matter of the protest, as follows:

(i) Eligibility of an athlete:

1. The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative before 8:00pm the day before the competition and within a further fifteen (15) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.

(ii) Composition of a start list:

2. See 12. 4. a. (i). 1.

(iii) Safety measures or conditions of a field of play:

3. See 12. 4. a. (i). 1.

(iv) Conduct of an Athlete:

1. Elite, Youth, Junior, U23 and Para competitions:

A. The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative within five (5) minutes of the later of:

- i. The finish time of the protester;
- ii. The finish time of the protest responder, and
- iii. within a further fifteen (15) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.

2. Age-Group competitions:

A. The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative within fifteen (15) minutes of the later of:

- i. The finish time of the protester;
- ii. The finish time of the protest responder,
- iii. and within a further thirty (30) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.

(v) Equipment used by an Athlete:

1. Elite, Youth, Junior, U23 and Para competitions:

A. See 12. 4. a. (iv). 1. a.

2. Age-Group competitions:

A. See 12. 4. a. (iv). 2. a.

(vi) Conduct of a Technical Official:

1. Elite, Youth, Junior, U23 and Para competitions: The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative within five (5) minutes after the end of the competition, and within a further fifteen (15) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.
 2. Age-Group competitions: The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative within fifteen (15) minutes after the end of the competition, and within a further thirty (30) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.
- (vii) Conduct of an accredited Coach or any accredited personnel:
1. See 12. 4. a. (vi). 1.
 2. See 12. 4. a. (vi). 2.
- (viii) Decisions taken by the Head Referee:
1. Elite, Youth, Junior, U23 and Para competitions:
 - A. The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative within five (5) minutes of the later of:
 - i. The finish time of the protester;
 - ii. The time of posting the decision of the Head Referee on the board at the post finish area, and
 - iii. within a further fifteen (15) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.
 2. Age-Group competitions:
 - A. The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative within fifteen (15) minutes of the later of:
 - i. The finish time of the protester;
 - ii. The time of posting the decision of the Head Referee on the board at the post finish area, and
 - iii. within a further thirty (30) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.
- (ix) Competition Results:
1. Elite, Youth, Junior, U23 and Para competitions: The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative within five (5) minutes after the results are posted on the board at the post finish area, and within a further fifteen (15) minutes a protest form in accordance with rule 12.5 must be lodged with the Head Referee.
 2. Age-Group competitions: The protest must be announced to the Head Referee by the Athlete or his/her National Federation accredited representative within fifteen (15) minutes after the results are posted on the board at the post finish area, and within a further thirty (30) minutes a protest

form in accordance with rule 12.5 must be lodged with the Head Referee or alternatively to World Triathlon at sport@triathlon.org from fifteen (15) minutes after the end of the competition until seven (7) days after the publication of the results on www.triathlon.org.

12.5 Protests initiation procedures:

- a.) The protest form may be obtained from the Head Referee. A sample of the form is included in the World Triathlon Competition Rules;
- b.) The protest form must be accompanied by a fee of \$50 USD or equivalent in another currency. Protests sent to World Triathlon at sport@triathlon.org must be accompanied by proof of the fee having been transferred to World Triathlon;
- c.) The protest form must contain:
 - (i) Competition name, location, date;
 - (ii) Protester's name, address, phone, email;
 - (iii) The alleged rule violated or decision protested;
 - (iv) The location and approximate time of the alleged violation;
 - (v) Persons involved in the alleged violation;
 - (vi) A statement, including a diagram of the alleged violation, if possible;
 - (vii) The names of witnesses who observed the alleged violation;
 - (viii) Rationale/summary of the facts.
- d.) Protests must be lodged with the Head Referee;
- e.) Once a protest is received, the Head Referee will present the case to the Chair of the Competition Jury of the competition.

12.6 Composition of the Competition Jury:

- a.) The World Triathlon Technical Delegate for the competition appoints the members of the Competition Jury as follows:
 - (i) For Olympic Games and the Elite competitions of the World Triathlon Championship Finals the Competition Jury consists of five people being selected from:
 1. The Technical Delegate or the Assistant Technical Delegate, who chairs the Competition Jury;
 2. A member of the World Triathlon Executive Board;
 3. A representative of the host National Federation;
 4. A representative from the World Triathlon Technical Committee;
 5. A representative from the World Triathlon Medical and Anti-Doping Committee.
 - (ii) For all the other World Triathlon Events and other Games that do not include the Olympic Games, the Competition Jury consists of three people being selected from:

1. The Technical Delegate or the Assistant Technical Delegate, who chairs the Competition Jury;
 2. A member of the World Triathlon Executive Board or any World Triathlon Committees or Commissions, or related staff, or if none are present, a member of the Continental Confederation's Executive Board or any Continental Confederation's Committees or Commission, or related staff, or if none are available, a representative from the host National Federation;
 3. A representative from the host National Federation or if none are available, a member of the World Triathlon Executive Board or any World Triathlon Committees or Commissions, or related staff, or if none are present, a member of the Continental Confederation's Executive Board or any Continental Confederation's Committees or Commission, or related staff.
- (iii) Prior to the day of the athletes' briefing for the competition, all members of the Competition Jury must complete a Competition Jury online training module available on the World Triathlon Education & Knowledge Hub and obtain a completion certificate, which will remain valid until the end of the following calendar year;
- (iv) The Competition Jury may invite experts to a hearing, at which they may requested to give expert opinion;
- (v) A member of the Competition Jury in an event must not also be:
1. Being a Technical Official in the same event other than the Technical Delegate / Assistant Technical Delegate;
 2. Being an accredited coach in the same event;
 3. Being member of the Local Organising Committee in any capacity, in the same event;
 4. Being an athlete competing in the same event.

12.7 Competition Jury Duties:

- a.) The Competition Jury decides on all protests made to it which are in compliance with the relevant protest timeline;
- b.) The Competition Jury may modify the competition results, other than removing the time of a penalty, as a consequence of its decision on the protest;
- c.) The Chair of the Competition Jury must file written minutes for all protests within seven days of decisions reached.

12.8 Competition Jury Integrity:

- a.) The Competition Jury must observe the following principles:
 - (i) It must consider all submissions and expert opinions made to it;
 - (ii) Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
 - (iii) Have an open minded approach until all evidence has been submitted;

- (iv) Its decisions to uphold or impose a penalty shall be based upon the standard of a comfortable satisfaction of the majority of Competition Jury members that the alleged violation has occurred.
- b.) Conflict of interest:
 - (i) The Chair of the Competition Jury decides if any member has a conflict of interest;
 - (ii) In the event of a conflict of interest, or absence of another member, the Chair of the Competition Jury may replace that member;
 - (iii) The Chair of the Competition Jury may appoint a replacement at his/her discretion, subject to the requirements of rule 12.6 for the composition of the Competition Jury;
 - (iv) Following replacement of a member, the Competition Jury must have the same number of members that it originally had;
 - (v) The Chair of the Competition Jury is deemed not to have a conflict of interest.

12.9 Competition Jury meeting:

- a.) The Competition Jury will meet as determined by the Chair;
- b.) Competition Jury meetings method:
 - (i) Competition Jury may meet in person, or online in a virtual meeting, or in combination of in person and online, as determined by the Chair.
- c.) Protest received against a disqualification for not serving a time penalty must be discussed considering the infringement, which resulted on the received time penalty and not the disqualification itself;
- d.) Hearing procedure:
 - (i) The protester and the respondent and/or one representative of their National Federation (if applicable) may be present;
 - (ii) Failure of any party to attend a hearing may result in the Competition Jury making a decision in their absence;
 - (iii) A representative may appear on behalf of the protester or the respondent if permitted by the chair of the Competition Jury;
 - (iv) The hearing will not be open to the public;
 - (v) The Chair of the Competition Jury will explain the hearing process and all parties' rights;
 - (vi) The Chair of the Competition Jury will read the protest;
 - (vii) The chair of the Competition Jury will determine if the protest is accepted, dependent upon it being:
 1. Received within the relevant timeline set out in rule 12.4 and;
 2. A matter which may be the subject of a protest as set out in rule 12.2.
 - (viii) The Chair of the Competition Jury presents the submitted evidence;

- (ix) The Competition Jury will hear from each party;
 - (x) The protester and the respondent will be given adequate time to give their accounts of the incident;
 - (xi) If permitted by the Chair, the protester and the respondent may call witnesses, who may speak for up to three (3) minutes each;
 - (xii) Once the protester, respondent and any witnesses have been heard, the Competition Jury may call other parties interested or affected to speak for up to three (3) minutes each;
 - (xiii) The Competition Jury may invite any expert to speak;
 - (xiv) The Competition Jury will consider the evidence and any expert opinion and render a decision by simple majority;
 - (xv) The decision will be communicated immediately to the parties present and delivered in writing to the parties upon request.
- e.) Written minutes of the Competition Jury meeting, including the Competition Jury's decision, along with the protest form will be submitted to World Triathlon;
 - f.) The \$50 USD or equivalent fee will be returned to the protester in case the Competition Jury decides in favour of the protester. The \$50 USD or equivalent deposit will be forwarded to World Triathlon in case the Competition Jury decides against the protester;
 - g.) Once a protest has been lodged with the Competition Jury, no further protest may be lodged for the same matter;
 - h.) The Competition Jury decisions, made in accordance with the Competition Rules, are field of play decisions;
 - i.) Competition Jury decisions may be appealed to the World Triathlon Tribunal.

12.10 Results revision process by the World Triathlon Technical Committee:

- a.) The World Triathlon Technical Committee may revise the competition results on the basis of new evidence;
- b.) There is no time limit on the results revision process;
- c.) Field of play decisions or any matter already dealt with by a Competition Jury may not be reopened under the results revision process;
- d.) The World Triathlon Technical Committee will decide on the results revision case by maintaining or modifying the competition results.
- e.) For results revision cases, the World Triathlon Technical Committee will follow the hearing procedure set out in rule 12.9 (c);
- f.) Any revised competition results will be notified to the affected National Federations and athletes, and published by World Triathlon;

- g.) World Triathlon Technical Committee results revision process decisions are field of play decisions
- h.) World Triathlon Technical Committee results revision process decisions may be appealed to the World Triathlon Tribunal.

13. APPEALS

13.1 Appeal Jurisdiction:

- a.) An appeal is a request for a review of a decision made by the Competition Jury or the World Triathlon Technical Committee (Level 2 Appeal), the World Triathlon Anti-Doping Hearing Panel solely with regard to ineligibility or the World Triathlon Tribunal (Level 3 Appeal). A sample of the Level 2 Appeal Form is available in Appendix C;
- b.) Decisions from any Competition Jury and the World Triathlon Technical Committee may be appealed to the World Triathlon Tribunal, except field of play decisions.

13.2 Level 2 Appeal Procedure:

- a.) The following procedure will be followed in the event of a Level 2 Appeal:
 - (i) Decisions from any Competition Jury and the World Triathlon Technical Committee may be appealed to the World Triathlon Tribunal;
 - (ii) Appeals may be submitted up to thirty natural days after the Competition Jury met or within thirty natural days of the Competition Jury or Technical Committee decision;
 - (iii) Appeals must be submitted in writing to the World Triathlon Secretary General and will be accompanied by a fee of \$ 500 USD which will only be refunded if the appeal is successful;
 - (iv) Level 2 appeal decisions may be appealed to CAS (Level 3 of Appeal)

13.3 Level 3 Appeal Procedure:

- a.) The following procedure will be followed in the event of a Level 3 Appeal:
 - (i) The decision of the World Triathlon Tribunal or of the World Triathlon Anti-Doping Hearing Panel (solely with regard to ineligibility) may be appealed, as a final and last resort, to the Court of Arbitration for Sport (CAS), to the exclusion of any recourse to ordinary courts, within thirty (30) natural days from the decision of World Triathlon Tribunal.
 - (ii) Any decision taken by (CAS) shall be without appeal and shall be binding on the parties concerned

14. INDOOR TRIATHLON

14.1 Definition:

- a.) An Indoor triathlon consists of a triathlon, which takes place in a closed space such as a sports pavilion, which has a swimming pool, a cycling track and a running track.

14.2 Swimming:

- a.) Maximum two athletes are allowed per lane of 2.5 meters wide, where they have to keep to the side all the time.

14.3 Transition Area:

- a.) Following the swim there may be a ten (10) second "neutralised" time period that is compulsory for all athletes. The purpose of this period is to sponge excess water off the athletes. Water on the track makes it very slippery and dangerous for all athletes. Not complying with this rule will result in disqualification.

14.4 Cycling:

- a.) The lapped athletes will be not removed from the race;
- b.) Athletes can draft from others who are on a different lap.

14.5 Running:

- a.) Spike shoes are not allowed.

15. MIDDLE AND LONG DISTANCE EVENTS

15.1 Medical Guidelines:

- a.) Specific medical guidelines, including "hot weather" guidelines and medical evacuation plans will be developed by the Race Medical Director in conjunction with the World Triathlon Medical Delegate.

15.2 Distances:

- a.) The course should have demanding hills and challenging technical aspects. A 5% tolerance margin will be accepted for the distance of the bike course, provided it has been approved by the Technical Delegate.

15.3 Penalties:

- a.) Details about penalties are outlined in section 3.

15.4 Coaches Stations:

- a.) In elite races, coaches will have a designated space available on the bike and run segments in order to supply athletes with their own food and beverages.

15.5 Personal Needs Station:

- a.) Additional stations on the bike and or run may be provided for personal needs;
- b.) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organising Committee;

15.6 Transition Area:

- a.) In the transition area, Technical Officials or Local Organising Committee staff may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes;
- b.) Athletes are allowed to replace their uniforms in the transition area. If the athlete needs to become nude to do it, this action needs to be done inside the tent provided by the Local Organising Committee for this purpose. All the uniforms used by the athlete have to comply with the World Triathlon Competition Rules;
- c.) Wetsuits must be removed in the designated area;
- d.) For the events where the bag drop system is in place, all equipment must be deposited inside the proper bag provided by the Local Organising Committee. The only exception is the bike shoes that may remain attached to the pedals at all times.

15.7 Uniform:

- a.) See section 2.8.(viii)

15.8 Outside Assistance:

- a.) Medical assistance, food and liquid are permitted at aid stations, personal needs stations or at coaches' stations;
- b.) Bike catchers may be provided;
- c.) Bike Mechanic support may be provided at the approved locations and by the approved vehicles;
- d.) The Local Organising Committee may provide helpers to remove wetsuits;
- e.) All other outside assistance is prohibited.

16. TEAM AND RELAY EVENTS:

16.1 Types of Events:

- a.) World Triathlon may organise Team Events in the distances and categories shown in this table:

Type of competition	
Triathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Triathlon LD	Adding 3 best times
Duathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Duathlon LD	Adding 3 best times
Winter	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Cross Triathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Cross Duathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Aquathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Corporate Triathlon	Corporate

16.2 Definitions:

- a.) **Mixed relay:** A team is composed of 4 athletes: 2 men and 2 women, who will compete in the following order: man, woman, man, woman. Each of them will cover a complete aquathlon, triathlon, cross triathlon, duathlon, cross duathlon, winter triathlon or winter duathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th athlete. Time is continuous and the timing does not stop between athletes. World Triathlon may allow mixed nation teams for specific competitions;
- b.) **2x2 Mixed Relay:** A team is composed of 2 athletes: 1 man and 1 woman, who will compete in the following order: man, woman, man, woman. Each of them will cover a complete twice aquathlon, triathlon, cross triathlon, duathlon, cross duathlon or winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the second leg of the 2nd athlete. Time is continuous and the timing does not stop between athletes. World Triathlon may allow mixed nation teams for specific competitions;
- c.) **3x relay:** A team is composed of 3 athletes of the same gender. Each of them will cover a complete aquathlon, triathlon, cross triathlon, duathlon, cross duathlon or winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the 3rd athlete. Time is continuous and the timing does not stop between athletes. World Triathlon may allow mixed nation teams for specific competitions;
- d.) **Corporate:** A team is composed of 3 athletes regardless of gender. The first athlete will cover the swim segment, the second one the bike segment and the third one the run segment. The total time for the team is from the start of the 1st team member to the finish

of the 3rd athlete. Time is continuous and the timing does not stop between athletes. World Triathlon may allow mixed nation teams for specific competitions;

- e.) **Team competition based on the individual results:** The total team time is the addition of the 3 best times of the athletes from the same nation and gender. In case of a tie, the time of the third team member will determine the team result;

16.3 Results:

- a.) When National Federations are allowed to enter more than one team, only the team with the best finishing position will be listed in the results and eligible for awards (medals) and prize money.

16.4 Eligibility:

- a.) The general eligibility rules apply. The minimum age is 15 years.
- b.) Athletes who are competing under World Triathlon flag are not eligible to be included in any team.

16.5 Uniform:

- a.) The World Triathlon Guidelines Regarding Authorised Identification apply.

16.6 Team Relay Briefing:

- a.) In case a relay competition is held in conjunction with an individual competition of the same category, both individual and relay information will be included in the same briefing held prior to the first competition according to the timeline specified in 2.7.b;
- b.) In case a relay competition is held independently, a mandatory briefing for all declared competing athletes and 1 reserve athlete per gender will be conducted according to the timeline specified in 2.7.b.

16.7 Team Composition:

- a.) In case a relay competition is held in conjunction with an individual competition of the same category, the team coach will declare all competing athletes and 1 reserve athlete per gender at a given time the day before the competition. All team compositions will be published after this time;
- b.) In case a relay competition is held independently, a coaches briefing will be held prior to the athletes briefing, where all competing athletes and 1 reserve athlete per gender must be declared. All team compositions will be published after this time;
- c.) Teams not submitting the declaration form within the specified time will be removed from the start list;
- d.) Two hours before the competition starts, the coach can communicate to the Head Referee a different team composition and order. These athletes must be listed on the declaration form, otherwise the team composition communicated at the team relay briefing will remain in force.

16.8 Competition Day Check-in:

- a.) All the team members must check in together.
- b.) Team members can use the same bike.

16.9 Transition Area:

- a.) General applicable rules are outlined in chapter 7. Athletes must place equipment already used in the corresponding numbered individual bin provided, exceptions are the bike shoes, which may remain fixed on the pedals.

16.10 Relay Exchange:

- a.) The relay exchange from one team member to another will take place inside the exchange zone, which is 15 meters long;
- b.) The exchange is completed by the in-coming athlete, using their hand to contact the body of the out-going athlete within the relay zone;
- c.) If the exchange occurs unintentionally outside the exchange zone, the team will receive a penalty of 10 seconds, which must be served in the penalty box. If the relay Exchange was done intentionally outside the relay zone, the team will be disqualified.
- d.) If the exchange is not completed, the team will be disqualified;
- e.) Prior to the relay exchange, the athletes will wait in a pre-relay exchange area until the Technical Official tells them to enter the exchange zone.

16.11 Penalties:

- a.) Time penalties are 10 seconds long.
- b.) Infringements due to missing the briefing and/or starting before the official start signal will be served by the first athlete in Transition 1;
- c.) All other time penalties are to be served at the penalty box. These penalties may be served by any member of the team, who has not yet completed their portion of the event;
- d.) Time penalties will be posted in the notice board of the run penalty box before the deadlines listed below. Notifications posted after these times will be considered invalid.
 - (i) Infringements committed during the first leg (except early start) will be notified before the athlete in the second leg finishes the second segment.
 - (ii) Infringements committed from the first change over to the end of the second leg will be notified before the athlete in the third leg finishes the second segment.
 - (iii) Infringements committed from the second change over to the end of the third leg will be notified before the athlete in the fourth leg finishes the second segment.
 - (iv) Infringements committed from the third change over to the end of the first half of the last segment, will be notified before the athlete in the fourth leg gets the half of the last segment.

- (v) Infractions committed in the second half of the last segment of the last leg, will be notified immediately and personally to the athlete. It will be served on the spot.

16.12 Finish:

- a.) Only the last team member is allowed to cross the finish line.

16.13 Age-Group Mixed Relay Specific Rules:

a.) Eligibility:

- (i) National Federations are allowed to enter maximum of 10 teams per age category;
- (ii) Each team consists of two women and two men;
- (iii) The general eligibility rules apply. The minimum age is 15 years.
- (iv) Categories will be as the following: 15-19 years (X15), 20-29 years (X20), 30-39 years (X30), 40-49 years (X40), 50-59 years (X50), 60-69 years (X60), 70-79 (X70) and above 80 years (X80). All athletes in the team need to be within the range of the age category of the team.

b.) Results:

- (i) All teams will be listed in the results and eligible for awards (medals).

c.) Uniform:

- (i) The World Triathlon Guidelines Regarding Authorised Identification apply.

d.) Team Relay Briefing:

- (i) A Team Managers briefing will be conducted two days before the competition.

e.) Team Composition Declaration:

- (i) National Federations will enter the teams (without the composition of the team) by the entry deadline.
- (ii) Two days before the race, the National Federation will declare the composition of the teams (names of the athletes and order of competition) and a list of names in each of the age categories as reserves for this age category.
- (iii) The day before the race between 19:00 and 20:00 Age-Group team managers may replace athletes from the teams with athletes from the list of reserves. It is not allowed to move athletes from one team to another.

f.) Packet Pick-up:

- (i) One member of the team may pick up the team's race packet at the official competition registration area during a designated time. Packet pick-up will be open on the day before the competition;
- (ii) The race packets will contain per athlete a minimum of: five (5) official race numbers (one (1) for body, one (1) for bicycle and three (3) for helmet) and four (4) safety pins, numbered swim cap, accreditation pass, athletes' guide, tickets for all of the

social functions. Local Organising Committee gifts may be distributed at the same time.

(iii) The timing chips will be distributed at the check-in to the Transition Area on the day of the competition.

g.) Competition Day Check-in:

(i) All the team members must check in together.

(ii) Team members can use the same bike.

h.) Cycling:

(i) Drafting will be permitted between athletes from the same gender.

i.) Relay Exchange:

(i) Same rules will apply as of 16.10.

j.) Penalties:

(i) General Age-Group penalty rules will apply.

k.) Finish:

(i) Same rules will apply as of 16.12.

17. PARA TRIATHLON

17.1 General:

- a.) Para triathlon, as per the World Triathlon Constitution, is governed by the World Triathlon Competition Rules. This section contains the rules which affect only para triathlon.

17.2 Para triathlon Sport Classes:

- a.) World Triathlon Para triathlon has implemented an evidence-based classification system to group impairments into sport classes according to the extent of activity limitation they cause the athlete when performing in the sport of para triathlon;
- b.) There are nine (9) sport classes, as defined in Appendix G:
 - (i) PTWC1: Most impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment;
 - (ii) PTWC2: Least impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment;
 - (iii) PTS2: Severe impairments. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices;
 - (iv) PTS3: Significant impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (v) PTS4: Moderate impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (vi) PTS5: Mild Impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (vii) PTVI1: Includes athletes who are totally blind, from no light perception in either eye, to some light perception. One guide is mandatory throughout the race. Must ride a tandem during the bike segment.
 - (viii) PTVI2: Includes athletes who are more severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.
 - (ix) PTVI3: Includes athletes who are less severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.

17.3 Para triathlon Medal Events:

- a.) There will be six (6) medal events as follows:
 - (i) PTWC: PTWC1 and PTWC2 sport class athletes competing together;
 - (ii) PTS2;
 - (iii) PTS3;

- (iv) PTS4;
- (v) PTS5;
- (vi) PTVI: PTVI1, PTVI2 and PTVI3 sport class athletes competing together.

17.4 Classification:

- a.) Para triathlon Classification Rules can be found in Appendix G;
- b.) All Para triathletes competing at a World Triathlon sanctioned competition must have an international para triathlon classification to ensure they meet the minimal eligibility criteria for competition and are assigned an appropriate sport class. Para triathletes requiring classification will need to:
 - (i) be available to attend an International Classification appointment with a World Triathlon designated Classification Panel prior to the competition;
 - (ii) provide, at time of classification, the “World Triathlon PI Medical Diagnostics Form” or “World Triathlon VI Medical Diagnostics Form” signed by the appropriate medical personnel, a passport sized photo and any other relevant medical documentation.
- c.) Para triathletes competing at a World Triathlon event, where classification is not available, will be informed through their National Federation to submit specific medical documentation to World Triathlon, no later than six weeks before competition, so that a provisional classification can be assigned to them;
- d.) When an athlete’s sport class changes, a revision of the past results can be requested. World Triathlon will study each request on a case-to-case basis and decide whether the relevant competition results need to be modified.

17.5 Eligible Classes and Competition Formats:

- a.) All Para triathletes are allowed to compete in triathlon, duathlon and aquathlon events. Only Para triathletes from sport classes PTS2, PTS3, PTS4 and PTS5 are allowed to compete in winter triathlon, cross triathlon and cross duathlon events;
- b.) All Para triathletes may start all together or grouped in waves. Athletes from the same sport class and gender must start in the same wave;
- c.) The Para triathlon competitions at the Paralympic Games, the World Triathlon Para Championships, the Continental Triathlon Para Championships, World Triathlon Para Series and the World Triathlon Para Cups are taking place on Sprint distance will have a time limit of 2 hours;
- d.) In a Duathlon event, a para triathlon competition should be organised at least in two wave starts with a difference of at least one (1) minute. PTWC1 and PTWC2 athletes should start in the first wave and the rest of the athletes in the second wave;
- e.) At the discretion of the technical delegate the competition format may be changed;
- f.) Athletes in different classes may compete together by using the staggered start called “Interval Start System”:

- (i) In competitions where all classes start together, the relevant compensation time will be added to the final times of the athletes competing in the classes, as follows:

	PTWC1 Men	PTWC2 Men	PTWC1 Women	PTWC2 Women
Sprint triathlon	0:00	+3:00	0:00	+3:38
Sprint duathlon	0:00	+2:40	0:00	+3:13

	PTVI1 Men	PTVI2/PTVI3 Men	PTVI1 Women	PTVI2/PTVI3 Women
Sprint triathlon	0:00	+2:41	0:00	+3:11
Sprint duathlon	0:00	+2:28	0:00	+2:55

* *In case a triathlon is modified to a duathlon, duathlon values will be used.*

- (ii) In races utilising the “Interval Start System”, the start list should be prepared according to the example shown in Appendix L2;
- (iii) If an athlete is reclassified into a different class following observation, their finishing time will be adjusted according to the designated compensation times;
- (iv) In order to avoid overlapping or issues due to time constraints, the Head Referee may allow a mass start;
- (v) Any protests that are filed regarding the starting order and/or compensation times, shall take place according to the World Triathlon Article. 12., “Protest of Eligibility.”

17.6 Para triathletes’ Briefing:

- a.) Please see the rules at 2.7 b.) regarding the Para triathletes briefing.
- b.) All guides and personal handlers must be registered at the briefing;
- c.) All Para triathletes will pick up their own race packet following the briefing. The race packet will include:
- (i) PTWC athletes: red, yellow or green swim cap, 3 race number stickers for the helmet, 1 race number sticker for the handcycle, 1 race number sticker for the racing wheelchair, 4 sets of body marking, 1 race number sticker for the daily wheelchair, 1 bib number for the athlete and 1 bib number for the personal handler;
- (ii) PTS2, PTS3, PTS4 and PTS5; red, yellow or green swim cap, 3 race number stickers for the helmet, 1 race number sticker for the bike, 3 race number stickers for the prosthesis/aiding devices, 1 bib number for the athlete or 4 sets of body marking, 4 sets of body marking and 1 bib number for the personal handler if authorised;
- (iii) PTVI: PTVI1 (1 orange swim cap for the athlete) and PTVI2/3 (1 green swim cap for the athlete). Common items: 1 white swim cap for the guide, 6 race number stickers for the helmets, 1 race number sticker for the bike, 4 sets of body marking for the athlete and 1 bib number for the guide with the word “GUIDE” written on it.

17.7 Para triathlon Personal Handlers:

- a.) Securing qualified personal handlers shall be the responsibility of the para triathlete, and they should all be identified and receive credentials from the World Triathlon Technical Officials at the Para triathlon Briefing;
- b.) Personal handlers are to be allotted as follows:
 - (i) Up to one (1) personal handler for sport classes PTS2, PTS3, PTS4 and PTS5. The classification process will determine for each athlete the allowance of using one handler in the competitions. The approval for already classified athletes will be done by an Approval Panel composed of:
 - World Triathlon Head of Classification;
 - A member of the World Triathlon Para triathlon Committee;
 - A person designated by the Sport Department.
 - (ii) Up to one (1) personal handler for sport class PTWC;
 - (iii) No personal handlers for sport class PTVI1, PTVI2 and PTVI3 (Guides may act as the personal handler for this sport class).
- c.) Personal handlers are specifically allowed to assist Para triathletes by:
 - (i) Helping with prosthetic devices or other assistive devices;
 - (ii) Lifting Para triathletes in and out of handcycles and wheelchairs;
 - (iii) Removing wetsuits or clothing;
 - (iv) Repairing bikes and helping Para triathletes with other equipment at the transition area or at the official wheel station. PTVI1, PTVI2 and PTVI3 guides can help to repair the bike along the whole bike course, without receiving external help;
 - (v) Racking the bikes in transition.
- d.) All personal handlers shall be subject to the World Triathlon Competition Rules in addition to further regulations deemed appropriate or necessary by the Head Referee;
- e.) Any action taken by a personal handler, which propels the Para triathletes forward may result in a disqualification;
- f.) One personal handler can assist maximum of one athlete;
- g.) All personal handlers shall be located within two (2) meters of their athletes' transition spot during the competition. Permission from a Technical Official is required in order to move outside that zone.

17.8 Para triathlon Registration:

- a.) Briefing registration:
 - (i) Para triathletes have to sign the attendance list in order to enter the briefing room. At this stage, they must communicate to the Registration Officials whether they will have their own personal handler;

- (ii) Para triathletes must attend the briefing with their personal handler;
 - (iii) Immediately after the briefing, they will collect their race package and their personal handler will collect the personal handler's t-shirt, as provided by the Local Organising Committee.
- b.) Para triathletes' lounge check in:
- (i) Para triathletes and personal handlers must check in together;
 - (ii) Personal handlers need to present themselves with the bib number and the official personal handler's t-shirt;
 - (iii) If a Para triathlete is present without his/her personal handler/s, he/she has to wait until the personal handler/s arrive. If the Para triathletes wishes to register on his/her own, then the personal handler/s will not have access to the Field of Play;
 - (iv) Once a personal handler has been registered, they can only be replaced in exceptional circumstances and only after approval by the Technical Delegate;
 - (v) Two Timing chips will be delivered to all athletes during this process;
 - (vi) Equipment (prosthesis, crutches, etc.) for the pre-transition area (must have a race number on it) and will be checked at the Para triathletes' lounge.

17.9 Pre-Transition Area:

- a.) If a pre-transition area exists, para triathletes in PTWC1, PTWC2, PTS2, PTS3, PTS4 and PTS5 sport classes may remove their wetsuits in this area. Only personal handlers from athletes racing in the PTWC1 and PTWC2 sport class are allowed to assist their assigned Para triathlete in this area, but cannot propel nor push the athlete forward;
- b.) All PTWC1 and PTWC2 athletes must transfer in a day chair from pre-transition to transition. The wheelchairs provided by the PTWC1 and PTWC2 Para triathletes for this area must have functional brakes;
- c.) The closest available area to the swim exit area will always be used to line up the PTWC1 and PTWC2 wheelchairs according to their race number;
- d.) There should be a dedicated space in the pre-transition area with numbered chairs from 1-9+0, to set up and display all prosthetic devices/crutches for Para triathletes from the PTS2, PTS3, PTS4 and PTS5 sport classes (if required). PTS2, PTS3, PTS4 and PTS5 athletes must leave their prosthesis or crutches at the chair with the same number as the last digit of their race number. A minimum of two (2) Technical Officials will coordinate the distribution of these equipment devices to the athletes as they exit the water and receive notification of the race number from the Technical Official situated at the water exit. All of the equipment will be lined up in numerical order;
- e.) No athletes' equipment can be left in the pre-transition area, once the athlete exits the pre-transition area. Handler is allowed to carry the equipment of an athlete.

- f.) Adapted cleats and bike shoes with non-exposed cleats - that are mounted on prosthetic legs - are allowed in the pre-transition area, provided that the cleats are covered or enclosed by anti-slip material.
- g.) Para triathletes in PTS2 to PTS5 with an absent lower limb must use a prosthesis or crutches between Pre-Transition and Transition area 1. Hopping on one leg is not permitted from Pre-Transition to Transition area 1.

17.10 Transition Area:

- a.) The Local Organising Committee shall provide a minimum of 16 swim exit assistants at the swim exit area, who will be responsible for assisting the Para triathletes from the swim exit to the pre-transition area. The final number of swim exit assistants shall be determined by the World Triathlon Technical Delegate. Only these persons will be allowed to enter this area. Their training should be supervised by the World Triathlon Technical Delegate;
- b.) During the swim exit, the para triathletes will receive assistance from the swim exit assistants according to their swim cap colours, as follows:
 - (i) Red: Para triathlete needs to be lifted from the swim exit to the wetsuit removal area;
 - (ii) Yellow: Para triathlete needs to be supported to walk/run from the swim exit to the wetsuit removal area;
 - (iii) Green, orange or white: Para triathlete does not need any assistance at the swim exit. White caps will be used for the guides.
- c.) Swim exit assistants will assist the athletes to the best of their ability, in good faith and considering safety as the main principle;
- d.) Bicycles, tandems or handcycles are not allowed from the swim exit to the transition area;
- e.) All mobility equipment shall remain within each Para triathlete's assigned space in the transition zone. All used swim caps, goggles, wetsuits, swim tethers, helmets in the **bin**;
- f.) Bike shoes must be left in the athlete assigned space in the transition area, before and after the bike segment;
- g.) PTVI1, PTVI2 and PTVI3 positions in the transition area must be the closest to the mount line (women and men), followed by the rest of the sport classes PTS5, PTS4, PTS3, PTS2 and PTWC1 and PTWC2. PTWC1 and PTWC2 Para triathletes are allowed to ride the handcycle inside the transition area;
- h.) Each PTWC1 and PTWC2 para triathlete will have an individual space of 4x2 meters. The athlete, the handlers and all the equipment will be inside this space, while completing transition activities.
- i.) A post-transition area after the first transition spot and before the mount line will be provided to drop off prosthetic legs used for athletes who do not wish to hop a long distance in transition. That equipment would move back to the athletes' space in the transition zone by a technical official or an authorized person by the TD to perform this action. That equipment must be clearly identified with the athletes' race number.

17.11 Para triathlon Swimming:

- a.) For safety reasons, categories will be presented during the Para triathletes' presentation at competition start in the following order: PTVI1, PTVI2, PTVI3, PTS5, PTS4, PTS3, PTS2, PTWC1 and PTWC2. For safety reasons, PTWC1 and PTWC2 para triathletes should always enter the water after all other Para triathletes are in place;
- b.) The swim start shall be an "in-water" start;
- c.) If the swim portion consists of multiple laps, Para triathletes will not be required to exit the water between laps;
- d.) Artificial propulsive devices including (but not limited to) fins, paddles, or floating devices of any kind are not allowed. All prosthetic and/or orthoses devices are considered propulsion devices except for the approved knee braces. Use of any such devices will result in disqualification;
- e.) Any sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful are not allowed during the swim segment;
- f.) Wetsuit use is determined by the chart below:

Swim length	Wetsuits mandatory below	Maximum stay in water
750 m	18 °C	45 mins
1500 m	18 °C	1h 10 mins
3000 m	18 °C	1h 40 mins
4000 m	18 °C	2h 15 mins

- g.) If any para triathlete has not completed the swim course within this time limit and is more than 100 meters short of the finish, they shall be removed immediately from the water;
- h.) Wetsuits will not be permitted when the water temperature is 24.6 °Celsius or above;
- i.) If the water temperature is between 30.1°C and 32.0°C, the maximum stay in water 20 minutes;
- j.) The swim portion may be cancelled, if the official water temperature is higher than 32°C or lower than 15 °C. (Official water temperature is calculated, as indicated in the chart below):
 - (i) 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°C, then the adjusted value is to decrease the measured water temperature according to the next chart:

		Air temperature (All values in °C)								
		15	14	13	12	11	10	9	8	7
Water Temperature (All values in °C)	22	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel
	19	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel
	18	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel
	17	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel
	16	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel
	15	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

17.12 Para triathlon Cycling:

- a.) Para triathlon competitions are draft-illegal events. Winter Triathlon, Cross Duathlon and Cross Triathlon are draft legal events for Para triathletes;
- b.) In para triathlon competitions, the term “bike” used herein shall include bicycles, tandems, or handcycles;
- c.) All bikes shall be propelled by human force. Arms or legs can be used to propel the cycle, but not both. Any violation shall result in disqualification;
- d.) Bike specifications for para triathlon competitions are outlined in the World Triathlon Competition Rules section 5.2;
- e.) Bicycles, tandems, and handcycles must have two independent braking systems. Bicycles and tandems must have an independent brake on each wheel. Both brakes on the handcycles will act on the front wheel;
- f.) Disc brakes are allowed;
- g.) Para triathletes with one upper limb impairment may use a splitter in the braking system and it is not considered as a bike adaptation;
- h.) Protective shields, fairings or other devices, which have the effect of reducing resistance, are not allowed;
- i.) Artificial hand grips and prosthetics can be fixed to the bike or to the athlete’s body, but not both simultaneously
- j.) Except for handcycles (PTWC1 and PTWC2), a rider’s position shall be supported solely by the pedals, the saddle and the handlebars;

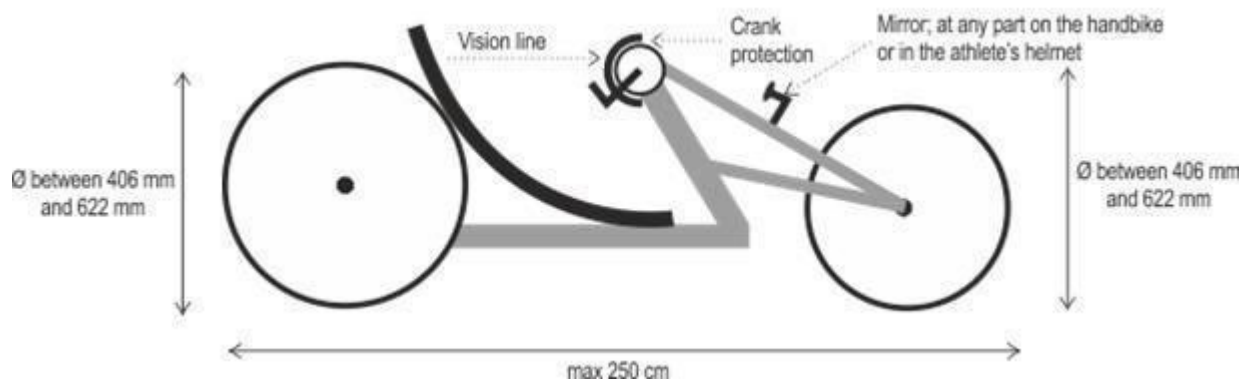
- k.) Para triathletes with a lower limb above the knee amputation or limb deficiency not wearing a prosthesis may use a support/socket for the thigh which is not considered an adaptation requiring approval.
- l.) All requests for impairment adaptations to any bike or handcycle must be submitted by the corresponding National Federation in writing for World Triathlon approval at least one (1) month before the event in which the athlete wishes to compete in, with a clear explanation and a minimum of 5 pictures using the form named “Equipment Adaptation Form” posted under: http://www.triathlon.org/about/downloads_category/paratriathlon. The solicitant will be informed by the World Triathlon on the outcome of the request once the panel has reviewed the information. If accepted, the information will be incorporated to the “Approved Para triathlon Impairment Adaptations on Bicycles” file under the same location;
- m.) The World Triathlon and the World Triathlon Technical Officials shall not be liable for any consequences deriving from the choice of equipment and/or any adaptations used by Para triathlete, nor for any defects it may have, or its non-compliance;
- n.) No bike course shall have a maximum gradient of over 12% at the steepest section;
- o.) If the use of the bib number is mandatory, it must be visible from the back.

17.13 Para triathlon PTWC1 and PTWC2 Swimming:

- a.) Athletes may only use up to 3 bindings made of non-floating material around the legs in any position. The bindings will be 10cm in width, as a maximum;
- b.) The use of knee brace is permitted, provided the equipment provides neither flotation nor propulsion. If a wetsuit is worn, the brace shall be fitted to the outside of the wetsuit. The knee brace can cover half of the leg’s surface as a maximum. The length cannot surpass the upper half of the thigh or the bottom half of the calf and has to be holding the knee/s area:
 - (i) Knee brace specifications:
 - Material: PVC plastic or carbon-fibre with no floatability or propulsion capacity;
 - It cannot have any space or chamber that traps air or any other kind of gas;
 - The thickness is limited to 5mm as a maximum.
- c.) The knee braces have to be approved by the World Triathlon. All requests must be submitted by the corresponding National Federation in writing for World Triathlon approval at least (1) month before the event in which the athlete wishes to compete in, with a clear explanation and a minimum of 5 pictures using the form named “Knee Brace Approval Request Form” posted under the “Documents” section of the World Triathlon website. The National Federation solicitant will be informed by the World Triathlon on the outcome of the request once the panel has reviewed the information. If accepted, the information will be incorporated to the “Approved Knee Braces Catalog file under the same location;
- d.) The use of wetsuit bottoms is always permitted. 5 mm +/- 0.3 mm, thickness applies.

17.14 Para triathlon PTWC1 and PTWC2 Cycling:

- a.) Para triathletes must use an arm powered (AP) handcycle in a recumbent position;
- b.) Specifications of a recumbent position handcycle are as follows:
 - (i) A handcycle shall be an arm powered, three-wheeled vehicle, which conforms to the general principles of the International Cycling Union's (UCI) construction for bicycles (except that the chassis frame tubes need not be straight). For the seat or backrest construction, the maximum frame tube diameter may exceed the maximum defined by the general principles of UCI;
 - (ii) The single wheel may be of a different diameter to the double wheels. The front wheel shall be steerable and driven through a system comprising handgrips and a chain. The handcycle shall be propelled solely through a chainset and conventional cycle drive train, of crank arms, chainwheels, chain and gears, with hand grips replacing foot pedals. It shall be propelled by the hands, arms and upper body only;
 - (iii) The Para triathlete must have clear vision. As such, the horizontal of the Para triathlete's eye line must be above the centre of the crank housing/crank set, when he/she is sitting with his/her hands on the handlebars facing forward at full extent, the tip of his/her shoulder blades in contact with the backrest and his/her head in contact with the headrest, when applicable. From this position, conforming measurements are calculated as follows: (#1) The distance from the ground to the centre of the Para triathlete's eyes and (#2) the distance from the ground to the centre of the crank housing (crank set). Measurement (#1) must be equal or greater than measurement (#2);
 - (iv) All handcycles must have a mirror fixed either to the athlete's helmet or at some point on the front of the bike to ensure rear-view vision is possible;
 - (v) The athlete must have the feet positioned in front of the knees during the bike segment;
 - (vi) Adjustments to handcycle may not be made during the competition;
 - (vii) Wheels of the handcycle may vary in diameter between a (ERTRO) 406 mm minimum and a 622 mm maximum, excluding the tyre. Modified hub attachments may be used if necessary. The width of handcycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the centre of each tyre where the tyres touch the ground;
 - (viii) Disc wheels are allowed;
 - (ix) Disc brakes are allowed;



- (x) A handcycle shall not measure more than 250 cm in length or 75 cm in width;
 - (xi) The shifting device can either be within the extremities of the handlebars, or on the side of the Para triathlete's body;
 - (xii) The largest chain ring shall have a guard securely fitted to protect the Para triathlete. This protection shall be made of solid material that is sufficiently robust and covers the chain ring fully over half of its circumference (180°) on the side facing the rider;
 - (xiii) Any fillets, or ribs, inserted at joints between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition;
 - (xiv) A quick release body harness is permitted;
 - (xv) Para triathletes must ensure that their lower limbs have enough support/bracing/foot rest to prevent them from dragging or making contact with the ground during the event;
- c.) The bib number will be placed at the back of the handcycle and will be visible from the back;
 - d.) The helmet must be fastened before getting onto the handcycle and it must remain fastened till the finish;
 - e.) Athletes must stop completely at the mount line exiting Transition 1 and at the dismount line on entering Transition 2. Once stopped, the Technical Official will say "Go" and the athlete can continue the competition. The wheelchair is considered correctly stopped if the front wheel stops immediately before the line. If the front wheel stops touching the line or beyond the line, a time penalty will be applied.

17.15 Para triathlon PTWC1 and PTWC2 Running:

- a.) All para triathletes perform the run portion in a "racing wheelchair";
- b.) The specifications of a "racing wheelchair" (hereafter referred to as "the chair") are as follows:
 - (i) The chair shall have two large wheels and one small wheel;
 - (ii) There should be a brake at the front wheel;

- (iii) No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm;
 - (iv) The maximum diameter of the large wheel, including the inflated tyre, shall not exceed 70 cm. The maximum diameter of the small wheel, including the inflated tyre, shall not exceed 50 cm;
 - (v) Only one plain, round, hand rim is allowed for each large wheel. No mechanical gears or levers that propel the chair shall be allowed;
 - (vi) Only hand operated, mechanical steering devices will be allowed;
 - (vii) Para triathletes must be able to turn the front wheel manually to the left and right;
 - (viii) No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres;
 - (ix) It will be the Para triathlete's responsibility to ensure the wheelchair conforms to all the above rules and no event shall be delayed while adjustments are made to the chair;
 - (x) Para triathletes must ensure that their lower limbs have enough support/bracing to prevent them from dragging or making contact with the ground during the event;
 - (xi) Para triathletes shall wear the approved bike helmet at all times while seated in the chair.
- c.) Propulsion by any other method except the Para triathlete pushing on the wheels or push-rims will result in disqualification;
- d.) It is forbidden to draft off a motorbike or vehicle and blue cards will be used to inform the athletes. Drafting is entering the motorbike or vehicle drafting zone (penalties outlined in 5.6):
- Motorbike draft zone: the draft zone behind a motorbike will be 15 meters long.
 - Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle.
- e.) A Para triathlete attempting to overtake another Para triathlete carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The Para triathlete being overtaken has the responsibility not to obstruct or impede the passing Para triathlete once the front wheel(s) of the passing chair is ahead of his/hers;
- f.) PTWC1 and PTWC2 athletes will be judged as finished, the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line;
- g.) The bib number will be placed at the back of the wheelchair and visible from the back;
- h.) No run course shall have a maximum gradient of over 5% at the steepest section.

17.16 Para triathlon PTS2, PTS3, PTS4 and PTS5 Running:

- a.) Athletes with a lower limb deficiency are permitted to use a prosthesis on that limb only to ensure both legs are balanced and to allow for symmetrical movement during competition. The effective need/use of prostheses, orthoses or other special adaptive equipment must be approved during the classification evaluation and/or evaluated by the Classification Advisory Group;
- b.) The use of running blades is only allowed as long as they are mounted on a prosthesis;
- c.) Athletes will wear a bib number or four sets of body decals, which will be visible from the front.

17.17 Para triathlon PTVI1, PTVI2 and PTVI3:

The following additional rules apply to all visually impaired (PTVI1, PTVI2 and PTVI3) para triathletes and their guides:

- a.) General:
 - (i) No guide dogs will be allowed at any time;
 - (ii) Each athlete must have a guide of the same gender and nationality. Both athlete and guide will hold a licence from the same National Federation;
 - (iii) Each athlete is allowed a maximum of one (1) guide during each competition;
 - (iv) An athlete cannot act as a guide until a period of twelve (12) months has passed since his/her last sprint or standard distance elite triathlon World Triathlon event or any elite triathlon event recognized by World Triathlon on sprint or standard distance;
 - (v) All guides must comply with minimum age requirements as per the World Triathlon Competition Rules Appendix A;
 - (vi) In the event of an injury or illness, and upon presentation of a medical certificate, a guide may be replaced up to 24 hours before the official start of the competition. No changes will be allowed after this deadline;
 - (vii) Guides are not allowed to pull or push the athletes in order to gain unfair advantage;
 - (viii) Athlete and guide shall not be more than 1.5 meters apart during the swim segment and no more than 0.5 meters apart during any other segment of the competition;
 - (ix) Guides may not use paddleboards, kayaks, etc. (on the swim portion) or bicycles, motor bicycles, etc., (on the run portion) or any other mechanical means of transport;
 - (x) All PTVI1 athletes must wear blackout goggles throughout the entire competition. Swim blackout goggles may be removed only once the athlete and guide have reached their bike position in Transition area 1. The bike/run blackout glasses must be used from Transition area 1 until the athlete and guide cross the finish line. Both the blackout goggles and glasses will be checked at registration and the athlete must ensure they do not allow light to enter through the main patched or painted area, nose piece, sides or bottom. Logos are allowed only on the frame;

(xi) Athletes and guides are subject to World Triathlon Anti-Doping Rules.

b.) Swimming:

- (i) Each athlete must be tethered to their own guide during the swim;
- (ii) At no time may a guide propel, pull or push the para triathlete with any part of their own body in order to gain an unfair advantage;
- (iii) The guide must swim next to the athlete within a maximum separation distance of 1.5m from the athletes' head to the guide's head. The tether must be elastic rope with bright or reflective colour and up to 80 cm long measured with no tension. It can be fixed at any point of the athletes' body.

c.) Cycling:

- (i) All para triathletes and guides must use a tandem bicycle. The specifications of the tandem bicycle are as follows:
 - A tandem is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the pilot. Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains; the maximum sizes will be 2.70 meters long and 0.5 meters wide;
 - The tandem top tube, and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.

d.) Running:

- (i) Each athlete must be tethered during the run to his/her guide. The tether shall be made from non-elastic material and not store energy and/or offer a performance gain to the athlete.
- (ii) The athlete may use an elbow lead during the run. The guide-runner is not allowed to push, pull or otherwise propel athletes in order to gain an advantage at any stage during a competition. A guide-runner may assist an athlete who has tripped or fallen to regain his/her footing and/or orientation as long as such assistance does not provide any advantage to the athlete towards his/her running direction.
- (iii) As the athlete crosses the finish line, the guide must be beside or behind the para triathlete but not further apart than the required 0.5 meters maximum separation distance.
- (iv) Free Leading zones: for safety reasons, contact is allowed 10 meters before and after an aid station, a sharp turn, penalty box, transition area swim exit, pre-transition area or any other section of the run course determined by the Technical Delegate and indicated at the athlete's briefing;

17.18 Outside assistance:

- a.) Technical Delegates may determine areas or sections of the course where para triathletes may receive assistance, what assistance may be provided and the instructions and conditions applicable;
- b.) Assistance can be provided to a Para triathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, Event Personnel, or another athlete in the same race.

17.19 Hygiene:

- a.) It is mandatory for all para triathletes, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter bag at all times. This includes during training, competition and classification.

17.20 Approval panels:

- a.) Decisions on bike adaptations or brace approval will be made by a panel composed of:
 - (i) A World Triathlon Technical Committee member;
 - (ii) A representative of the World Triathlon Sport Department;
 - (iii) A member of the World Triathlon Para triathlon Committee;
- b.) The decisions of the Approval Panel can be appealed to the World Triathlon Tribunal. This appeal does not suspend the decision of the Approval Panel, but rather the decision will stay in place during the time the World Triathlon Tribunal takes to make a decision on the appeal.

18. WINTER TRIATHLON AND WINTER DUATHLON

18.1 Definition:

- a.) Winter Triathlon and Winter Duathlon may take place in different formats:
- (i) Winter Triathlon:
 - 3 segments: Running, mountain biking and cross-country skiing;
 - 6 segments: Running, mountain biking and cross-country skiing repeated continuously twice.
 - (ii) S3 Winter Triathlon: Running, skating and cross-country skiing
 - (iii) Winter Duathlon:
 - 2 segments: Running and cross-country skiing;
 - 4 segments: Running and cross-country skiing repeated continuously one more time.
- b.) All segments of the competition will be preferably on snow or ice. The run and bike segment can also take place on a different surface.

18.2 Official Training and Course Familiarisation:

- a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the Local Organising Committee. Athletes and coaches may attend these official training and familiarisation sessions;
- b.) Conduct on competition days: Athletes are not allowed to warm up or do any familiarisation on the course while a competition is in progress.

18.3 Running:

- a.) Running shoes are mandatory on the running segment. This rule is not applicable to Age-Group athletes;
- b.) Running shoes with spikes are allowed.

18.4 Mountain Biking:

- a.) The minimum tyre diameter is 26 inches and maximum is 29 inches. The minimum cross section is 1.5 inch;
- b.) Front and rear wheels may have different diameters;
- c.) The bike segment of winter triathlon competitions is laid out as a cross-country course over snow and may follow normal roads or paths;
- d.) Athletes are allowed to push or carry the bike over the course;
- e.) Drafting is allowed. For safety reasons there may be no passing zones on the course. Lapped athletes will not be removed from the competition;
- f.) Clip-ons are not allowed;

- g.) Traditional road handlebars are forbidden;
- h.) Athletes must bring their own tools and parts and must carry out their own repairs;
- i.) Spiked tyres are allowed provided that the spikes are shorter than 5 mm. measured from the tyre surface.
- j.) Traditional MTB bar ends are authorised. Ends must be plugged.

18.5 Skiing:

- a.) Testing of equipment (skis) is allowed prior to the competition on specially marked tracks, or on the competition-course, if announced by the Technical Officials;
- b.) Athletes cannot be accompanied by team members, team managers or other pacemakers on the course, during the competition;
- c.) Athletes are allowed to change one ski and both poles. During Elite and Juniors competitions, one ski can be changed only if the ski or binding are broken or damaged. This can take place anywhere along the course, but the competitor must do it outside of the track without help from any other person. The equipment failure must be proven to the Head Referee after the competition;
- d.) Athletes may ski using their preferred technique;
- e.) Technical Delegate may determine that the classic style is mandatory in specific areas;
- f.) Wearing the bike helmet during the ski segment is not allowed. However, due to the effect of cold temperatures on mobility, wearing a helmet could be authorised by the Technical Delegate;
- g.) Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible;
- h.) The last straight (50-100 meters) will be the finish chute. This zone is normally separated into corridors to avoid the athletes impeding other athletes progress . They must be clearly marked and highly visible but the markings must not interfere with the skis. The corridors should be as long as possible. The number, width and length of corridors will be determined by the Technical Delegate;
- i.) In the finish chute, athletes are not allowed to change from one corridor to another, except to overtake;
- j.) Athletes cannot remove their skis until at least 10 meters past the finish line. The last ski check will take place after this line;
- k.) Ski shoes are mandatory in the cross-country ski segment. This rule is not applicable to Age-Group athletes.

18.6 Skating:

- a.) All types of skates, including Nordic blades, are allowed;
- b.) Athletes are not allowed to change any of the skates;

- c.) Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible;
- d.) Athletes will wear helmets, as outlined in Competition Rules 5.2 g).

18.7 Transition Area:

- a.) Skiing inside the transition area is forbidden;
- b.) Athletes must put on and take off their running shoes and skates within the transition area, in the athletes' own space. If a "Nordic blades changing zone" is provided, athletes may choose to put the Nordic blades on there;
- c.) In the transition area, Technical Officials may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes;
- d.) 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 or when they put the skates on, until after they have placed their bike on the rack at the finish of the bike leg or when they takes the skates off;
- e.) A "Nordic blades changing area" may be created by the side of the edge of the ice;
- f.) A littering zone will be placed after the "ski placing line" where the athletes can discard the shoe covers.

18.8 Coaches' Station:

- a.) Coaches will have a designated space available on the run, bike ski and segments in order to supply athletes with their own food and beverages.

18.9 Personal Needs Station:

- a.) Additional stations on the bike and or run may be provided for personal needs;
- b.) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organising Committee;
- c.) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.
- d.) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The athlete is responsible to carry out their own repairs. It is forbidden to leave complete wheels at these stations.

18.10 Finish Definition:

- a.) An athlete will be judged as "finished," the moment the tip of the front ski boot crosses a vertical line extending from the leading edge of the finish line.

18.11 Weather conditions:

- a.) The competition will be cancelled when the air temperature is lower than -18 °C.

19. CROSS TRIATHLON AND DUATHLON

19.1 General:

- a.) Cross Triathlon consists of swimming, mountain biking (MTB) and cross-country running;
- b.) Cross Duathlon consists of cross-country running, mountain biking (MTB) and cross-country running.

19.2 Distances:

- a.) The distance of Cross Triathlon is outlined in Appendix A;
- b.) The distance of Cross Duathlon is outlined in Appendix A;
- c.) The course should have demanding hills and challenging technical aspects. A 5% tolerance margin will be accepted for the distance of the bike course, provided it has been approved by the Technical Delegate.

19.3 Official Training and Familiarisation:

- a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the Local Organising Committee. Athletes and coaches may attend these official training and familiarisation sessions;
- b.) Conduct on competition days: Athletes are not allowed to warm up or do any course familiarisation while a competition is in progress.

19.4 Mountain Biking:

- a.) The minimum tyre diameter is 26 inches and maximum is 29 inches. The minimum cross section is 1.5 inch;
- b.) Front and rear wheels may have different diameter;
- c.) Studded and/or slick tyres are allowed;
- d.) Athletes are allowed to push or carry the bike over the course;
- e.) Drafting is allowed for same gender and also different gender athletes. For safety reasons there may be no passing zones on the course;
- f.) Lapped athletes will not be removed from the competition;
- g.) Clip-ons are not allowed;
- h.) Traditional road handlebars are forbidden;
- i.) Traditional MTB bar ends are authorised. Ends must be plugged;
- j.) Athletes must bring their own tools and parts and must carry out their own repairs.

19.5 Transition Area:

- a.) See all reference in Competition Rules, section 7;

19.6 Running:

- a.) Spike shoes are allowed.

19.7 Coaches Stations:

- a.) Coaches will have a designated space available on the bike and run segments in order to supply athletes with their own food and beverages.

19.8 Personal Needs Stations:

- a.) Additional stations on the bike and or run may be provided for personal needs;
- b.) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organising Committee;
- c.) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.
- d.) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The athlete is responsible to carry out their own repairs.

20. COMPETITION IN QUALIFYING ROUND FORMAT

20.1 General:

- a.) An event in Qualifying Round Format consists of several rounds with a number of heats each qualifying athletes to the next round and eventually finishing with a final to determine a winner.

20.2 Rounds:

- a.) The rounds will be called semi-finals and final;
- b.) An event will have two rounds;
- c.) Semi-finals and finals will have 30 athletes as a maximum. The number of semi-finals will be as follows:

Athletes entered	Semi-finals
Less than 30	No semi-finals, direct final
31 to 60	2 semi-finals (15 to 30 athletes each)
61 to 90	3 semi-finals (20 to 30 athletes each)
91 to 120	4 semi-finals (22 to 30 athletes each)
121 to 150	5 semi-finals (24 to 30 athletes each)

20.3 Qualification to final:

- a.) Every semi-final will qualify a fixed number of athletes for the final. Additionally, a number of athletes will qualify from semi-final heats, based on fastest times:

Athletes entered	Semi-finals	By position in the semi-final	By time
31 to 60	2	14	2
61 to 90	3	9	3
91 to 120	4	7	2
More than 121	5	5	5

- b.) Athletes from different heats and with the same time (in seconds), which are tied in the last qualifying position, will all qualify, increasing the number of athletes qualified for the next round;
- c.) In case there are less finishing athletes from a semi-final than the fixed number, the remaining spots will be filled from the other semi-final heats, based on the fastest times;
- d.) Athletes who have not qualified for the final will be sorted by time. In case of athletes withdrawing from the final, replacement will be made by the first athlete who has not qualified. The replacement will happen if the number of athletes in the final drops down to

30 athletes. (a random selection will be made from those athletes who have the same time). The deadline for the replacements will be when registration opens.

- e.) In case where an event has a B final, the best 30 athletes from the semi-finals who have not qualified for the A final, will be sorted according to their times and will qualify to the B final. B final will only be held if a minimum 10 athletes qualify for it.

20.4 Distribution of athletes in the semi-finals:

- a.) The Technical Delegate will compose the heats as follows:
 - (i) If there are not any applicable ranking, the athletes will be distributed among the heats in order to have the same number of athletes per semi-final (some semi-finals can have one more athlete than others). The athletes from the same National Federation will be distributed among the heats following the same principle;
 - (ii) If a ranking is applicable, the ranked athletes will be distributed according to the chart below and the non-ranked athletes will fill the remaining spots by applying the principle of assigning a similar number of athletes from the same National Federation to every heat, and keeping all the heats of equal size.

Chart: Distribution of ranked athletes among the semi-finals (The number in the cells reflects the ranking order):

Semi-final 1	Semi-final 2	Last Semi-final (-1)	Last Semi-final
1			
	2		
		3	
			4
			5
		6	
	7		
8			
9			
	10		
		11	
			12
			13
		14	
	15		
16			
17			
etc...			

20.5 Numbering:

- a.) The numbers in the final will be assigned as first criteria according to the positions in the semi-finals. The second criteria will be the time in the semi-final, the third, the World Triathlon Points List position, and the fourth a random apportionment.

20.6 Results:

- a.) The overall results for the event will be the results of the final round;
- b.) If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:
 - (i) To the DNF athletes in the final, according to their times in the semi-finals;
 - (ii) To the DNS athletes in the final according to their times in the semi-final;
 - (iii) If the event does not have a B final: The athletes who did not qualify for the final, will have points allocated according to their times in the semi-finals. If the event has B final: The results from the B final will determine their points.
 - (iv) DSQ athletes will not earn any points.

20.7 Prize money:

- a.) Prize money distribution will follow the general rules (Appendix I) and the preceding paragraph if necessary.

21. EVENT IN TIME TRIAL QUALIFYING ROUND FORMAT

21.1 General:

- a.) An event in Time Trial Qualifying Round Format consists of two competitions, the first one (qualifier) conducted as a time trial with athletes starting individually one by one, and the second one (final) conducted as a mass start event, in which the participants are the best ranked in the time trial competition;
- b.) The result of the event is the result of the final.

21.2 Rounds:

- a.) An event will have two rounds;
- b.) The rounds will be called qualifier and final;
- c.) The qualifier will be a time trial with a draft-illegal bike segment, and the final will be mass start with a draft legal bike segment. In both qualifier and final competitions, athletes must use draft legal bikes and bike equipment.
- d.) The Technical Delegate will determine the time interval between the start of each athlete in the time trial qualifier, which can be between 15 seconds and 3 minutes.
- e.) The final will have 30 athletes. The Head Referee will decide, according to the available technological resources, if a tie will be declared for two or more of the athletes. In this case, the final may have more than 30 athletes.

21.3 Qualification to final:

- a.) The athletes with the best 30 times in the qualifiers will qualify for the final.
- b.) Athletes who have not qualified for the final will be placed according to their time in the qualifiers. In case of athletes withdrawing from the final, replacement will be made by the next fastest athlete who has not qualified. The replacement will only happen if the number of athletes in the final drops down below 30 athletes. The deadline for the replacements will be when registration opens.
- c.) In case where an event has a B final, the athletes with the best 30 times from the qualifier, who have not qualified for the A final, will be sorted according to their times and will qualify to compete in the B final.

21.4 Numbering and distribution of athletes in the qualifier:

- a.) Race numbers will be allocated to the athletes as regulated in the Competition Rules 2.10.
- b.) Athletes will start one by one starting by the highest number in decreasing order.
- c.) In case of athletes not showing up to the start or if any race number is not assigned, the start sequence will follow as if there was an athlete competing in the time allotted to this unused number.
- d.) The start list will be created following this model:

Race number	First Name	Last Name	NF	Start Time
102	Grzegorz	Zgliczynski	POL	09:00:00
101	Andrew	Farrell	USA	09:00:30
100	Todd	Martin	AUS	09:01:00
99	Gervasio	Da Silva	BRA	09:01:30

21.5 Qualifier start system:

- a.) Start system outlined in World Triathlon Competition Rules 4.9 will apply.

21.6 Race number allocation in the final:

- a.) The race numbers in the final will be assigned as first criteria according to the time in the qualifier. The lowest time in the qualifier will receive number 1 in the final. Tied athletes will be numbered randomly.

21.7 Results:

- a.) The overall results for the event will be the results of the final round. Awards, and prize money will be distributed accordingly;
- b.) If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:
- (i) To the DNF athletes in the final, according to their times in the qualifier;
 - (ii) To the DNS athletes in the final according to their times in the qualifier;
 - (iii) If the event does not have a B final: The athletes who did not qualify for the final, will have points allocated according to their times in the qualifier. If the event has B final: The results from the B final will determine their points;
 - (iv) DSQ athletes will not earn any points.

22. AQUABIKE

22.1 General

- a.) Aquabike consists of Swimming, Transition area 1 and Cycling;
- b.) Aquabike events will be organised only for Age-Group categories;
- c.) Aquabike may be included in the program of an event, which includes a triathlon race. Aquabike will have the same swim and bike distances as the triathlon programmed in the same event;
- d.) Aquabike may happen as a stand-alone event on the distances indicated in Appendix A.

22.2 Specific Rules

- a.) General rules, specific rules and rule exceptions applicable to the triathlon event from which the aquabike event is attached are applicable also for the aquabike event.
- b.) Rules applicable to triathlon are applicable to aquabike in case of stand-alone events.

22.3 Finish

- a.) Athletes will finish the competition at the finish line located at the end of the bike course. The finish occurs at the instant that the tyre of the front wheel meets the vertical plane rising from the starting edge of the finishing line. The time registered in this point is the final time.

APPENDICES

23. APPENDIX A: COMPETITION DISTANCES AND AGE REQUIREMENTS

TRIATHLON:

	Swim	Bike	Run	Minimum age required
2x2 Mixed relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15
3x Same gender relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15
4x Team relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15
Super Sprint Distance	250m to 500m	6.5km to 13km	1.7km to 3.5km	15
Sprint Distance	Up to 750m	Up to 20km	Up to 5km	16
Standard Distance	1500m	40km	10km	18
Middle Distance	1900m to 2999 m	80km to 90km	20km to 21km	18
Long Distance	3000m to 4000m	91km to 200km	22km to 42.2km	18

DUATHLON:

	Run	Bike	Run	Minimum age required
2x2 Mixed relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15
3x Same gender relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15
4x Team relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15
Super Sprint Distance	1.7 to 3.5km	6.5 to 13 km	0.85 to 1.75km	15
Sprint Distance	Up to 5km	Up to 20km	Up to 2.5km	16
Standard Distance	5 km	30 km	5 km	18
	10 km	40 km	5 km	18
Middle Distance	10km	60km	10km	18
Long Distance	10 km	120 km	20 km	18
	20km	150km	30km	18

AQUATHLON:

	Run	Swim	Run	Minimum age required
2x2 Mixed Relay (Distances per leg)	1.25km	500m	1.25km	15
2x2 Mixed Relay. Cold waters. (Distances per leg)		500m	2.5km	15
3x Same gender relay (Distances per leg)	1.25km	500m	1.25km	15
3x Same gender relay. Cold waters (Distances per leg)		500m	2.5km	15
4x Mixed relay (Distances per leg)	1.25km	500m	1.25km	15
4x Mixed relay. Cold waters (Distances per leg)		500m	2.5km	15
Sprint Distance	1.25km	500m	1.25km	16
Sprint Distance (cold waters)		500m	2.5 km	16
Standard Distance	2.5km	1000m	2.5km	16
Standard Distance (cold waters)		1000m	5km	16
Long Distance	5km	2000m	5km	18
Long Distance (cold waters)		2000m	10km	18

WINTER TRIATHLON & DUATHLON:

Winter Triathlon	Cross-Country Run	Mountain Bike	Cross-Country Ski	Minimum age required
2x2 Mixed relay. (Distances per leg)*	1 km	2 km	2 km	15
3x Same gender relay (Distances per leg)	2 to 3 km	4 to 5 km	3 to 4 km	15
4x Mixed relay (Distances per leg)	2 to 3 km	4 to 5 km	3 to 4 km	15
Sprint Distance	3 to 4 km	5 to 6 km	5 to 6 km	16
Sprint Distance (Run + Bike + Ski + Run + Bike + Ski) Distances per segment*	2 km	3 km	3 km	16
Standard Distance	7 to 9 km	12 to 14 km	10 to 12 km	18
Standard Distance (Run + Bike + Ski + Run + Bike + Ski) Distances per segment*	4 km	6 km	6 km	18
Standard distance specific for AGs	5 km	10 km	10 km	18

(*) +/- 10 %

S3 Winter Triathlon	Run	Skating	Cross-Country Ski	Minimum age required
Standard Distance	4 to 6 km	10 to 14 km	7 to 9 km	16

Winter Duathlon	Cross-Country Run	Cross-Country Ski	Minimum age required
2x2 Mixed relay. (Distances per leg)*	1 km	2 km	15
Sprint Distance (Run + Ski + Run + Ski) Distances per segment*	3 km	5 km	16
Sprint distance specific for AG (Run + Ski)	6 km	9 km	16
Standard Distance (Run + Ski + Run + Ski) Distances per segment*	6 km	9 km	18

Standard distance specific for AG (Run + Ski)	12 km	18 km	18
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(*) +/- 10 %

CROSS TRIATHLON:

	Swim	Mountain Bike	Cross-Country Run	Minimum age required
Team Relay	200m to 250m	4km to 5km	1.2km to 1.6km	15
Sprint Distance	500m	10km to 12km	3km to 4km	16
Standard Distance	1000m to 1500m	20km to 30km	6km to 10km	18

CROSS DUATHLON:

	Cross-Country Run	Mountain Bike	Cross-Country Run	Minimum age required
Team Relay	1.2km to 1.6km	4km to 5km	0.6km to 0.8km	15
Sprint Distance	3km to 4km	10km to 12km	1.5km to 2km	16
Standard Distance	6km to 8km	20km to 25km	3km to 4km	18

AQUABIKE:

	Swim	Bike	Minimum age required
Standard Distance	1500m	40km	18
Middle Distance	1900m to 3000m	80km to 90km	18
Long Distance	3000 to 4000 m	90 to 200 km	18

24. APPENDIX B: COMPETITION 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 World Triathlon Competition Rules and submitted to the Head 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 another athlete, or race official, or accredited person, or against conditions of the competition, or decisions of the Head Referee, or errors in the competition results. 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.)

<input type="checkbox"/>	Protest concerning eligibility of an athlete
<input type="checkbox"/>	Protest concerning composition of a start list
<input type="checkbox"/>	Protest concerning conditions of a field of play
<input type="checkbox"/>	Protest concerning equipment used by an athlete
<input type="checkbox"/>	Protest concerning conduct of an athlete, technical official, accredited coach or any accredited personnel
<input type="checkbox"/>	Protest concerning decisions taken by the Head Referee
<input type="checkbox"/>	Protest concerning errors in the competition results

Witness Details (2):

Name of Witness 1:			
Name of Witness 2:			
Rule(s) Violated:		Time of Incident:	

Where did the violation occur? (Define location. If required, use additional paper and draw a diagram.)			
Who was involved in the Violation?			
How did the Violation occur (brief statement explaining alleged violation)?			
Signature of Protester:		Date:	

Part 2 Official use only

Protest Fee \$50 USD attached	Yes <input type="checkbox"/> No <input type="checkbox"/>
Competition Jury / Technical Committee Panel members (Names) and tick box to indicate if it was a 3 person jury or 5 person. <input type="checkbox"/> 3 person jury <input type="checkbox"/> 5 person jury	1.
	2.
	3.
	4.
	5.

Competition Jury / Technical Committee Panel action:	
Competition Jury / Technical Committee Chair's Name:	
Signature:	
Time, Date Protest received:	
Time, Date Protest processed:	
Amount of fee withheld/refunded:	

25. APPENDIX C: APPEAL CONTENT

APPEAL CONTENT

An appeal is a request for a review of a decision made by the Competition Jury or the World Triathlon Technical Committee (Level 2 Appeal).

Appeals must be submitted in writing to the World Triathlon Secretary General and will be accompanied by a fee of \$ 500 USD which will only be refunded if the appeal is successful. There is no specific appeal form. The appeal should contain:

- Identification of the appellant and the respondent;
- Decision of the Level 1 protest;
- Description of facts;
- Legal background and rules affected;
- Rationale/summary of the facts.

26. APPENDIX D: DEFINITIONS

Age	The age of the athlete on the 31st of December of the year of the competition.
Age-Group Team Managers Briefing	Meeting with the Age-Group team manager and coaches in which they are informed by the Technical Delegate about all the specifications of the event.
Aid/Outside Assistance	Any kind of material support or personal assistance received by the athlete. Depending on its nature, it may be allowed or forbidden.
Ambush Marketing	Deliberately using the opportunity of live television and media photographers to expose the sponsor logos larger than the approved sizes, and/or equipment or objects not provided by Local Organising Committee or World Triathlon.
Appeal	A request for a review of a decision made by the Competition Jury or the World Triathlon Technical Committee (Level 2 Appeal), the World Triathlon Anti-Doping Hearing Panel solely with regard to ineligibility or the World Triathlon Tribunal.
Appellant	An athlete submitting an appeal.
Aquabike	Multisport which combines swim and cycle in two segments: the first segment is swimming and finishing with cycling.
Aquathlon	Multisport which combines swim and run in three segments: the first segment is run, followed by swimming and finishing with running.
Assistance	Any attempt by an unauthorised or unofficial source to help or to stabilise an athlete.
Assistant Chief Technical Official	Responsible to the Chief Technical Official for coordinating the employment of the Technical Officials assigned to his/her competition course segment or area.
Athletes	Individuals who register for and compete in events.
Athletes' Briefing	Meeting with the athletes in which they are informed by the Technical Delegate about all the specifications of the event.
Bag Drop System	Conducting transitions by: Taking a pre-prepared bag containing all equipment to be used in the next segment; Changing the equipment in the designated area; Put all the used equipment into the same bag and drop it at the designated spot.

Bicycle	The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain. Bicycles are also referred to as bikes.
Bike catchers	Local Organising Committee personnel located after the dismount line, who take the bikes from the athletes and deliver them to the location from where the athletes can collect them after the competition.
Blocking	The deliberate impeding or obstructing the progress of one athlete by another. An athlete on the bike course, who is not keeping to the appropriate side of the road.
Blue card	Card, which is used to inform athletes when being penalised for drafting infringement during the cycling segment.
Charge	The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.
Check in	Control established at the entrance of the athletes lounge and at the entrance of the transition area, before the competition. In both places a time of admission is set by the Technical Delegate.
Chief Technical Official	Appointed by the Technical Delegate and is responsible for the control and coordination of the deployment of Technical Officials.
Clean Start	All the athletes start after the horn. The competition continues.
Coaches meeting	Meeting with the coaches in which they are informed by the Technical Delegate about all the specifications of the event.
Competition	Single and continuous sport action from start to finish. Most cases it fits within the definition of Race, except the semi-final/final or the time trial qualifying format.
Competition Jury	The Competition Jury appointed and chaired by the Technical Delegate. It is held responsible to determine the eligibility of the protest or appeal, to hear and to rule on all appeals against decisions handed down through the Head Referee, including decisions on protests.
Conflict of interest	A set of circumstances that creates a risk that professional judgement or actions regarding a primary interest will be unduly influenced by a secondary interest.
Continent	Each of the five geographical divisions established in World Triathlon. They are: Africa, The Americas, Asia, Europe and Oceania
Continental Technical Officials (CTOs)	The Level 2 Technical Officials certified by World Triathlon.

Course	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.
Crawling	The action by an athlete of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.
Cycling Segment	Part of the competition course over which it has been defined in the Athletes' Briefing the bike is to be ridden, walked or carried within distinctive lane boundaries. The bike course commences from the Mount Line and concludes at the Dismount Line.
Development Regional Cup	Event sanctioned by World Triathlon or any of the Continental Confederations, where World Triathlon may allow the participation of athletes only from certain predefined National Federations.
Dismount Before The Dismount Line	An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules.
Dismount Line	A designated line at the entrance of the transition area from the bike course before which athletes are to dismount their bikes fully and proceed to the bike racks. The Dismount Line will normally extend for the width of the entrance to the transition area and be identified by flags/line/Technical Official, or combinations thereof.
Disqualification	A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the competition as a whole, and the athlete's results will appear as DSQ.
Draft Zone Bicycle	Zone defined by an athlete during the cycling segment which is extended to the whole width of the road and 10 meters long in the standard and shorter events and 12 meters long in middle- and long-distance events.
Draft Zone Motorbike	Zone defined by a motorbike during the cycling segment which is extended to the whole width of the road and 15 meters long.
Draft Zone Vehicle	Zone defined by a vehicle during the cycling segment which is extended to the whole width of the road and 35 meters long.
Drafting	To enter in a drafting zone and not complete the overtake in 20 seconds in standard and shorter events or 25 seconds in middle- and long-distance events.
Duathlon	Multisport which combines cycle and run in three segments: the first segment is running, followed by cycling and finishing with running.

Early start	When an athlete's foot crossed the vertical plane of the start line, before the start signal.
Elite Athlete	Athletes competing in World Triathlon Elite competitions. They are limited to compete in the same multisport and in the same distance during the same calendar year. This Elite condition is synonymous to Pro condition used by various commercial organisations.
Elite competitions	Competitions in which elite specific rules are applied. The age limit is determined only by the distance.
Event	Group of Races of the same category usually happening on the same day or on the following days (i.e.: World Championship, Continental Cup).
Event Organisers Manual (EOM)	A document which has been developed to ensure the implementation of consistently high global event management and marketing standards.
Event-weekend	The days when an event is taking place, which may include days other than Saturday and Sunday.
Expulsion	An athlete penalised by expulsion will not be permitted, during his or her lifetime, to take part in any World Triathlon sanctioned event, or any event sanctioned by one of its member associations (National Federation) affiliated with the World Triathlon.
Festival	Group of different multisport events happening in a short period of time (up to ten days) at the same location.
Field of Play (FOP)	The course on which the competition will take place, the start and pre start areas, the finish and post finish areas, the aid stations, the wheel stops, the penalty boxes, the ceremony area and the briefing area. Usually the field of play is separated from the public by a clear boundary.
Field of Play Decision	The application and interpretation of the World Triathlon Competition Rules by Technical Officials and/or Competition Jury.
Final	Last round of an event in qualifying round format. The final decides the winner and the medallist of the event.
Finisher	An athlete who completes the entire competition course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).
Force Majeure	Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, significant transportation delay or any other, event which is not reasonably within the control of the party affected.

Head Referee	A Technical Official, who is responsible to the Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials. Technical Delegate appoints the Head Referee.
Incapable Athlete	An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another athlete.
Indecent Exposure	The willful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female athlete, the willful complete uncovering of one or both nipples.
Inland Water	Lakes, lochs, canals and rivers up to the point the tide affects them in terms of changes to their level.
Interference	A deliberate block, charge or abrupt motion, which impedes another athlete.
International Technical Officials (ITOs)	The Level 3 Technical Officials certified by World Triathlon.
Invalid Start	Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.
Last Biker – First Runner Scenario	This occurs when the bike and run courses are partly common, and the first runner reaches the point where both courses merge and there are still bikers on the course before this point.
Leg	In the relay a leg is one athlete’s triathlon race.
Littering Area	Section of the race where the athletes are allowed to dispose any rubbish or equipment.
Local Organising Committee (LOC)	The organising entity of a World Triathlon event.
Medal Events (Para triathlon)	A competition, which may include athletes from one or more sport classes competing for the same medals.
Mount After The Mount Line	An athlete’s foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn’t occur, it is considered an infringement of the rules.
Mount Line	A designated line at the exit from the transition area onto the bike course or after which athletes are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit of the transition area and be identified by flags/line/Technical Official, or combinations thereof.
National Federation (NF)	National triathlon governing body affiliated with World Triathlon.

National Federation Quota	The maximum quota allocated to a National Federation in a specific competition.
NF survey list	List including all World Triathlon affiliated NFs based on their survey responses and historical data. National Federations are included in different groups representing their levels of development. Groups are 0, 1, 2, 3B, 3A, 4 and 5, being 0 the less developed and 5 the most developed
National Technical Officials (NTOs)	The Level 1 Technical Officials certified by the National Federation.
Overtake	On the bike course, when the leading edge of the front wheel of the overtaking bike moves in front of the leading edge of the front wheel of the bike being overtaken. An athlete can pass another athlete only on the appropriate side.
Pack	Two or more athletes with overlapping draft zones.
Panel	A temporary or permanent body composed by minimum three (3) people representing pre-defined stakeholders, which takes decisions or makes proposals in specific tasks.
Pass	When one athlete's bike draft zone overlaps another athlete's bike draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 20 seconds. An athlete can pass another athlete only on the appropriate side.
Penalty	The consequence on an athlete, who is assessed by a World Triathlon Technical Official to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.
Penalty box	An area on the bike course or the run course, set aside for the implementation of a time penalty for a rule infringement/violation.
Prosthesis	An artificial device used to replace a missing body part.
Protest	A formal complaint against the conduct of another athlete or a race official, against the conditions of the competition or against decisions taken by the Head Referee.
Race	A competition or group of competitions, which determine a winner, the medals and a result list. In the case of Para triathlon, this is named as "Medal Event" (i.e.: elite men's race, 50-54 women).
Red card	Card, which is used to inform athletes about disqualification.
Region	Group of National Federations, from the same or different continents, linked by geographical or cultural reasons.

Registration	Point of control established at the entrance of athletes briefing and coaches meeting. Attenders to these meetings will sign the attendance list.
Results	The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.
Right of Way	When an athlete has established a lead position and pursues a desired course within the limits of the World Triathlon Competition Rules.
Round	Each of the stages of an event with qualifying format. One event in the qualifying round format has two rounds: semi-finals and final.
Run Course	Part of the competition course, which has been defined at the Athletes' Briefing where the athlete is to run or walk within distinctive lane boundaries. In triathlons and aquathlons, the run course commences at the exit from the transition area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the transition area; the second run course commences at the exit from the transition area and concludes at the Finish Line.
Sanction	A permit issued by the National Federation for the conduct of an event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of National Federation operating requirements to provide the greatest potential for the conduct of a safe and fair event.
Sea and Transition Water	Ocean, seas and the part of the river affected by the tides, including river mouths, deltas, estuaries and rias.
Segment	A stage of competition. E.g.: A triathlon competition consists of 5 segments: swim, transition 1, bike, transition 2 and run.
Semi-final	Preliminary round of an event in qualifying round format. The semi-finals determine the athletes qualified to the final.
Smart Helmet	Bike helmet with a built-in sound system covering or not covering the ears.
Sorted Waiting List	A list of athletes not yet included in the start list, ordered according to the specific qualification criteria.
Sport Class	Para triathlon sport class is a category defined by World Triathlon in which athletes are categorised in reference to an activity limitation resulting from impairment.
Sportsmanship	The behaviour of an athlete during competition. Sportsmanship is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour judged to be unfair, unethical or dishonest, a

	violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.
Standard Bridge Piece	A rigid piece of plastic or metal, which joins both sides of the handlebar clip-on at the ends and is commercially available.
Start List	A list of athletes approved to compete in a competition.
Start Wave	A group of athletes starting together at the same time. A start wave can include different races (i.e.: different Para triathlon Sport Classes, or different Age-Groups), but also a race can be split into different Start Waves (i.e.: Age-Group 20-24A and Age-Group 20-24B).
Stop and Go	Penalty consists of stop, correct the fault and continue the competition.
Suspension	An athlete awarded this penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by World Triathlon or its member associations (where determined) affiliated with World Triathlon. For any suspension because of a doping violation, the athlete will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by World Triathlon, the length of the suspension will be determined by the World Triathlon Tribunal.
Swim Course	Part of the competition course over which it has been defined in the Athletes' Briefing that the athlete is to swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the transition area.
Technical Delegate	A Technical Official, who is qualified by World Triathlon, and responsible for ensuring all aspects of the World Triathlon Competition Rules and World Triathlon Event Organisers' Manual are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the Technical Delegate will be the Chair of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.
Technical Official	A member of the joint team of International Technical Officials (ITOs), Continental Technical Officials (CTOs) and National Technical Officials (NTOs) at a World Triathlon event.
Time Penalty	Penalty consists of stopping at the penalty box for a certain time. Early start time penalty is served in T1 instead of at the penalty box.
Torso	The human body excluding the neck, the head and the limbs.
Transition Area	A location within a defined boundary, which is not a part of the swim course, the bike course or the run course and within which each athlete is

	allocated an area for the storage of individual items of clothing and equipment.
Triathlon	A sport of individual or team character and motivation, which combines swimming, cycling and running skills in continuum.
Valid Start with Early Starters	Start in which few athletes started before the signal. Early starters will receive a time penalty in Transition 1.
Venue	All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, including without limitation spectators' area, VIP areas, transition area, finish area and all other areas under control of Local Organising Committee.
Violation	A rule infringement which results in a penalty.
Waiting List	A list of athletes not yet included in the start list before the creation of the start list.
Warning	A caution issued by a Technical Official to an athlete during the course of a competition. The purpose of a warning is to alert the athlete of the potential for a rule violation to occur and to promote a proactive attitude.
Winter Triathlon	Multisport which combines different winter sports. It may have two different formats, either starting with running on snow, followed by cycling on snow and finishing with cross country skiing, or starting with snowshoeing followed by skating on ice and finishing with cross country skiing.
World Triathlon	The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a non-profit corporation domiciled and residing at Maison du Sport International, Av de Rhodanie 54, CH-1007 Lausanne, Switzerland.
World Triathlon Competition Rules	The document that contains all the rules and regulations that govern fair and safe competitions.
World Triathlon Members	The National Federations and Continental Confederations affiliated to World Triathlon.
World Triathlon Rules	The World Triathlon Event Organisers' Manual (latest edition), World Triathlon Competition Rules, World Triathlon Constitution and By-Laws, World Triathlon Guidelines Regarding Authorised Identification, World Triathlon Anti-Doping Rules and WADA Code, World Triathlon Athletes' Agreement, World Triathlon Qualification Criteria, World Triathlon Ranking Criteria and any other rules adopted and amended by World Triathlon from time to time and available for consultation via the download section of the World Triathlon's official website www.triathlon.org .

Yellow card	Card, which is used to inform athletes about infringements which may result in warning, time penalty or stop and go.
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27. APPENDIX E: WORLD TRIATHLON GENERAL QUALIFICATION RULES AND PROCEDURES

1. General:

- 1.1. The general procedures and rules of qualification are outlined below.
- 1.2. The specific Qualification Criteria for all World Triathlon and Continental Events are outlined in the World Triathlon website under the following link:
https://www.triathlon.org/about/downloads/category/qualification_criteria;
- 1.3. The specific Ranking Criteria for World Triathlon and Continental Confederations are outlined in the World Triathlon website under the following link:
https://www.triathlon.org/about/downloads/category/ranking_criteria;

2. Start Lists and Waiting Lists management procedures:

- 2.1. This section affects all World Triathlon events, except those specifically excluded. Such exclusion is indicated in the specific Qualification Criteria. The specific Qualification Criteria also sets:
 - a.) The National Federations' quota (*);
 - b.) The Host National Federation's quota (*);
 - c.) The extended National Federations' quota (*);
 - d.) The extended Host National Federation's quota (*);
 - e.) The quota excess at the discretion of the invitation panel;(* These quotas may be reduced as the result of the application of penalties.
- 2.2. National Federations may include athletes in the waiting list at any moment;
- 2.3. Start list will be created the first Tuesday before 30 days before the event, unless indicated differently in the specific Qualification Criteria;
 - a.) All athletes entered in the waiting list will be sorted as follows;
 - (i) First by World Triathlon Ranking, or the priority indicated in the Qualification Criteria, Appendix T applies;
 - (ii) Then Athletes without World Triathlon Ranking points. They are sorted as one per National Federation in alphabetical order of the IOC country code , starting with the host National Federation. Once one athlete of every National Federation is on the Waiting List, a second one is included to the Waiting List, with the same principles as above. Then a third athlete, and so on;
 - b.) The number of athletes equal to the size of the start list minus five will be moved to the start list, provided that the inclusion of the specific athlete does not result in the National Federation quota or the Host National Federation quota exceeded.
 - c.) If applicable, at the same time, waiting lists are created with the athletes not included in the start list, following the same order as above.

- 2.4. Athletes entered to the Waiting List after this moment will be allocated the last positions according to the time of entry.
- 2.5. Those athletes exceeding the quota are tagged with the indication of “Exceeds the National Federation quota”;
- 2.6. No more athletes are approved in the start list till the invitation process is completed. (This point does not apply to para triathlon events);
- 2.7. Till Friday after the creation of the start list:
 - a.) National Federations may request substitutions;
 - b.) National Federations may request withdrawals without penalty;
 - c.) National Federations may request invitations.
- 2.8. Saturday after the creation of the start lists invitations are awarded as outlined below in section 7 of this Appendix;
- 2.9. The start positions not filled by the invitation panel are filled by the next eligible athlete on the sorted Waiting List;
- 2.10. Following to the procedure above, when one National Federation withdraws an athlete not tagged with “Exceeds the NF quota”, the tag on the first athlete from the same National Federation will be automatically removed;
- 2.11. Vacancies in the Start List are filled by the next eligible athlete in the sorted Waiting List. A vacancy in the Start List may happen as consequence of a withdrawal or because the low number of entries;
- 2.12. When all the athletes in the Waiting List are tagged with “Exceeds the NF quota” and there is a vacancy in the Start List, the first athlete will be approved. The acceptance of athletes exceeding the National Federation or Host National Federation quota follows the order of one athlete per National Federation, according to their positions in the sorted Waiting List. Once all affected National Federations have one exceeding athlete in the Start List, a second one is moved to the start list, etc.;
- 2.13. No athletes will be admitted in the wait list from 48 hours before the Athletes’ Briefing;
- 2.14. Vacancies from 24 hours before the Athletes’ Briefing will be filled with athletes from the waiting list who are present at the briefing.

3. Actions taken as consequence of withdrawals:

- 3.1. Actions taken applicable to the athletes in case of wait list exists and not all athletes in it are tagged as excess:
 - a.) Athletes withdrawing from a competition after 13.00 GMT on Monday before the event, are removed from all the start and waiting lists of the events in the next 30 days counted from the day of the withdrawal;
 - b.) The athlete is not approved to compete in any competition on the same weekend of the competition he/she withdraws and on the following one;

c.) The penalty of that following weekend may be avoided by the use of a “joker” as described below.

3.2. Actions taken applicable to the National Federations:

a.) National Federations withdrawing athletes from the start list during the period between the scheduled day for invitations and the athletes’ briefing, will receive a penalty consisting in a reduction of the National Federation quota in future World Triathlon events as outlined in the following tables:

WTCS, World Cups and Continental Championships	
Withdrawals (per gender)	Quota reduction (per gender)
1	0
2-3	1
4-5	2
6 or more	3

Continental Cups and Junior Continental Cups	
Withdrawals (per gender)	Quota reduction (per gender)
1	0
2-3	1
4-6	2
7-10	3
11-15	4
16 or more	5

Para triathlon events	
Withdrawals (both genders, all classes)	Quota reduction (applicable to all classes and both genders)
1-3	0
4-6	1
7 or more	2

b.) Athletes missing the briefing, without previous notice, are added to those withdrawn from the competition by the National Federation.

c.) Also athletes missing the briefing and missing the competition are added to determine the total numbers of athletes withdrawing from a competition.

- d.) The quota reductions are cumulative, if generated in different events on the same weekend or in events which their penalty times overlap;
- e.) All National Federation will have a minimum quota of one (1) on an event, even if the accumulated penalties would eliminate all athletes of the National Federation from an event.
- f.) Monday after the event, the number of withdrawals per National Federation per gender are calculated and the reduction of the quotas are announced to the National Federations affected. The events affected by this reduction will be as the following:
- (i) World Triathlon Championship Series: The next two WTCS events which Start List are to be produced;
 - (ii) World Triathlon Cups / Continental Championships: The next two events which Start List are to be produced;
 - (iii) Para triathlon events: The next two para triathlon events which Start List are to be produced;
 - (iv) Continental Cups: The events of which Start List are to be produced in the next 30 days;
 - (v) Junior Continental Cups: The next two Junior Continental Cups which Start List are to be produced.
- g.) Fair and unexpected withdrawals may happen. In order not to penalise National Federations because of them, NFs can use the “jokers”.
- h.) The number of “jokers” per National Federation depends on the number of participations of each National Federation over the previous years as follows:

Number of “Jokers”	National Federation
10	AUS, CAN, ESP, JPN, MEX, USA
8	BEL, BRA, CHN, FRA, GBR, GER, ITA, NED, NZL, RUS, SUI
6	ARG, AUT, CHI, CZE, ECU, HUN, ISR, KAZ, KOR, POL, POR, RSA
4	COL, CRC, EST, HKG, IRL, LUX, MAR, NOR, PHI, SVK, SWE, TPE, UKR
2	BLR, CUB, DEN, ROU, TUR, UZB
1	All other National Federation

4. “Jokers”:

- 4.1. The use of one joker means:
 - a.) To reduce by one the reduction of the quotas, or
 - b.) To give to the penalised athletes the possibility to compete in the second weekend after the withdrawal.
- 4.2. National Federations have to announce the use of the joker within 48 hours of the announcement of the reduction of the quota;

5. Numbering:

- 5.1. Events will be numbered on the previous Monday by 13:00 GMT according to the criteria indicated in World Triathlon Competition Rules, section 2.10. Athletes admitted in the start list after the numbers are assigned, will receive the next highest number.

6. Exceptional conditions:

- 6.1. Non-Asian athletes will not be admitted in the elite competitions of the Asian Triathlon Continental Championships. For other Asian Championships, non-Asian athletes will be admitted if the competition is not full, with the same quota limitations as the Asian National Federations. These admissions will be approved 10 days before the event;
- 6.2. Non-European athletes will not be admitted in the elite competitions of the European Sprint Triathlon Continental Championships. For other European Championships, non-European athletes will be admitted if the competition is not full, with the same quota limitations as the European National Federations. These admissions will be approved 10 days before the event;
- 6.3. African-, American- and Oceania Continental Championships will be open to athletes from any continent if the race is not full, with the same quota limitations as the National Federations of the host continent. These admissions will be approved 10 days before the event.

7. Invitations:

- 7.1. Friday after the creation of the start list (unless outlined differently in the specific Qualification Criteria) Invitation Panel will have to opportunity to award as much invitations as vacancies are which is at least five invitations (unless outlined differently in the specific Qualification Criteria) invitations based on the requests, but not limited to it;
- 7.2. Invitation request must be emailed by the respective National Federation to entries@triathlon.org;
- 7.3. The Invitation Panel cannot extend the National Federation quotas indicated in specific Qualification Criteria;
- 7.4. The Invitation Panel is composed of following members for World Triathlon events:
 - a.) The World Triathlon Secretary General or designate;
 - b.) A representative of the World Triathlon Sport Department;
 - c.) A representative of World Triathlon Development.

- 7.5. The Invitation Panel is composed of following members for Continental events:
- a.) The Secretary General of the Continental Confederation or designate;
 - b.) A representative of the World Triathlon Sport Department;
 - c.) A representative of World Triathlon Development.

8. Substitutions:

- 8.1. National Federations are allowed to substitute athlete(s) in any event;
- 8.2. The names of both athletes involved in the substitution must be emailed to entries@triathlon.org;
- 8.3. Substitutions are only allowed up to Friday after the creation of the start list;
- 8.4. The replacement athlete will take the position of the replaced athlete, no matter if the replaced athlete is in the start or waiting list. The replaced athlete will be removed from the competition;
- 8.5. Replaced athletes may be entered in the waiting list again and will be considered a late entry.
- 8.6. The number of substitutions per gender per event are as the following:
 - a.) One (1) substitution – World Triathlon Championship Series, U23 World Championships;
 - b.) Two (2) substitutions – Triathlon World Cup, Multisport Events, Continental Championships;
 - c.) Three (3) substitutions – Triathlon Continental Cups, Junior Continental Cups, Regional Championship and Development Regional Cups.
 - d.) One (1) substitution per gender on all Para triathlon Events.

9. Late withdrawal:

- 9.1. Athletes present at the Athletes' Briefing, but are forced to withdraw from the competition due to a last minute illness or injury, as proven by a certificate from a medical doctor with the approval of the Medical Delegate, will not be penalised;
- 9.2. In the event of lack of Medical Delegate, the Technical Delegate may consult with the Event Medical Director.
- 9.3. Athletes will be excused to go to the briefing following an examination by the Medical Delegate or in the absence of the Medical Delegate, by the Event Medical Director as proven, will not be penalised.
- 9.4. They will be marked as DNS and the next eligible athlete will be added to the start list;

10. Procedures on events happening the same weekend.

- 10.1. Hierarchy of the events
 - a.) Events in the same weekend will be classified according with this hierarchy
 - (i) World Triathlon Championship Finals

- (ii) World Triathlon Championship Series
- (iii) World Championships Elite
- (iv) World Championships U23
- (v) World Triathlon Cup
- (vi) Arena Games Triathlon Finals
- (vii) Continental Championships Elite
- (viii) Continental Championships U23
- (ix) World Championships Junior
- (x) Continental Triathlon Cup
- (xi) Arena Games Triathlon Series
- (xii) Continental Championships Junior
- (xiii) Regional Championships
- (xiv) Development Regional Cup
- (xv) Junior Continental Cup

b.) In case that there will be more than one event from the same hierarchy level, those will be sorted first by multisport in the following order: Triathlon, Long Distance Triathlon, Duathlon, Long Distance Duathlon, Winter Triathlon, Aquathlon, Cross Triathlon, Cross Duathlon, then by continent in the following order: Europe, America, Asia, Oceania, Africa.

10.2. Athletes entered in two or more events:

- a.) Athletes included in the start list of a higher hierarchy level event will be removed from the start or waiting list of the lower hierarchy level events.
- b.) Athletes included in the wait list of a higher hierarchy level event and in the start list of a lower hierarchy level event will remain in the wait list of the higher hierarchy level event. In case of approval, the previous point will apply.
- c.) Athletes included in the wait list of both events will remain in both waiting lists, in case of approval, previous points will apply.
- d.) Substitutions: The replaced athlete in one event will be removed from start or waiting lists of the events in the same weekend, as per 8.5 can be re-entered again as late entry. The replacement athlete will follow the procedures in the previous points, depending on the list – start or waiting- the athlete is placed after the substitution.

28. APPENDIX F: WORLD TRIATHLON GUIDELINES REGARDING AUTHORISED IDENTIFICATION

1. Overview:

- 1.1. To compete in World Triathlon Events, athletes must comply with the World Triathlon Guides Regarding Authorised Identification and the reference to the Uniform at 2.8 of the Competition Rules;
- 1.2. The images on this document are reproducing a typical triathlon uniform. For winter triathlon and, in some cases, in triathlon, duathlon and aquathlon, the long sleeves and lower leg covering are allowed. This appendix applies in the same way for all the cases:

2. Purpose:

- 2.1. Provide a clean and professional image of our sport to local and global spectators and media;
- 2.2. Provide sponsors with reasonable space for viable exposure;
- 2.3. Provide a framework for enabling World Triathlon member National Federations and athletes to have a mutually beneficial relationship with respect to rights and responsibilities, as per Section 12.

3. General Requirements:

- 3.1. Uniforms will be completely clean of any logos or images other than those described below;
- 3.2. Logos will be measured on a flat surface when the athlete is not wearing the uniform. The “World Triathlon Logo Measurement Template” will be used to measure the logo sizes;
- 3.3. There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, spirits and products containing any substance on the WADA Prohibited List;
- 3.4. There must be a minimum clearance space of 1.5cm around all marks including:
 - a.) The World Triathlon logo;
 - b.) The family name;
 - c.) The country code;
 - d.) All sponsor logos.

4. Uniform Colour and Design:

- 4.1. Uniforms must be in the colours chosen by the National Federation as indicated in the chart of point 13. Rights and responsibilities.
- 4.2. For all other World Triathlon Events the uniform colours have no restrictions;
- 4.3. The colour and design of the uniform and podium apparel must be distinct to that country and must be approved by World Triathlon in advance;
- 4.4. Country uniforms must have a distinct look, however the design requirements should not impact on technical requirements athletes might have due to body shape or size;

- 4.5. The approval process for the uniform colour and design is outlined in Appendix F. The goal of the approval process is to ensure countries do not have the same uniform colour and design;
- 4.6. For Elite athletes, World Triathlon reserves the right to establish a specific rule till 30th of January of the given calendar year, regarding the colour of the uniform of the actual leader of World Triathlon Championship Series has to wear:

Diagram 1: Location of sponsor spaces



5. Family Name and Country Code:

5.1. The family name (not applicable for Age-Group athletes) and the NOC country code must be placed on the upper front of the uniform and also on the buttocks. The initial of the first name may be added before the family name: athletes with the same family name are encouraged to add the initial of the first name. The representation of both the family name and country code must meet the following criteria:

a.) Font Type:

- (i) The font type must be “Arial”;
- (ii) Letters for the family name and country code must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter. Symbols such as ‘-’ and space are considered as characters (See Diagram 2: Family Name Layout).

b.) Colour:

- (i) If the uniform is a dark colour, the letters must be white. If the uniform is a light colour, the letters must be black.

c.) Position:

- (i) Front: The position on the front is below the World Triathlon logo and Sponsor Spaces B and F. The athlete's family name is above the country code and Sponsor Space A;
- (ii) Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike. The athlete's family name is above the country code;
- (iii) Height: The family name and the country code must be 5cm in height, regardless of the number of letters in the name;
- (iv) Width: The length for the family name is a minimum of 12cm and a maximum of 15cm. A family name with few letters must still be a minimum length of 12 cm. (See Diagram 2: Family Name Layout).

Diagram 2. Family Name Layout



For family names such as "MAY" above, the height is 5cm and the width is 12cm.
For longer names such as "Polikarpenko" below, the height is still a minimum 5cm but the name should take up the full 15cm.



6. World Triathlon Logo:

- 6.1. The official World Triathlon logo will appear on the upper right shoulder;
- 6.2. It will conform the proportion of the official World Triathlon logomark and logotype;
- 6.3. The horizontal dimension will be 4cm;
- 6.4. The white version should be applied to dark coloured uniforms, the blue version should be applied to light coloured uniforms (see this appendix 6.5, 6.6, Diagram 3);

6.5. Click [here](#) for the print version of the World Triathlon logo:

Diagram 3. World Triathlon Logo Layout 4 cm



6.6. Diagram 3 above shows the correct layout for the World Triathlon Logo:

a.) World Triathlon White:

b.) World Triathlon Blue:

(i) Pantone 2728C;

6.7. The Elite individual World Champions are allowed to add below the World Triathlon Logo the design element of the WTCS recognizing this honour. Graphic details will be published separately.

7. Sponsor Spaces: ●

7.1. Sponsor Space A:

- a.) This space is directly below the country code (See Diagram 1. Sponsor Logos: size and space);
- b.) The maximum height is 20cm;
- c.) The maximum length is 15cm;
- d.) Up to 3 sponsor logos may be positioned in this space;
- e.) The athlete may have 1, 2 or 3 logos in this space. Each of the logos must represent a different sponsor.

7.2. Sponsor Space B: upper left front:

- a.) This space is for the manufacturer of the uniform or for another sponsor;
- b.) The maximum height is 4cm;
- c.) The maximum length is 5cm;
- d.) The space must be on the left hand shoulder of the uniform – not the middle.

7.3. Sponsor Spaces C: side panels:

- a.) Sponsor logos may appear on the side panel;
- b.) The maximum width is 5cm;
- c.) The maximum length is 15cm;
- d.) Only one sponsor logo is allowed on each side and it must be the same sponsor logo;
- e.) This space must be visible from the side of the body. If, due to the athlete body, this space is partly visible from the front, it has to be visible also from the back;

7.4. Sponsor Space D: lower front:

- a.) The maximum height is 4cm;
- b.) The maximum length is 5cm;
- c.) This space can be on the lower left or right side of the uniform but not both.

7.5. Sponsor Space E: upper back:

- a.) One logo of any sponsor may appear above the family name on the back;
- b.) The maximum height is 10cm;
- c.) The maximum length is 15cm;

7.6. Sponsor Space F: upper front:

- a.) One logo of any sponsor may appear above the family name on the front;
- b.) The maximum height is 5cm;
- c.) The maximum length is 15cm.

8. Wetsuits:

- 8.1. Only the wetsuit manufacturer's logo may appear on the wetsuits;
- 8.2. The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit;
- 8.3. If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm²;
- 8.4. Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.

9. Arm covers:

- 9.1. Arm covers must be plain or match the national uniform without any logos.

10. Temporary Tattoos:

- 10.1. Athletes are not allowed to place any temporary tattoo, other than the race numbers and logos provided by World Triathlon, on their body during World Triathlon Events.

11. Podium apparel:

11.1. All the sponsor spaces and design colours indicated in this document apply as well to the podium apparel.

12. Specific rules for PTVI Sport Class:

12.1. The uniform of the Guide must comply with the rules above and use the same sponsors' logos and spaces as on the Para triathlete's uniform;

12.2. The uniform of the Guide must display the word "GUIDE" in the Family Name space;

12.3. The font type must be "Arial", the height 5cm and the width 12 cm.

13. Rights and responsibilities:

	World Triathlon Championship Series (Elite) World Triathlon Championship Finals (Elite) World Triathlon Championships Continental Triathlon Championships World Triathlon Multisport Championships Continental Triathlon Multisport Championships World Triathlon Para Series	All World Triathlon and Continental events not specified in this table
Uniform Colour and Design	As per the catalogue	To be agreed in good faith between Athlete and National Federation
Family Name	Optional for Age-Group athletes Mandatory for all other categories	
Country Code	Mandatory as per World Triathlon Competition Rules	
World Triathlon Logo	Mandatory as per World Triathlon Competition Rules	
Sponsor Spaces A to F	To be agreed in good faith between Athlete and National Federation	

WORLD TRIATHLON COMPETITION UNIFORM APPROVAL PROCESS

1. Overview:

1.1. This process is part of the World Triathlon Guides Regarding Authorised Identification and is a specific addition to the World Triathlon Competition Rules.

2. Purpose:

2.1. The process was created to regulate the World Triathlon's approval of the design of each National Federation's competition uniform to be used by their athletes in all World Triathlon competitions according to the World Triathlon Guides Regarding Authorised Identification.

3. General Requirements:

- 3.1. Every National Federation uniform has to be different from any other National Federation uniform, according to the World Triathlon Guides Regarding Authorised Identification. The difference will be significant to avoid confusion between two different National Federations;
- 3.2. Artistic or creative elements are acceptable provided that the World Triathlon Competition Rules are followed. Specifically, if the design contains recognisable commercial logos or trademarks which exceed the surface limits, it will not be approved;
- 3.3. The same design applies to all types of uniforms: men, women, triathlon style, duathlon style, summer, winter, etc.
- 3.4. Every National Federation can request the approval of one different uniform design for every different multisport. Two uniform options can be requested for the Age-Group athletes, indicating which is the 1st option and which is the 2nd option. Athletes can wear any of the approved options.

4. Timeline for Approval:

- 4.1. National Federations will submit a proposed design of their Competition Uniform for the following year, according to these specifications:
 - a.) A pattern provided by World Triathlon will be used;
 - b.) Sponsor spaces and dimensions, as outlined in the World Triathlon Guides Regarding Authorised Identification. The athlete's family name and National Federation code positions (front and back) and dimensions of both;
 - c.) The position and dimensions of the World Triathlon logo. The colour(s) used in the design, including the pantone. The proposed design may be submitted in .jpg .pdf, png or .tif format;
 - d.) Once approved, the Uniform approval is extended till the National Federation must seek approval for a new design.

5. Approval:

- 5.1. World Triathlon will inform each National Federation in writing about the approval or disapproval of their National Federations uniform if the design is:
 - a.) Compliant with all the World Triathlon Guides Regarding Authorised Identification;
 - b.) Distinct from other National Federation designs.
- 5.2. If the request is not approved World Triathlon will:
 - a.) Ask the National Federation for a new design if the submitted one did not comply with the World Triathlon rules, or;
 - b.) Ask the National Federations that submitted similar requests to agree to modifying their proposed designs in order to have different uniforms;
 - c.) If the National Federations do not get an agreement World Triathlon will decide on which National Federation can use the proposed design according with these priorities:
 - (i) The National Federation that used the proposed uniform in the past will be given preference;

(ii) If both National Federations are proposing new uniforms, a draw will be conducted to choose which National Federation will use the submitted design and which National Federation(s) will have to submit a new one.

5.3. World Triathlon will produce an electronic catalogue of approved National Federation's competition uniforms. This catalogue will be updated monthly;

5.4. Requests for uniform approval received will be considered on a monthly basis. National Federations requesting approval will choose designs that are different from those already approved.

6. Approval Panel:

6.1. All decisions on uniform approval will be made by a panel composed of:

a.) A member of the World Triathlon Technical Committee;

b.) A representative of the World Triathlon Sport Department;

c.) A representative of the World Triathlon Marketing Department;

6.2. The decisions of the Approval Panel can be appealed to the World Triathlon Tribunal. This appeal does not suspend the decision of the Approval Panel, but rather the decision will stay in place during the time the World Triathlon Tribunal takes to make a decision on the appeal.

29. APPENDIX G: PARA TRIATHLON CLASSIFICATION RULES

The Para triathlon Classification Rules can be found in the World Triathlon website under the following link: https://www.triathlon.org/about/downloads/category/competition_rules

30. APPENDIX H: PRIZE MONEY BREAKDOWN

1. Introduction:

- 1.1. The Prize Money Percentages were created to provide a fair and equitable formula to distribute prize money to athletes;
- 1.2. If a World Triathlon Event Organiser wants to modify these percentages, they must request a rule exception. If the modification is approved, it must be posted on the World Triathlon event's web page and on www.competitions.com;
- 1.3. The amount and depth of prize money must be equal for women and men.

2. Percentages:

- 2.1. The table below shows the five basic prize money percentages and the applicable based on the total amount on a World Triathlon Event;
- 2.2. For an easy tool to calculate the prize money percentage based on the event prize money, please visit www.competitions.com:

	TOP 20 (150 001 USD and more overall prize money)	TOP 15 50 001–150 000 USD overall prize money)	TOP 10 (10 001 –50 000 USD overall prize money)	TOP 5 (3 001 –10 000 USD overall prize money)	TOP 3 (3 000 USD and less overall prize money)
1.	23.00%	25.00%	25.00%	30.00%	50.00%
2.	18.00%	20.00%	20.00%	25.00%	30.00%
3.	14.00%	15.00%	15.00%	20.00%	20.00%
4.	10.00%	10.00%	10.00%	15.00%	
5.	8.00%	7.00%	8.00%	10.00%	
6.	6.00%	6.00%	7.00%		
7.	4.00%	5.00%	6.00%		
8.	3.00%	3.00%	4.00%		
9.	2.30%	2.25%	3.00%		
10.	1.90%	1.75%	2.00%		
11.	1.60%	1.50%			
12.	1.40%	1.25%			
13.	1.20%	1.00%			
14.	1.10%	0.75%			
15.	1.00%	0.50%			
16.	0.90%				
17.	0.80%				
18.	0.70%				
19.	0.60%				
20.	0.50%				

31. APPENDIX I: WORLD TRIATHLON RELATED MULTISPORTS

Multisport	Includes:
Triathlon	Triathlon Standard distance Triathlon Sprint distance Triathlon Super Sprint and shorter distances. Triathlon in Qualifying Round format Triathlon in Time Trial Qualifying Round format Triathlon in Eliminator Format Triathlon Team Relay Triathlon Mixed Relay
Aquabike	Aquabike in any distance
Aquathlon	Aquathlon in any distance
Arena Games	Indoor Arena Games Outdoor Arena Games
Cross Duathlon	Cross Duathlon in any distance
Cross Triathlon	Cross Triathlon in any distance
Duathlon	Duathlon Standard distance Duathlon Sprint distance Duathlon Super Sprint and shorter distances. Duathlon Team Relay Duathlon Mixed Team Relay
Indoor Triathlon	Indoor Triathlon in any distance
Long Distance Duathlon	Long Distance Duathlon Middle Distance Duathlon
Long Distance Triathlon	Long Distance Triathlon Middle Distance Triathlon
Winter Triathlon	Winter Triathlon in any distance Winter Duathlon in any distance Winter Triathlon Team Relay Winter Triathlon Mixed Team Relay S3 Winter Triathlon in any distance

32. APPENDIX J: WORLD TRIATHLON EVENTS AND WORLD TRIATHLON EVENT CATEGORIES

WORLD TRIATHLON EVENTS	WORLD TRIATHLON EVENT CATEGORIES
World Championships World Triathlon Championship Series World Triathlon Championship Finals World Series World Cup Continental Championships Continental Cup Continental Cup Premium Continental Cup Final Development Regional Cup Regional Championships	Elite U23 Junior Youth Para triathlon Age-Group Team Relay

World Triathlon Events	Categories
World Championships. Triathlon Standard Distance	U23, Age-Group
World Championships. Triathlon Sprint Distance	Junior, Age-Group, Para triathlon
World Championships. Triathlon Super Sprint Distance	Age-Group
World Championships. Triathlon Mixed Relay	Elite, U23 & Junior (combined), Age-Group, Para Triathlon
World Championships. Triathlon Long Distance	Elite, Age-Group, Para triathlon
World Championships. Duathlon Standard Distance	Elite, U23, Age-Group
World Championships. Duathlon Sprint Distance	Junior, Age-Group, Para triathlon
World Championships. Duathlon Mixed Relay	Elite, Junior.
World Championships. Duathlon Long Distance	Elite, Age-Group, Para triathlon
World Championships. Duathlon Middle Distance	Elite, Age-Group, Para triathlon
World Championships. Winter Triathlon.	Junior, U23, Elite, Age-Group, Mixed Relay, Para triathlon PTS2, PTS3, PTS4 and PTS5
World Championships. Aquathlon.	Junior, U23, Elite, Age-Group, Para triathlon
World Championships. Cross Triathlon.	Junior, U23, Elite, Age-Group, Mixed Relay, Para triathlon, PTS2, PTS3, PTS4, PTS5
World Championships. Aquabike	Age-Group

World Championship Series. Triathlon. (Standard or Sprint or Super Sprint)	Elite, Para triathlon
World Championship Final. Triathlon.	Elite
World Cup. Triathlon. (Standard or Sprint or Super Sprint)	Elite, Para triathlon
World Cup. Winter Triathlon	Elite
World Series. Duathlon (Both Standard or Long)	Elite
World Series. Long Distance Triathlon	Elite
Continental Championships. Triathlon Standard distance	Elite, U23, Age-Group
Continental Championships. Triathlon Sprint Distance	Elite, U23, Junior, Age-Group, Para triathlon
Continental Championships. Triathlon Long Distance.	Elite, Age-Group, Para triathlon.
Continental Championships. Triathlon Mixed Relay	Elite, Junior, Youth, Clubs.
Continental Championships. Duathlon Standard Distance.	Elite, U23, Age-Group
Continental Championships. Duathlon Sprint Distance	Elite, U23, Junior, Age-Group, Para triathlon
Continental Championships. Duathlon Mixed Relay	Elite, Junior
Continental Championships. Duathlon Long Distance.	Elite, Age-Group, Para triathlon.
Continental Championships. Winter Triathlon	Junior, U23, Elite, Age-Group, Mixed Relay, Para triathlon PTS2, PTS3, PTS4 and PTS5
Continental Championships. Aquathlon.	Junior, U23, Elite, Age-Group, Para triathlon
Continental Championships. Cross Triathlon.	Junior, U23, Elite, Age-Group, Mixed Relay, Para triathlon PTS2, PTS3, PTS4 and PTS5
Continental Cup (All distances and all Multisports)	Elite
Continental Tour events	Elite
Junior Continental Cup. Triathlon	Junior

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 (l)
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)
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 b.) (ii)
4. Using abusive language or behaviour toward any 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. Using unsportsmanlike behaviour;	- DSQ and report to the World Triathlon Tribunal for possible suspension	2.1 a.) (i)
6. Blocking, charging, obstructing, or interfering the forward progress of another athlete;	- Unintentionally: warning and amend - Intentionally: DSQ	4.1 e.) 5.1 a.) (i) 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. Refusing to follow 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;	- Warning and amend - If not corrected: DSQ	2.9 (b)

10.	Wearing bib number during the swim segment when wetsuits are forbidden;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: 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;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: Time penalty 	2.1 a.) (xi)
12.	Using illegal, dangerous or unauthorised equipment to provide an advantage or which will be dangerous to others.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ and removed from competition 	2.1 a.) (ii) 5.2 k.)
13.	Violating competition-specific traffic regulations;	<ul style="list-style-type: none"> - Unintentionally: Warning and amend if possible - If not corrected or intentionally: DSQ 	2.1 a.) (iv) 5.1 b.) (i)
14.	Deliberately try to finish in a contrived tie situation by elite, U23, junior and youth athletes, or Para triathletes in World Triathlon sanctioned events;	<ul style="list-style-type: none"> - DSQ of all athletes involved 	2.11 h.) (ii)
15.	Wearing a different uniform than the one presented in the check-in, either in competition or in the award ceremony;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ 	2.7 d.) (ii) 2.8 c.) (xii)
16.	Wearing during the competition or the award ceremony a uniform which doesn't meet the Competition Rules;	<ul style="list-style-type: none"> - DSQ 	2.8 c.) (xii)
17.	Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee, when not allowed;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ 	4.11 b.) (iii)
18.	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)
19.	Not wearing the uniform over both shoulders while on field of play.	<ul style="list-style-type: none"> - Warning and amend - If not: DSQ 	2.8 c.) (ix)
20.	In events where uniform with front zip is allowed, wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ 	15.7 b.)
21.	In events where uniform with front zip is allowed, wearing a uniform with front zipper undone during the last 200m of the run;	<ul style="list-style-type: none"> - Warning and amend 	15.7 b.)

22.	Displaying any kind of demonstration of political, religious or racial propaganda;	- Warning and amend - If not: DSQ and removed from competition	2.1 a.) (x)
23.	Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	2.5 n.)
24.	Participating when not eligible;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	2.5
25.	Repeated intentional violations of World Triathlon Rules;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	3.7 3.8
26.	Drug abuse;	- Penalties will apply according to the WADA rules	2.3
27.	For an unusual and violent act of unsportsmanlike behaviour;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	3.7 3.8
28.	Compete with a bare torso.	- Warning and amend - If not corrected: DSQ	5.1 a.) (ii) 6.1 a.) (iv)
29.	Indecent exposure or nudity;	- Warning and amend - If not corrected: DSQ	7.1 p.)
30.	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;	- DSQ of both athletes	2.2 b.)
31.	Gain unfair advantage from any vehicle (excluding drafting).;	- DSQ	2.1 a.) (xii)
32.	Not stopping in the next penalty box being obliged to do so;	- DSQ	3.5 e.) (i)
33.	Warming up on the course while another competition is in progress;	- Warning and amend - If not corrected: DSQ	18.2 b.) 19.3 b.)
34.	Competing under suspension;	- DSQ, removed from competition and reported to the World Triathlon Tribunal for extending suspension or expulsion.	2.5 b.)
35.	Carrying out ambush marketing in the award ceremony;	- Forfeit the prize money earned in the event.	2.1 a.) (ix)

36.	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
37.	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 a.) 5.2 j.) (i)
38.	Using any device distracting the athlete from paying full attention to their surroundings;	- Warning and amend - If not corrected: DSQ	2.1 a.) (xiv)
39.	An athlete physically assists the forward progress of another athlete;	- DSQ of both athletes	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)

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 c.)
46.	To change the start position once selected;	- Warning and amend - If not corrected: DSQ	4.5 b.)
47.	To block more than one start positions;	- Warning and amend - If not corrected: DSQ	4.5 b.)

SWIM			
RULES	PENALTIES	REFERENCE	
48.	Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee, in a non-wetsuit swim;	- Warning and amend - If not corrected: DSQ	4.11 (b) 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;	- Warning and amend - If not corrected: 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;	- Before the competition: Warning and amend - During the competition: - 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 b.) 7.1 g.)
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 t.)
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 a.)
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 j.)
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 l.)
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 c.) 7.1 d.)
60. Marking of position in transition area;	<ul style="list-style-type: none"> - Warning and amend - If not corrected, marking and objects used for marking purposes will be removed and athlete will not be notified 	7.1 r.)
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);	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite and Para triathlon: Time penalty 	15.6 d.)
62. Interfering with another athlete's equipment in the Transition Area;	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite and Para triathlon: Time penalty 	7.1 h.)

63.	Remove trisuit and/or swimskin in a standard distance race or shorter when wetsuits are not allowed;	- Warning and amend - If not: DSQ	4.11 c.) (iii)
64.	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 s.)
65.	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 e.)
66.	Cycling out of transition rather than mounting at the mount line;	- DSQ	7.1 k.)
67.	Not attempting to dismount at the dismount line and cycling in Transition	- DSQ	7.1 m.)

BIKE			
RULES	PENALTIES	REFERENCE	
68.	Not wearing helmet during bike familiarisation and/or official bike training sessions;	- To be excluded from the specific session	5.2 g.) (ii)
69.	Make forward progress without the bike, during the bike segment;	- Warning and amend - If not: DSQ	5.1 a.) (iii)
70.	Drafting in a draft-illegal competition on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) 5.6 e.)
71.	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;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) (vi) 5.6 e.)
72.	Re-passing by an overtaken athlete prior to dropping out of the draft zone on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) (vi) 5.6 e.)
73.	Drafting in a draft-illegal competition on middle- or long-distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) 5.6 f.)
74.	Overtaken athlete not dropping out of the draft zone of the passing athlete by continuously making	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) (vi) 5.6 f.)

	rearward progress to clear the drafting zone completed in 25 seconds on middle- and long-distance events;		
75.	Re-passing by an overtaken athlete prior to dropping out of the draft zone on middle- and long-distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) (vi) 5.6 f.)
76.	Drafting off a different gender athlete in draft legal events;	- 1st offence: Warning and amend - 2nd offence DSQ	5.5 b.)
77.	Drafting off an athlete being in a different lap;	- Warning and amend - If not: DSQ	5.5 b.)
78.	Drafting off a vehicle or motorbike in a draft-illegal competition;	- Warning and amend - If not corrected: Drafting time penalty	5.5 b.)
79.	Drafting off a vehicle or motorbike in a draft-legal competition;	- Warning and amend - If not corrected: DSQ	5.5 b.)
80.	Blocking in a draft-illegal competition;	- Time penalty	5.7
81.	Blocking in a draft-legal Age-Group competition;	- Time penalty	5.7
82.	Passing another athlete in a no passing zone	- Time penalty	18.4 e.) 19.4 e.)
83.	Wearing the helmet unfastened or insecurely fastened, during the bike segment;	- Age-Group: Warning and amend - Elite and Para triathlon: Time penalty - If not corrected: DSQ and removed from competition	5.2 g.) (iv)
84.	Take off the helmet on the bike course, even if stopped;	- Warning and amend - If not corrected: DSQ	5.2 g.) (iv)
85.	Not wearing a helmet during the bike segment;	- DSQ and removed from competition	5.2 g.) (iv)
86.	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 a.) (iv)
87.	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 not corrected: DSQ	3.5 d.) (iii)
88.	Athletes using the restroom while serving a penalty in the bike penalty box;	- Penalty paused	3.5 d.) (iv)

89.	Making adjustments to equipment or performing any type of bike maintenance while serving a penalty;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ 	3.5 d.) (v)
90.	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.	<ul style="list-style-type: none"> - Time penalty 	5.1 b.) (v)
91.	Deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm;	<ul style="list-style-type: none"> - DSQ and may report to World Triathlon Tribunal for potential suspension or expulsion; 	5.1 b.) (vi)
92.	Riding in a forbidden position.	<ul style="list-style-type: none"> - Time penalty - If repeated: DSQ and removed from competition 	5.8

RUN AND SKI			
RULES	PENALTIES	REFERENCE	
93.	Crawl during the running segment;	<ul style="list-style-type: none"> - DSQ and removed from competition 	6.1 a.) (iii) 6.3 a.)
94.	Running together and/or taking pace from other athlete/s that is/are one or more laps ahead. (Applicable to Elite, U23, Junior, Youth athletes and Para triathletes);	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ 	6.1 a.) (viii)
95.	Being accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or along the course;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ 	6.1 a.) (vii) 18.5 b.)
96.	Run or ski wearing a helmet;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ 	6.1 a.) (v) 18.5 f.)
97.	To use posts, trees or other fixed elements to assist manoeuvring curves;	<ul style="list-style-type: none"> - Time penalty 	6.1 a.) (vi)
98.	Being accompanied by any non-competing person in the finish chute.	<ul style="list-style-type: none"> - DSQ 	6.3 b.) 18.5. b.)
99.	Not use classic style where mandatory	<ul style="list-style-type: none"> - First offence Time penalty, - Second offence DSQ 	18.5. e.)

100. Changing corridors in the finish chute, impeding the progress of other athletes.	- DSQ	18.5. i.)
101. 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.)
102. 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
103. 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)
104. 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.)
105. Team relay exchange completed outside of the exchange zone;	- Time penalty	16.10 c.)
106. Team relay exchange not completed, or intentionally completed outside the changing zone;	- DSQ	16.10 c.) 16.10 d.)

PARA TRIATHLON SPECIFIC		
RULES	PENALTIES	REFERENCE
107. Para triathletes who use catheters or other urinary diversion devices, have spillage during training, competition or classification;	- Warning and amend - If not corrected: DSQ	17.19 a.)
108. 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	- Warning and amend - If not corrected: DSQ	17.9 f.)

covered or not surrounded by anti-slip material.		
109. Para triathlete without a temporary, review or confirmed class status according to the regulated timelines;	- DSQ	17.4
110. Para triathlete competes wearing or using any prostheses or special adaptive equipment which are not officially approved;	- Warning and amend - If not corrected: DSQ	17.16 a.) 17.12 l.) 17.8 b.) (vi)
111. Para triathletes using unprotected sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful;	- Warning and amend - If not corrected: DSQ and removed from competition	17.11 e.)
112. Para triathlete's classification is considered Not Completed (CNC);	- Removed from the start list	See Classification Rules – part 3 section 10
113. Para triathlete who have been classified as non-eligible for a para triathlon competition;	- Removed from the start list	See Classification rules – part 5
114. 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
115. 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
116. Guides and personal handlers, who have not registered at the athletes' briefing;	- Access to the FOP removed	17.6 b.)
117. Personal handler not carrying the special credentials which were given by the LOC/World Triathlon;	- Warning and amend - If not corrected: DSQ the Para triathlete that he/she is handling	17.7 a.)
118. Para triathlete receiving help from more personal handlers that he/she has registered;	- DSQ	17.7 b.)
119. 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.)
120. Personal handler repairing a Para triathlete's bike in an area other than the athletes' transition spot or	- DSQ	17.7 c.) (iv) 17.7 g.)

the wheel station during the competition;		
121. Para triathletes' equipment in the pre-transition area which haven't been registered;	- Warning and amend - If not corrected: DSQ	17.8 b.) (vi)
122. Personal handlers' present in the pre-transition area from PTS2, PTS3, PTS4 and PTS5;	- Warning and amend - If not corrected: DSQ the athlete that they are handling	17.9 a.)
123. 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 not corrected: DSQ	17.9 g.)
124. PTWC1 and PTWC2 para triathletes doing the transition outside the individual space;	- Time penalty	17.10 h.)
125. 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.)
126. 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.)
127. Para triathletes leaving equipment in pre-transition after exiting it;	- Warning and amend - If not corrected: Time penalty	17.9 e.)
128. PTVI1, PTVI2 and PTVI3 athletes competing with a guide who is not complying with the requirements;	- DSQ	17.17 a.) (iv) (v)
129. PTVI1, PTVI2 and PTVI3 athletes not be tethered during the swim or the run;	- Warning and amend - If not corrected: DSQ	17.17 b.) (i) 17.17 d.) (i)
130. 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	17.7 b.) (ii)
131. PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 0.5m away from their guide, during the after the swim exit;	- First offence: Time penalty - Second offence: DSQ	17.17 a.) (viii) 17.17 d.) (ii)
132. PTVI1, PTVI2 and PTVI3 athletes pulled or pushed by the guide;	- DSQ	17.17 a.) (vii) 17.17 b.) (ii)
133. PTVI1, PTVI2 and PTVI3 para triathlete crosses the finish line and the guide is beside or behind the para triathlete but further apart than	- DSQ	17.17 a.) (viii) 17.17 d.) (ii)

the required 0.5 meters maximum separation distance;		
134. Para triathlete enters the Field of Play with a guide dog;	- Warning and amend - If not corrected: DSQ	17.17 a.) (i)
135. PTVI1 athletes not wearing blackout goggles or glasses during the applicable segments;	- DSQ	17.17 a.) (x)

34. APPENDIX L: RESULTS AND START LIST SAMPLES

The Results and Start List samples can be found on the World Triathlon website.

35. APPENDIX M: ATHLETE'S AGREEMENT

The Athletes Agreement is outlined in the World Triathlon website under the following link:

https://www.triathlon.org/about/downloads/category/athletes_agreement

36. APPENDIX N: TECHNOLOGICAL FRAUD

1. Location and time:

- 1.1. For any event, the technological fraud check will take place at the time that the athletes' bicycles are checked (athletes' lounge or transition zone).
- 1.2. Ideally two tents should be provided by the LOC (one of them can be without walls).
- 1.3. Prior to the competition, there will be random selections among the athletes. Post-competition tests can take place on targeted athletes according to their performance.

2. Personnel involved:

- 2.1. One or two World Triathlon accredited bike check officials should be part of the process.
- 2.2. A qualified bike mechanic should be provided by the LOC. The bike mechanic should be very familiar with the types of bicycles that are being used at the particular competition and be able to disassemble the bike and reassemble the bike within a short period of time.

3. Process:

- 3.1. The selected athlete will be asked to move his/her bicycle to the 1st tent. The World Triathlon accredited bike check official will explain the process to the athlete, perform a visual check and scan the bicycle including the frame and the wheels.
- 3.2. In case of low readings, the athlete and bicycle will be released.
- 3.3. In case high readings, if available, the second accredited bike check official will be asked to verify the results. If still high reading, the athlete will be asked to move his/her bike to the closed tent. In case of high reading and there is no second accredited bike check official available, the athlete will be asked to move his/her bike to the closed tent.
- 3.4. World Triathlon may use any available technology to check the athletes' bicycles.
- 3.5. In the closed tent, along with the World Triathlon accredited bike check official, the World Triathlon Head Referee has to be present (or any other official assigned by the Head Referee to represent her/him) and the bike mechanic. This tent has to be closed from any public/media view.
- 3.6. The athlete will be given the tools to remove the seat post and the chain wheel axle. Alternatively, the athletes' representative can remove the above equipment for them. If the athlete or his/her representative is not willing to remove the above equipment, he/she has to sign a waiver for any damages to the bicycle during removal by a World Triathlon approved bike mechanic.
- 3.7. The bike mechanic or the athlete will remove the chain wheel axle. If a motor exists, the athlete will be referred to the Head Referee for a decision. The Head Referee will disqualify the athlete and refer the case to the World Triathlon Tribunal for possible further penalties.
- 3.8. If the athlete refuses to sign a waiver, the case will be considered as a missed test and as such the Head Referee will disqualify the athlete and refer the case to the World Triathlon Tribunal for possible further penalties.
- 3.9. The athlete is not allowed to compete on another bicycle at any World Triathlon event until the case is closed and during the time of a possible suspension.

37. APPENDIX P: NON-TRADITIONAL OR UNUSUAL BIKE APPROVAL PROCESS

1. The manufacturer should provide a product description (with illustrative pictures) about the bike frame to be approved.
2. The manufacturer should declare that the frame (in all available/sold frame sizes) fulfils all the criteria of the actual bike safety standards, at the moment the ISO 4210:2015. This declaration should be part of the document package submitted for approval.
3. The manufacturer should demonstrate the compliance with ISO 4210:2015 standard of the frame with a test report issued by an independent third-party laboratory conducting consumer product safety and compliance testing in the field of mechanical testing and accredited to the requirements of EN/ISO/IEC 17025. Test reports should be provided about all available/sold frame sizes (like 48/50/52 etc.) These test reports should be part of the document package submitted for approval.
4. The certification about the compliance with EN/ISO/IEC 17025 of the accredited test laboratory should be part of the document package submitted for approval.
5. The approval panel will study these documents and will take a decision on the acceptance of the request.

38. APPENDIX Q: PPE – PRE PARTICIPATION EVALUATION

1. The PPE should consist of:

- 1.1. Answer the Medical Questionnaire: this questionnaire is strictly confidential and must be given to the responsible team doctor before the medical examination. The medical questionnaire will be available to be downloaded from the World Triathlon website.
- 1.2. Physical Examination: by the doctor following the IOC recommendations published in the “Lausanne Recommendations” about the Sudden Cardiovascular Death in Sport Consensus.
 - a.) Cardiac auscultation:
 - (i) Rate/rhythm
 - (ii) Murmur : systolic/diastolic
 - (iii) Systolic click
 - b.) Blood Pressure
 - c.) Radial and Femoral Pulses
 - d.) Marfan stigmata
- 1.3. A 12-lead rest electrocardiogram (ECG). Doctor to look for anomalies in rhythm, conduction or repolarisation.
- 1.4. Each National Federation must send one letter/certificate at the beginning of each season, signed by the National Federation representative, confirming that all athletes as outlined in 2.4.c have undertaken the PPE, who will enter in a World Triathlon event in the specific calendar year. This letter will have to be submitted manually, otherwise athletes from the specific National Federation will not be admitted to any World Triathlon event.

39. APPENDIX R: COMPETITION RULES FOR ELIMINATOR FORMAT

1. Definition:

- 1.1. The Eliminator format is a race that consists of two or three triathlons - or other multisport races - happening one after the other, with a short recovery time between them. There will be a maximum of 30 athletes at the start of the first race and a defined number of last athletes will be eliminated at the end of every race.
- 1.2. If there are more than 30 athletes entered, a preliminary qualification phase will be held. As an alternative, the selection of the 30 athletes may be made from the result of a previous competition or based on a ranking. The Eliminator format will be used as the Final phase.
- 1.3. The distances of each of the races, including every round of the Eliminator, will be a Super Sprint.
- 1.4. Triathlon or other multisport competitions may be organised by using the Eliminator format.

2. Preliminary phase:

- 2.1. In case that there will be admitted more than 30 athletes in the event a preliminary phase can be organised as one of the following options:
 - a.) Super Sprint Time Trial Qualifying event (may be scheduled for the same or previous day of the Final phase):
 - (i) Athletes with the 30 best times will qualify for the Final phase. In case of a tie involving the 30th position, all tied athletes will progress to the Final phase.
 - b.) Super Sprint Qualifying event (may be scheduled the same or previous day of the Final phase). Schema with Repechage waves (extended schedule):
 - (i) 31- 40 athletes:
 - Two Qualifying waves (up to 20 athletes each). The top 10 athletes of each qualify for the Final.
 - One Repechage wave involving up to 20 remaining non-qualified athletes. The top 10 athletes from the Repechage qualify for the Final. The athletes in the Repechage wave keep their race numbers and their position in the Transition Area from the Qualifying waves. Athletes' introduction order will be according to their current World Triathlon Ranking or any other applicable.
 - (ii) 41 - 50 athletes:
 - Two Qualifying waves (up to 25 athletes each). The top 10 athletes from each qualify for the Final.
 - One Repechage wave involves up to 30 remaining non-qualified athletes. The top 10 athletes from the Repechage qualify for the Final. The athletes in the Repechage wave keep their race numbers and their position in the Transition Area from the Qualifying waves. Athletes' introduction order will be according to their current World Triathlon Ranking or any other applicable.

- (iv) 51 - 60 athletes:
- Two Qualifying waves (up to 30 athletes each). The top 10 athletes from each qualify for the Final.
 - Two Repechage waves involving up to 20 remaining non-qualified athletes from each qualifying wave. The athletes will race against the same athletes as in the previous qualifying waves and keep their position in the Transition Area. Athletes' introduction order will be according to their race number. The top 5 athletes from each Repechage wave qualify for the Final.
- (v) 61 - 70 athletes:
- Three Qualifying waves (up to 23 or 24 athletes each). The top 8 athletes of each qualify for the Final.
 - Two Repechage waves of up to 46 remaining non qualified athletes each. The top 3 athletes from each Repechage wave qualify for the Final. The athletes will be ranked according to their finishing time from the Qualifying waves and will be distributed equally according to the Qualifying event rules. Athletes' introduction order will be according to their current World Triathlon Ranking or any other applicable.
- c.) Schema without Repechage waves (compact schedule):
- (i) In case of two Qualifying waves, the top 15 athletes from each wave qualify for the Final.
- (ii) In the case of three Qualifying waves, the top 10 athletes from each wave qualify for the Final.
- (iii) In the case of four Qualifying waves, the top 7 athletes from each wave, plus the fastest 2 times from all the waves, qualify for the Final.
- d.) The TD may determine other models, which may or may not include the Repechage waves and may adjust the models above depending on the number of athletes entered.
- e.) In any case of a tie in the preliminary phase, the tied athletes will progress to the Final and the number of athletes will be adjusted as needed.
- f.) Any event in any other format may be determined as a Qualifying event.
- g.) World Triathlon Ranking (or any other ranking) may be used as an alternative, or in case of cancellation or impossibility of holding or completing the Qualifying event.
- h.) The Preliminary phase will determine:
- (i) The 30 athletes qualified for the Final phase.
- (ii) The order (by time) of the non-qualified athletes in order to fill any vacancies among the qualified athletes and award ranking points if applicable.

3. Final phase :

- 3.1. The Final phase of the Eliminator format includes two or three rounds of Super Sprint triathlons - preferably with the distance of 300m swim + 6km bike + 1.5km run. (+/- 10%) - occurring one after the other with a short recovery time between them.
- 3.2. The start of the first round of the Final phase must be scheduled no earlier than 90 minutes after the end of the last waves of the Preliminary phase of the same gender.
- 3.3. Athletes will be numbered according to the results of the Preliminary phase. Refer to section 20.5 of the World Triathlon Competition Rules.
- 3.4. The next round will start within 30 minutes of the start of the previous round. The Technical Delegate may modify this time according to the local conditions.
- 3.5. Athletes will be eliminated at the Finish line only.

Eliminator with 2 rounds	Progress by round
1st round finish line	15 progress

Eliminator with 3 rounds	Progress by rounds
1st round finish line	20 progress
2nd round finish line	10 progress

- 3.6. In case of a tie during the final phase, the tied athletes will progress to the next round and the number of athletes will be adjusted as needed.
- 3.7. Athletes that are DSQ, DNF and DNS are not eligible to progress.
- 3.8. Equipment:
 - a.) Athletes may check-in to the Transition Area one bike and any equipment needed for the first round.
 - b.) In case additional equipment is required for the following rounds, athletes may manage those during the time between rounds.
 - c.) Spare wheels will not be allowed in the Transition Area.
 - d.) Spare wheels may be checked-in to the Wheel Station adjacent to the Transition Area.
 - e.) Warm-up or any other non-competition equipment must be deposited in the Athletes Lounge prior to each start (the Technical Delegate may modify this according to the local conditions).
- 3.9. Specific rules for the Final phase:
 - a.) Transition Area:
 - (i) Upon the start of any round, everything must be in the dedicated bin, except:
 - Cycling shoes, if already mounted on the pedals.
 - Bike helmet, if placed on the bike.

- Glasses, if placed on the bike or on the helmet.
 - Running shoes, if placed within the athlete's space in the Transition Area.
- b.) Penalties: must be served during the same round that the infringement happened.
- c.) After finish/before next start:
- (i) Athletes progressing to the next race are allowed to return to the Transition Area. They may reorganise their own space, including but not limited to repairing the bike or replacing wheels.
 - (ii) Eliminated athletes are not allowed to return to the Transition Area between rounds. Their equipment is both checked out and moved to the Athletes Lounge by Technical Officials.
- d.) The Transition Area, the pre-start area and the path connecting the two areas are only accessible to the athletes competing in the next round and the Technical Officials.
- e.) Coaches may assist their athletes in the Athletes Lounge.
- f.) Athletes must be ready for line-up three minutes before the next start. Those missing will be placed in the last positions of the line-up. No further athletes will be admitted to the start line less than 30 seconds before the start.
- g.) Field of Play decisions of the Technical Officials and Head Referee are considered final in the Final phase, with the exception of the last round. Disqualified athletes will not progress to the next round. This may result in the next athlete(s) crossing the finish line progressing to the next round. For disqualifications or penalties happening in the last round, the usual appeal/protest process applies.
- h.) If any athlete who has qualified for the next round communicates to the Head Referee his/her withdrawal up to five minutes before the start, the first non-qualified athlete in the previous round will be allowed to compete.
- i.) These athletes' progression charts may be modified by the Technical Delegate in case less than 30 athletes compete.
- j.) Athletes eliminated will be informed by the Head Referee or the Finish Technical Official at the finish line.
- k.) Race interrupted:
- (i) In case the race is interrupted with no possibility to restart, the results of the race will be as follows:
 - If the race is interrupted during the first stage, the result of the race will be done by sorting the athletes:
 - (i) First: those qualified directly from the qualifiers, according to the times in the qualifiers
 - (ii) Second: those qualified from the repechage according to the times in the repechage.
 - If the race is interrupted during the second or third stage, the positions from the last timing point will determine the positions for the athletes competing in that

moment. For those eliminated, or DNF the positions by the finish of the last stage completed will determine their positions

4. Overall results:

4.1. Results will be created as follows:

- a.) Athletes crossing the finish line will be ranked according to their times at the finish line of the specific round. If more than one athlete is marked DNF or LAP, those who completed the most laps should be listed first. If several athletes are marked DNF or LAP on the same lap, athletes should be listed according to their times at the previous timing point with the fastest first.
- b.) The athletes from previous rounds will be ranked according to the same principles.
- c.) The athletes from the Preliminary phase will be ranked after those in the Final phase according to the times obtained.
- d.) Disqualified athletes will not have any rank.

40. APPENDIX S: COMPETITION RULES FOR ARENA GAMES TRIATHLON FORMAT

1. Introduction:

- 1.1. This section has been created to outline the specific rules and regulations applied to the Arena Games Triathlon Series and Arena Games Triathlon Finals. If not specified, the generic competition rules of World Triathlon are applied.

2. Qualification:

- 2.1. The specific Qualification Criteria for the Arena Games Triathlon events are outlined in the World Triathlon website under the following link:

https://www.triathlon.org/about/downloads/category/qualification_criteria

3. Eligibility:

- 3.1. The minimum age is 15 years old.

4. Ranking:

- 4.1. The specific Ranking Criteria for the Arena Games Triathlon events are outlined in the World Triathlon website under the following link:

https://www.triathlon.org/about/downloads/category/ranking_criteria

5. Event Format:

- 5.1. Arena Games Triathlon Series event - option 1:

a.) Heats:

1. 8 athletes per Heat x 2 Heats
2. 2 Stages (Swim - Bike - Run / Swim - Bike - Run)
3. The pursuit starts for the last stage based on the time difference after the first stage. The athlete with the fastest time will start first.
4. Athletes ranked 1-3 per Heat qualify for the Final.
5. The next fastest two athletes across both Heats also go into the Final. If there is a tie in the 8th position, a draw must take place among the athletes affected.

b.) Final:

1. 8 athletes
2. 3 Stages (Swim - Bike - Run // Run - Bike - Swim // Swim - Bike - Run)
3. The pursuit starts for the last stage based on the accumulated time after the first and second stages. The athlete with the fastest time will start first.

- 5.2. Arena Games Triathlon Series event - option 2:

a.) Heats:

1. 10 athletes per Heat x 2 Heats
2. 2 Stages (Swim - Bike - Run / Swim - Bike - Run)

3. The pursuit starts for the last stage based on the time difference after the first stage. The athlete with the fastest time, will start first.
4. Athletes ranked 1-4 per Heat qualify for the Final.
5. The next fastest two athletes across both Heats also go into the Final. If there is a tie in the 10th position, a draw must take place among the athletes affected.

b.) Final:

1. 10 athletes
2. 3 Stages (Swim - Bike - Run // Run - Bike - Swim // Swim - Bike - Run)
3. The pursuit starts for the last stage based on the accumulated time after the first and second stage. The athlete with the fastest time will start first.

5.3. Arena Games Triathlon Finals:

a.) Heats:

1. 10 athletes per Heat x 3 Heats
2. 2 Stages (Swim - Bike - Run // Swim - Bike - Run)
3. The pursuit starts for the last stage
4. Athletes ranked 1-2 per Heat qualify for the Final
5. Athletes ranked 3-7 per Heat go into Repechage
6. The next fastest five athletes across all Heats also go into Repechage. If there is a tie in the 20th position, a draw must take place among the athletes affected.

b.) Repechage:

1. 10 athletes per Heat x 2 Heats
2. 2 Stages (Swim - Bike - Run // Swim - Bike - Run)
3. The pursuit starts for the last stage
4. The top 2 qualify for the Final

c.) Final:

1. 10 athletes
2. 3 Stages (Swim - Bike - Run // Run - Bike - Swim // Swim - Bike - Run)
3. The pursuit starts for the last stage

6. Timing & Results:

- 6.1. Times and rankings recorded by the Esports Platform shall determine the winner, all placing, and the time applicable to each athlete for those competitions that finish with a discipline on the Esports platform.
- 6.2. Automatic equipment shall be used to determine the winner, all placing, and the time applicable to each lane for the competitions finishing with a real-life swim.

6.3. The results of a competition shall be considered provisional until all performance verification processes have been completed, and the time limit for any appeal/ protest to be raised has elapsed.

7. Technical Officials:

7.1. World Triathlon will appoint one Head Referee to each Arena Games event.

7.2. Technical Delegates will not be appointed to this type of competition.

7.3. The number of technical officials to be determined by the Head Referee cannot be less than five (5).

7.4. The composition of the Competition Jury will consist of one representative from World Triathlon being the chair, one representative from Super League Triathlon, and one representative from the host National Federation.

7.5. Appeal/protest can happen at any moment, but they will be discussed at the end of the phase (Heat / Repechage / Final). The procedures and the timelines to be followed are similar to any other event.

8. Equipment:

8.1. Cycling and running segments of the Arena Games events are being held on cycling and running esports platforms. A cycling/running esports platform is a software that, when coupled with certain hardware, allows individuals to participate in cycling/running competitions in a virtual environment. The cycling/running esports platform must, at minimum, provide a form of continuous feedback to the participants as to their progress within the competition as related to other participants.

8.2. The esports platform provider is responsible for taking all reasonable steps to ensure that the software used is free from any defects that may interrupt the running of the event or otherwise produce an unfair result.

8.3. Before the start, or after the conclusion of any competition, any equipment used by an athlete may be subject to inspection by the Head Referee to verify the athlete's performance and the accurate measurement of the equipment.

8.4. Athletes will compete on identical equipment (trainers/smart bikes, treadmills) provided by the LOC of the competition. Only trainers and smart bikes with a manufacturer-claimed power reading accuracy of +/- 2% or better shall be permitted.

8.5. All equipment the LOC provides for the cycling and running segments must be identical. No athlete must gain any advantage from the physical or virtual equipment assigned to him/her through the LOC or esports platform.

8.6. The LOC must follow any required manufacturer's specifications on maintaining the accuracy of the equipment, including but not limited to conducting a spin down, zeroing, or other calibration or offset procedure for power meters or smart trainers immediately before a competition.

8.7. Unless explicitly specified in the event-specific regulations for a competition, athletes must compete using the equipment provided by the LOC that is necessary to record and transmit the athlete's performance data. This includes but is not limited to smart trainers or smart bikes, treadmills, cadence sensors, heart rate monitors, and other equipment as deemed

necessary. To avoid interference with any of the official equipment, athletes must not use any of their own wireless transmitting devices, such as wireless head units, power meters, or others.

- 8.8. An athlete's weight, height and any other such data used to calibrate equipment or the Event Platform shall be measured during the race package distribution. Such measurements shall be measured when clothed in a Trisuit without shoes. Any athlete who misses the measurement process will be removed from the start list. The athletes' measured data must be verified by each athlete when mounting their treadmill and smart trainer for the first time in a competition.
- 8.9. Trisuits:
 - a.) The Trisuit that the athletes are using, need to match the virtual avatar
 - b.) Trisuit will be provided by the LOC
 - c.) The Trisuit will have a pre-selected color (identical for each athlete) with World Triathlon and Arena Games Triathlon logo.
- 8.10. Support team:
 - a.) National Federation's Quota: Every National Federation has a support team quota of one coach and one team medical.

8.11. Athletes' briefing

- a.) For the Arena Games Triathlon Series and the Arena Games Triathlon Finals, there is one single Athletes' Briefing for female and male elite athletes. This briefing will be held at 18:00 local time one (1) day prior to the first elite competition day.

9. Competition:

9.1. General:

- b.) Each stage will start precisely on time as scheduled.
- c.) The athlete should not have any contact with the screens used.
- d.) Time penalties for each discipline will be served at the earliest convenience, in most cases a time penalty will be served at the bike station or the run station, the only time this will not occur is when the swim is the last segment of a stage, when this occurs you will be stopped during the segment to serve the penalty.
- e.) Swim early starts will result in athletes being stopped after the first segment for 5 seconds. No early start is possible in other formats.
- f.) Eliminations: Athletes not finishing in time for the start of the next stage will be eliminated.
- g.) No helmets are required on the bike.
- h.) Athletes must swim in their designated swim lane, cycle on their designated bike trainer, and run on their designated treadmill. Failure to do so will result in disqualification.
- i.) Spitting will result in a five (5) seconds penalty.

9.2. Stage starting with bike or run segment:

- a.) Athletes will be required to start from a standing position.
- b.) 60 seconds before the start of the stage the Head Referee will announce "Attention Athletes, 60 seconds to go" and show a countdown on the big screen in the arena.
- c.) 30 seconds before the start of the stage the Head Referee will announce "30 seconds to go".
- d.) 20 seconds before the start of the stage the LOC will fade out the music in the arena.
- e.) 15 seconds before the start of the stage the Head Referee will give a whistle signal.
- f.) At this point athletes must stop running or pedalling
- g.) Approximately 10 seconds before the start the Head Referee will give the command: "Athletes, on your mark" -> Strictly no movement is allowed after this signal. If not, the athlete will be disqualified.
- h.) The competition will start with a start horn signal over the speaker system.
- i.) IMPORTANT: The start horn is the only valid start signal. Countdown from the eplatform is only orientative and not official.

9.3. Swim:

- a.) The athletes will be swimming a distance of 200m
- b.) Start off the starting block platform
- c.) Any swimmer part must touch the wall upon completion of each pool length. Upon the finish of the swim segment, the swimmer must touch the touch panel (or any other dedicated device) of the automatic officiating equipment. If not, a 5-second penalty will apply.
- d.) The athletes must get out of their lane. They are not allowed to exit from the side of the pool. If not, the athlete will be disqualified.
- e.) In case of an open water swim, the swim timing may be captured with a different process that will be communicated to the athletes in advance.

9.4. Transition:

- a.) There is a transition bin for each athlete by the start/end of each segment.
- b.) Athletes must place all equipment used for the discipline into the transition bin of that segment. Failure to do so will result in a 5 second penalty.
- c.) Swim Caps and Swim Goggles must be placed in the Transition bin at Swim Start/exit
- d.) Running Shoes must be placed in the Transition bin at the Treadmill.
- e.) Athletes must not run with their running shoes from the treadmill to the bike station.
- f.) Athletes must cycle with their cycling shoes. Platform pedals are not allowed.
- g.) Athletes must not carry swim caps with them - instead they must take them out of the transition bin at swim start.
- h.) Athletes are allowed multiple pairs of shoes, multiple pairs of swim caps in the transition bin.
- i.) Athletes are responsible to have all equipment ready in time for the next stage (shoes at treadmill, elastic bands set up for the bike, swim cap at swim start, etc.)

9.5. Transition from one segment to another:

- a.) The athletes must use only the designated path to their position.

9.6. Run:

- a.) Athletes will be running on a self-powered curved treadmill. This means they will adjust speed by simply running faster / running slower.
- b.) They will be running around 1km on a virtual designated course.
- c.) Screens mounted to the treadmill will show their progress in the competition.
- d.) Barefoot running is not allowed
- e.) The run section is finished when the athletes' virtual avatar has reached the virtual finish line.

- f.) Athletes are allowed to use the handrailing of their treadmill for mounting/ dismounting. Additionally can be used in case of emergency for avoiding falling. Contact with the handrail cannot be longer than three (3) seconds.

9.7. Bike:

- a.) Athlete's bike will be mounted to a Smart Trainer. identical equipment will be used for all athletes.
- b.) Screens in front of each bike will show the progress in the segment.
- c.) Bike course will be a virtual designated course of around 3 to 4 km. Athletes can dismount their bike by having one complete foot contact with the ground only when the bike segment has been completed and the relevant message is shown on the screen in front of them. They cannot jump off the bicycle and leave their avatar rolling to the end of the bike segment. This action will result in immediate disqualification.
- d.) Athletes are allowed to use the towels provided by the LOC. The towel should be placed in the bin after the end of the segment.
- e.) The bike segment is finished when the virtual avatar crosses the virtual finish line. Athletes can dismount their bike by having one complete foot contact with the ground only when the bike segment has been completed and the relevant message is shown on the screen in front of them. They cannot jump off the bicycle and leave their avatar rolling to the end of the bike segment. This action will result in immediate disqualification.
- f.) Drafting may be allowed. The athletes will be informed about this during the athletes' briefing of the first race and will remain for the whole season. If drafting is allowed, normal draft function will be enabled in the software. Drafting Zone rules do not apply in either scenario as drafting features will be solely applied via the software solution.

9.8. Exceptional conditions:

If a technical failure occurs that is outside of the control of the Athletes (e.g., Software or Hardware related but not Bike related) then the following rules will be applied:

- a.) If 3 or fewer athletes are impacted the stage will continue. If the technical failure is fixed during the stage and impacted athletes manage to finish the stage before the last non-affected athlete of that stage, they will receive their actual finish time. Otherwise the impacted athletes will receive the same time as the last non-affected athlete finishing the same stage. These athletes will be allowed to continue to the next stage.
- b.) If 4 or more athletes are impacted due to a technical failure, the segment that all athletes are on will be stopped. The times recorded after the previous segment will be the results of this stage. if the stage is stopped during the first segment, no time will be added from this stage. Times recorded on the last completed segment of the stage will be the result of the stage. If the technical failure happened in the first segment, the stage is cancelled.

10. Athletes' assignments in the Heats and lane allocation.

10.1. Arena Games Triathlon Series:

If 8 lanes pool, 16 athletes competing in 2 Heats and 1 Final

Heat 1	Heats 2	Lanes
Best ranked	2nd ranked	Lane 4
4th ranked	3rd ranked	Lane 5
5th ranked	6th ranked	Lane 3
8th ranked	7th ranked	Lane 6
9th ranked	10th ranked	Lane 2
12th ranked	11th ranked	Lane 7
13th ranked	14th ranked	Lane 1
16th ranked	15th ranked	Lane 8

Final	Lanes
Winner Heat 1	Lane 4
Winner Heat 2	Lane 5
2nd Heat 1	Lane 3
2nd Heat 2	Lane 6
3rd Heat 1	Lane 2
3rd Heat 2	Lane 7
Next fastest time	Lane 1
2nd next fastest time	Lane 8

(*) In case there is a tie in any positions a draw will be conducted

10.2. Arena Games Triathlon Series:

If 10 lanes pool, 20 athletes competing in 2 Heats and 1 Final

Heat 1	Heat 2	Lanes
Best ranked	2nd ranked	Lane 4
4th ranked	3rd ranked	Lane 5
5th ranked	6th ranked	Lane 3
8th ranked	7th ranked	Lane 6

9th ranked	10th ranked	Lane 2
12th ranked	11th ranked	Lane 7
13th ranked	14th ranked	Lane 1
16th ranked	15th ranked	Lane 8
17th ranked	18th ranked	Lane 0
20th ranked	19th ranked	Lane 9

Final	Lanes
Winner Heat 1	Lane 4
Winner Heat 2	Lane 5
2nd Heat 1	Lane 3
2nd Heat 2	Lane 6
3rd Heat 1	Lane 2
3rd Heat 2	Lane 7
4th Heat 1	Lane 1
4th Heat 2	Lane 8
Next fastest time	Lane 0
2nd next fastest time	Lane 9

(*) In case there is a tie in any positions a draw will be conducted

10.3. Arena Games Triathlon Finals:

10 lanes pool, 30 athletes competing in 3 Heats, 2 Repechages and 1 Final

Heat 1	Heat 2	Heat 3	Lanes
Best ranked	2nd ranked	3rd ranked	Lane 4
6th ranked	5th ranked	4th ranked	Lane 5
7th ranked	8th ranked	9th ranked	Lane 3
12th ranked	11th ranked	10th ranked	Lane 6
13th ranked	14th ranked	15th ranked	Lane 2
18th ranked	17th ranked	16th ranked	Lane 7
19th ranked	20th ranked	21st ranked	Lane 1

24th ranked	23rd ranked	22nd ranked	Lane 8
25th ranked	26th ranked	27th ranked	Lane 0
30th ranked	29th ranked	28th ranked	Lane 9

Repechage 1	Repechage 2	Lanes
3rd Heat 1	3rd Heat 2	Lane 4
3rd Heat 3	4th Heat 1	Lane 5
4th Heat 2	4th Heat 3	Lane 3
5th Heat 1	5th Heat 2	Lane 6
5th Heat 3	6th Heat 1	Lane 2
6th Heat 2	6th Heat 3	Lane 7
7th Heat 1	7th Heat 2	Lane 1
7th Heat 3	Next fastest time	Lane 8
2nd next fastest time	3rd next fastest time	Lane 0
4th next fastest time	5th next fastest time	Lane 9

(*) In case there is a tie in any positions a draw will be conducted

Final	Lanes
Winner Heat 1	Lane 4
Winner Heat 2	Lane 5
Winner Heat 3	Lane 3
2nd Heat 1	Lane 6
2nd Heat 2	Lane 2
2nd Heat 3	Lane 7
Winner Repechage1	Lane 1
Winner Repechage2	Lane 8
2nd Repechage1	Lane 0
2nd Repechage2	Lane 9

(*) In case there is a tie in any positions a draw will be conducted

11. Overall results

11.1. Arena Games Triathlon Series:

If 8 lanes pool, 16 athletes competing in 2 Heats and 1 Final

- a.) 1st to 8th, according to the results of the Final phase.
 - (i) DNFs will be ranked in the last positions according to the times in Heats
 - (ii) DSQs will not be ranked
- b.) 9th to 16th according to the times in Heats
 - (i) If DSQ in the Final, this group will be 8th to 15th etc.
 - (ii) DNFs in the Heats will not be ranked.
 - (iii) DSQs will not be ranked

11.2. Arena Games Triathlon Series event:

If 10 lanes pool, 20 athletes competing in 2 Heats and 1 Final

- a.) 1st to 10th, according to the results of the Final phase.
 - (i) DNFs will be ranked in the last positions according to the times in Heats
 - (ii) DSQs will not be ranked
- b.) 11th to 20th according to the times in Heats
 - (i) If DSQ in the Final, this group will be 10th to 19th etc.
 - (ii) DNFs in the Heats will not be ranked.
 - (iii) DSQs will not be ranked

11.3. Arena Games Triathlon Finals:

10 lanes pool, 30 athletes competing in 3 Heats, 2 Repechages and 1 Final

- a.) 1st to 10th, according to the results of the Final phase:
 - (i) DNFs will be ranked in the last positions according to the times in Heats
 - (ii) DSQs will not be ranked
- b.) 11th to 26th according to the times in Repechages:
 - (i) If DSQ in the Final, this group will be 10th to 25th etc.
 - (ii) DNFs will be ranked in the last positions according to the times in Heats.
 - (iii) DSQs will not be ranked.
- c.) 27th to 30th according to the times in the Heats:
 - (i) If DSQ in the Repechages or Final, this group will be 26th to 29th etc.

(ii) DNFs will not be ranked.

(iii) DSQs will not be ranked.

12. Terminology

12.1. Series Title: Arena Games Triathlon World Championship Series powered by Zwift

12.2. Events: Arena Games Triathlon “CITY” powered by Zwift

12.3. Descriptive: The first Esports Triathlon World Championships

12.4. Series Winner: Arena Games Triathlon World Champion

12.5. Tiers:

a.) Series Event

b.) Final

12.6. Competition: the whole race at a single location.

12.7. Competition is divided in phases: Heats, Repechage, Final

12.8. Phases are divided in stages

12.9. Stages variations: Swim + Bike + Run or Run + Bike + Swim

12.10. Stages are divided in segments: Swim, Bike and Run.

13. Prize Money

13.1. The prize money for the Arena Games Triathlon events are outlined in the World Triathlon website under the following link:

https://triathlon.org/about/downloads/category/prize_money_information

41. APPENDIX T: FROZEN RANKINGS FOR PREGNANT ATHLETES.

1. **Purpose:** Frozen entry ranking is established to protect the position of the athletes who have to stop the sport competition due to pregnancy.
2. Pregnant athletes will have a “frozen entry ranking” applicable during this period:
 - 2.1. From the moment of the request till 2 years after becoming a mother; or
 - 2.2. From the moment of the request till 2 years after the loss of the child provided that this happens for pregnancies greater than 20 weeks.
3. To activate the “frozen entry ranking” the athlete must request it by submitting documentation of pregnancy and birth or documented loss and apply for a pregnancy clause to the World Triathlon Medical Committee
4. During the time the “frozen entry ranking” is applicable, the ranking position to be considered to create the start lists is the position occupied by the athlete at the moment of the request, unless the actual position is better.
5. All other conditions related to the qualification criteria (replacements timelines and quotas, NF quotas, invitation requests timelines, withdrawal penalties, etc) are not modified.

42. APPENDIX U: PARA TRIATHLON MIXED RELAY.

1. General

- 1.1. World Triathlon Competition Rules apply to the Para Mixed Relay unless otherwise mentioned below.

2. Distance

- 2.1. The distance ranges per leg are: swim 125-150m; bike 3,5-4km and run 0,8-1km.

3. Eligibility

- 3.1. The general eligibility rules apply. The minimum age is 15 years old.

4. Team Composition

- 4.1. A team is composed of 4 athletes (2 men and 2 women). Each team member will cover a complete triathlon race/distance (draft illegal).
- 4.2. A team can be composed of 3 athletes (at least one of a different gender). Athletes of the same gender cannot cover three segments, so the athlete of the least represented gender must do two segments if its sport class allows it to repeat according to rule 5.
- 4.3. Teams will be made of athletes from the same National Federation (NF). In the open races, every effort should be made for teams to be formed within the same NF, but if NFs need to combine athletes to make a mixed relay team, this will be allowed.
- 4.4. An NF can enter more than one team but at least one team must consist of 4 members.
- 4.5. Only one PTVI and one PTWC athlete can be part of each team.

5. Combined Sport Classes

- 5.1. The Para Mixed Relay Sport Class Points (PMRSCP) table will be used when forming a team. Each sport class is assigned a point value according to the PMRSCP table. Teams shall be composed of athletes from sport classes with a combined point value of a maximum of 20 points. In the case of a 3 members composition, the point value of the athletes' sport class racing twice, will be added twice to the teams' total point value.
- 5.2. Para MR Sports Class Points Table:

Class	MEN	WOMEN
PTWC2	7	6
PTS5	7	6
PTVI2-3	6	5
PTWC1	5	4
PTVI1	5	4
PTS4	4	3
PTS3	2	1
PTS2	2	1

6. Order of the athletes

- 6.1. The first leg must be covered by a PTWC athlete.
- 6.2. Gender is not a factor in determining the order of the athletes.

7. Personal Handlers

- 7.1. Each team can have one personal handler that can assist only the PTWC and any other athlete who is eligible to receive assistance from the same team.

8. Pre-Transition Area

- 8.1. Each team will have its own space in the pre-transition marked with the race number of the team.

9. Transition Area

- 9.1. The team members will be grouped together.

10. Relay Exchange

- 10.1. The relay exchange from one team member to another will be conducted “virtually” at a designated point on the run course near the swim start. The Technical officials will be responsible to inform the next team member to start the swim leg as soon as the previous team member has crossed the designated line.
- 10.2. Each team member will have an in-water start. The athletes shall have their hand on the pontoon or behind the start buoys until signalled to go.
- 10.3. Athletes are responsible to be in the start position before the previous team member has completed the leg.

11. Finish

- 11.1. Only the athlete covering the last leg is allowed to cross the finish line.

12. Number of teams

- 12.1. The maximum number of teams allowed in a specific event will be determined by the TD.

43. APPENDIX V: T100 TRIATHLON WORLD SERIES

1. Introduction

- 1.1. This section has been created to outline the specific rules and regulations applied to the T100 Triathlon World Tour. If not specified, the competition rules of World Triathlon are applied.

2. Qualification

- 2.1. The specific Qualification Criteria for the T100 Triathlon World Tour are outlined on the World Triathlon website under the following link:
https://www.competitions.com/about/downloads/category/qualification_criteria

3. Ranking

- 3.1. The specific Ranking Criteria for the T100 Triathlon World Tour are outlined on the World Triathlon website under the following link:
https://www.competitions.com/about/downloads/category/ranking_criteria

4. Event Format

- 4.1. The event format of these races is a Triathlon with 2k swim, 80k bike, and 18k run with the tolerance as per World Triathlon Competition Rules.

5. Technical Officials

- 5.1. World Triathlon will appoint one Technical Delegate (TD) and one Head Referee (HR) to each T100 Triathlon World Tour.
- 5.2. The number of technical officials to be determined by the Technical Delegate cannot be less than sixteen (16).
- 5.3. The composition of the Competition Jury will consist of:
 - a.) World Triathlon Technical Delegate
 - b.) PTO representative,
 - c.) representative from the National Federation.
- 5.4. The World Triathlon Technical Delegate is the chair of the Competition Jury.
- 5.5. The competition jury members must have completed the World Triathlon Competition Jury module, and the T100 Triathlon World Tour rules module before the race, to be eligible to sit on the jury.

6. Athlete Race Number Allocation

- 6.1. Athletes' race numbers allocations are according to the T100 Triathlon World Tour Ranking. If an athlete does not have a series ranking, the athletes' PTO World Rankings will be used.

7. Race Briefing

- 7.1. The Technical Delegate and the PTO representatives hold the T100 Triathlon World Tour briefing. The Head Referee will be presented at the briefing.
- 7.2. All Athletes are required to attend the Athletes Briefing.

- 7.3. The Athletes Briefing shall be held 2 days before the race.
- 7.4. Where male and female athletes are racing on separate days, separate briefings will be held.
- 7.5. Failure to attend an Athlete Briefing will result in the athlete receiving a PTO contract sanction (fine) as per the athlete's contract. No other penalties are to be applied.
- 7.6. If an athlete misses more than two T100 Triathlon World Tour Athletes Briefings in the same calendar year. In that case, he or she will be removed from the start list from the third missing briefing, and each missing briefing after, even if they inform the technical delegate in advance.
- 7.7. No one can accompany the athletes to the race briefing. It is open to competing athletes only. The race briefing will be closed to the media.

8. Athlete Kit, Logos, & Sponsorship

- 8.1. Athlete Race suits must conform to the T100 Triathlon World Tour requirements.
- 8.2. Athlete Race suit designs have to be approved by PTO two days before the event.
- 8.3. Zipper rules align with World Triathlon, failure to adhere results in an athlete receiving a PTO contract sanction (fine) as per the athlete's contract.
- 8.4. There is no limit on the number or size of any sponsor logos. There is no restriction on the type of logo used in the sponsor spaces other than those representing (but not limited to) tobacco, spirits, or products containing any substance on the WADA Prohibited List, as long as it is by advertising regulations in each territory.

9. Start Position Selection

- 9.1. Before racing, all Athletes will select their start position, this will take place immediately after swim familiarisation. Selection will take place according to the race numbers.
- 9.2. Athletes failing to attend the swim course familiarizations will have their start position allocated by the Technical Delegate after all athletes have made their selection, according to the ranking order.

10. Bike

- 10.1. Athletes' bikes must comply with World Triathlon Competition Rules. Bike specifications and photos must be submitted before their first competition for approval by World Triathlon, if any changes occur during the season, the bike must be re-submitted for approval. Random checks will be carried out before racing.
- 10.2. Protective screens, fuselages, fairings, or any other device or material added or blended into the structure destined or reduced resistance to air penetration are prohibited. Aerodynamic assemblies and protuberances on the head tube or elsewhere are prohibited.
- 10.3. Specifically, the following items are not all:
 - a.) Bottles/hydration or any other insert located in the front of an athlete's race suit.
 - b.) Any insert in an athlete's calf sleeves.

11. Drafting

- 11.1. Draft Zone - 20 meters - measured from the leading edge of the front wheel.

- 11.2. When passing, an athlete must move to the side before beginning forward progress. A pass must be completed within 45 seconds.
- 11.3. Any drafting penalties during the bike section will be served on the athletes' spot in the transition area 2.
- 11.4. The drafting penalty is 3 minutes. The third drafting penalty is a disqualification.

12. Run

- 12.1. Wear the bib number where one is provided. Failure to wear or lose it will result in the athlete stopping at the next penalty box to rectify.

13. Images

- 13.1. For cameras and video cameras, in addition to requiring approval from the TD, all the images and footage taken during the Competition are the property of the PTO. The use of those images for commercial purposes is subject to approval by PTO. Images will be shared with World Triathlon and participant athletes for non-commercial use.

14. Prizes and Awards

- 14.1. The prize money for the T100 World Championship Tour is outlined below and on the World Triathlon website under the following link:
https://triathlon.org/about/downloads/category/prize_money_information

15. Exceptional Conditions

- 15.1. When a competition cannot be held in the original format due to force majeure, T100 Triathlon World Tour Ranking Points will be reduced depending on the final conditions under which the event took place:
 - a.) If the event remains as a triathlon, but any or all of the segments are shortened according to the World Triathlon Competition Rules, 100 % of the points will be awarded.
 - b.) If the event becomes another World Triathlon multisport competition according to the World Triathlon Competition Rules in terms of distances and conditions, 75 % of the points will be awarded.
 - c.) If a triathlon event becomes a duathlon and a running segment replaces the swim with similar duration of the cancelled swim, 75% of the points will be awarded.
 - d.) If the event becomes another World Triathlon multisport competition with deviations from the World Triathlon Competition Rules in terms of distances and conditions, 50 % of the points will be awarded.
 - e.) If an event is cancelled prior to the start or before km 10 of the run, all athletes will receive an equal share of the total points available.
- 15.2. In the situations outlined in 15.1) prize money will be distributed to athletes as follows:
 - a.) Points a.) - d.), prize money will be paid based on finishing order.
 - b.) Point e.), prize money will be distributed evenly amongst attending athletes.

16. Penalties

16.1. The penalties for the T100 Triathlon World Tour follow the World Triathlon Competition Rules except as outlined in the table below.

16.2. All time penalties, other than drafting penalties and early start, are to be served in the Penalty Box on any lap of the Run.

Area	Infringement	Penalty	Location Served
Briefings	Failure to attend or lateness	- Athlete Contract Sanction	-
Start	Early Start	- 30 seconds	T1
All	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	PB - Run
All	Failing to follow the prescribed course;	- Warning and re-enter the competition by the same point - If not: DSQ	-
Swim	Failure to wear official swim cap at the start of the race	- Warning and amend, - if not 30 seconds	PB - Run
All	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	-
Transition Area	Transition Area infringement	- 30 seconds	PB - Run
Bike	Blocking	- 30 seconds	PB - Run
Bike	1st & 2nd Drafting Offense	- 3 minutes	T2
Bike	3rd Drafting Offense	- DSQ	
Run	Not wearing the bib number on the run - if mandatory in the event	- Athlete to rectify at Penalty Box, - if not DSQ	
Run	Bib Number falling off during run segment	- Athlete to rectify at Penalty Box, - if not DSQ	-
All	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, or 30 seconds	PB - Run



Be your extraordinary

World Triathlon - Sport Department
Maison du Sport International
Av. de Rhodanie 54
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2022

Competition Rules

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
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ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
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**Be your
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World Triathlon Competition Rules

Approved by the World Triathlon Executive Board
in December 2021

Green highlight – added as of December 2021

Blue highlight – added as of January 2022

Red highlight – deleted as of December 2021

The World Triathlon Competition Rules is the master source document, found on World Triathlon's website at www.triathlon.org. The web-based document acts as the official (authorised) reference document and is maintained based on authorised amendments in accordance with recommendations by the World Triathlon Technical Committee and accepted by the World Triathlon Executive Board.

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1. INTRODUCTION

1.1 Purpose:

- a.) World Triathlon is the sole governing body, responsible for the Competition Rules for Triathlon, Duathlon and its other related multisports. The complete list of sports under the jurisdiction of World Triathlon is included as Appendix A and Appendix J;
- b.) The World Triathlon Technical Committee (World Triathlon TC) will ensure technical aspects of World Triathlon competitions are of the highest quality;
- c.) The World Triathlon Competition Rules specify the conduct and behaviour of athletes during World Triathlon competitions. Where the World Triathlon Competition Rules do not specify, the rules of International Swimming Federation (FINA), International Cycling Union (UCI), International Association of Athletics Federations (IAAF), International Ski Federation (FIS), IPC Swimming, IPC Athletics and IPC Nordic Skiing will apply in their specific segments, unless World Triathlon Technical Committee decides otherwise;
- d.) The World Triathlon Event Organisers' Manual (EOM) and its related documents set safety and logistical standards for host National Federations (NFs) and for the Local Organising Committees (LOCs);
- e.) The World Triathlon Technical Officials' Certification Programme sets the standards for certifying World Triathlon Technical Officials;
- f.) It will be clearly indicated when a rule applies to a specific competition.

1.2 Intention:

- a.) The World Triathlon Competition Rules 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.
- b.) Definitions of all terms used in the World Triathlon Competition Rules are provided in Appendix D. Any difficulty in the interpretation or application of the World Triathlon Competition Rules should be referred to the World Triathlon Technical Committee.

1.3 Language and Communication:

- a.) The official language of World Triathlon Events is English:

- (i) National Federations are responsible for providing translation services from/to English for the event.

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- (ii) Local Organising Committees will communicate at least in English even if another language is used in parallel.

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1.4 Modifications:

- a.) The World Triathlon Competition Rules will be adapted for other modern multisport competitions, which fall within World Triathlon's jurisdiction;
- b.) An athlete must not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, every infringement related in the World Triathlon Competition Rules has a sanction attached. Technical Officials base their judgments on whether an advantage, not intended by the Rules, has been gained;
- c.) World Triathlon Competition Rules will be applicable to international competitions hosted by National Federations affiliated with World Triathlon.

1.5 Exceptions:

- a.) The World Triathlon Competition Rules will be applicable to all events sanctioned by World Triathlon and are to be implemented by the appointed Technical Delegate as appropriate. Where the World Triathlon Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, the World Triathlon Competition Rules will override the laws of the jurisdiction to the extent of the inconsistency. Athletes must be notified of the implications of these laws as early as possible and not later than prior to the start of the event;
- b.) Exceptions for special circumstances in a particular event may only be gained from World Triathlon with prior approval. A request for an exception to the World Triathlon Competition Rules must be made in writing 30 days prior to the event to the World Triathlon Technical Committee through by assigned Technical Delegate;
- c.) Exceptions for special circumstances in a particular athlete may only be gained from World Triathlon with prior approval. A request for an exception to the World Triathlon Competition Rules must be made in writing 30 days prior to the event to the World Triathlon Technical Committee by the assigned Technical Delegate from the National Federation to whom the application has been submitted or is being submitted;
- d.) The World Triathlon Technical Committee may consult with other World Triathlon committees, commissions or appropriate parties;
- e.) For any rule exceptions related to events sanctioned by World Triathlon, but not run within the competition system of World Triathlon or any of the Continental Confederations, a permanent panel will be created with one representative from each of the three parties: World Triathlon Technical Committee, World Triathlon Staff, Event Rights Holder. The final proposal from the panel will go to the World Triathlon Technical Committee for endorsement.

1.6 Specific Regulations

- a.) A Technical Delegate may approve the addition of specific regulations for a particular competition, provided that:

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- (i) Each additional specific regulation does not conflict with another World Triathlon Competition Rules;
- (ii) Each additional specific regulation is made available in written form and is announced at the athletes' briefing; and
- (iii) Each additional specific regulation and the reasons for its inclusion are advised to the World Triathlon Technical Committee one week before the day on which the event is to be conducted. The World Triathlon Technical Committee may invalidate the incorporation of an additional specific regulation only on the authority of the World Triathlon Executive Board.

1.7 Intellectual Property:

- a.) World Triathlon Events are the exclusive property of World Triathlon, which owns all rights associated including, without limitation, the rights to organise, exploit, broadcast and reproduce World Triathlon Events. These rights include any type of digital media, whether that be photographic or video in nature, captured from within the boundaries of the field of play, regardless of ownership of the capturing device. All the personal data from the athlete entered into any World Triathlon event and the data produced from the event, including the results are exclusive property of World Triathlon.

1.8 Unauthorised Exceptions or Additions:

- a.) The unauthorised exception to, or addition of, a competition rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from National Federations and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

1.9 Rule Updates:

- a.) The World Triathlon Competition Rules may be changed from time to time by the World Triathlon Technical Committee at its discretion, with the approval of the World Triathlon Executive Board. Any rule change(s) shall be advised in writing to affiliated National Federations at least 30 days before it/they is/are to take effect unless the World Triathlon Executive Board decides otherwise. Updated World Triathlon Competition Rules will be posted on the World Triathlon website (www.triathlon.org).

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2. CONDUCT OF ATHLETES

2.1 General Conduct:

a.) Triathlon and World Triathlon's other related multisports involve many athletes. Competition 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 World Triathlon Competition Rules, available from their National Federations and on www.triathlon.org;
- (iv) Obey traffic regulations and instructions from race officials;
- (v) Treat other athletes, race officials, volunteers, and spectators with respect and courtesy;
- (vi) Avoid the use of abusive language;
- (vii) Inform a Technical Official after withdrawing from the competition. Failing to do this may result in a suspension;
- (viii) Compete without receiving assistance other than from event personnel and race officials;
- (ix) Avoid using ambush marketing;
- (x) Avoid displaying any kind of demonstration of political, religious or racial propaganda;
- (xi) Not dispose of rubbish or equipment around the course except at clearly identified places, such as aid stations or rubbish disposal points. All items must be kept with the athlete and returned to their transition spot;
- (xii) Not attempt to gain an unfair advantage from any external vehicle or object;
- (xiii) Follow the prescribed course;
- (xiv) Not use any device that will distract the athlete from paying full attention to their surroundings:
 - Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A "distracting manner" includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one or two way radio or any communication device in this manner during the competition. Will result in disqualification;
 - ~~Handheld phone cameras, and video cameras~~ are prohibited unless permission is given by the World Triathlon or the licence holder of the event. If such permission is given, it is the athlete's responsibility to notify the Head Referee of

such permission prior to the start of the competition. Athletes seen with an unauthorised camera, phone camera, or video camera will be disqualified.

- (xv) **Ensure that the equipment to be used in the race complies with the safety standards and it is in proper condition.**

2.2 Outside assistance:

- a.) The assistance provided by event personnel or Technical Officials is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Head Referee. **The Head Referee may authorise the accredited team support to repair flat tyres or replace wheel(s) if the incident happens before the first athlete arrives at Transition 1.** Athletes competing in the same competition may assist each other with incidental items such as, but not restricted to, nutrition and drinks after an aid station, pumps, tubular tyres, inner tubes and puncture repair kits;
- b.) **Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes includes but is not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be disqualification of both athletes. Athletes may provide to other athletes competing in the same competition other items of equipment provided that the donor is able to continue with their own competition. Athletes may not provide any item of equipment to an athlete competing in the same competition which results in the donor athlete being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.**
- c.) An athlete cannot physically assist the forward progress of another athlete on any part of the course. This will result in both athletes being disqualified.

2.3 Drug Abuse:

- a.) Athletes and guides will follow the World Triathlon Anti-Doping Rules;
- b.) All athletes and guides are responsible for familiarising themselves with the World Triathlon Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances and methods;
- c.) World Triathlon has implemented the World Triathlon Anti-Doping Rules and abides by rules set by the World Anti-Doping Agency (WADA) Code.

2.4 Health:

- a.) Triathlons are strenuous. **To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting in a competition, the athletes declare they are in good health and are in appropriate physical condition to complete the competition;**

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- b.) Time limits for the swim leg, bike leg and overall finish time may be established for each competition by the World Triathlon Technical Delegate. These limits must be published in the pre-event registration material;
- c.) World Triathlon encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport. An annual PPE is mandatory for all athletes competing in Youth, Junior, U23, Elite and Para triathlon events from January 1st, 2018 in any World Triathlon event as outlined in Appendix J. More information about PPE can be found in Appendix Q.

2.5 Eligibility:

- a.) All athletes must be in good standing with their National Federations. To ensure this, for World Triathlon and Continental Confederation events, all the entries must be done by the National Federations, not by the athletes themselves;
- b.) Athletes under suspension are not allowed to compete in any World Triathlon event, in any competition sanctioned by World Triathlon members, or in any competition held under the World Triathlon Rules;
- c.) An athlete's age is determined by their age on December 31st in the year of competition;
- d.) Athletes aged 15 to 17 years old are eligible to compete in the Youth category;
- e.) Athletes aged 16 to 19 years old are eligible to compete in the Junior category;
- f.) Athletes aged 18 to 23 years old are eligible to compete in the U23 category;
- g.) All **Pro/Elite** athletes must be registered on the World Triathlon online system by their respective National Federation in the category they are competing in. **Once they compete in a World Triathlon event,** they cannot compete in the same calendar year as an Age-Group athlete in the same multisport as outlined in Appendix J. Athletes competing in the World Triathlon Championship Series will be automatically tagged as an Elite/**Pro** in the system.
- h.) Athletes will be eligible to compete in the individual Age-Group events in the group in which their age is included. The groups are:
 - (i) 15 to 19 in super sprint distance events (M15)/(F15);
 - (ii) 16 to 19 in sprint distance events (M16)/(F16);
 - (iii) 18 to 19 in standard and longer distance events (M18)/(F18);
 - (iv) 20 to 24 (M20)/(F20);
 - (v) 25 to 29 (M25)/(F25);
 - (vi) 30 to 34 (M30)/(F30);
 - (vii) Etc

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- i.) The different qualification criteria can be found in the World Triathlon Qualification Criteria and published in www.triathlon.org;
- j.) Specific qualification criteria affecting Major Games and Recognised Games are published in www.triathlon.org;
- k.) Specific qualification criteria affecting events sanctioned by World Triathlon, but not part of the World Triathlon events structure, are published in the respective website of such events;
- l.) Athletes may not compete within 24 hours at the same or different World Triathlon event in more than one triathlon or multisport competition (see Appendix I) when one competition is of standard distance or longer. The 24 hours is considered from the start of the race till the start of the other race the following day. Exceptions will be for the team relay events at the defined super-sprint distances (see 16.1.a.), PTVI1, PTVI2 and PTVI3 guides and aquathlon;
- m.) Age limits: Athletes must be a minimum age to compete in any event, as outlined in Appendix A. Continental Confederations may add other age limits for Continental Championships, for youth and younger categories with super-sprint events. The age limits as outlined in Appendix A cannot be modified;
- n.) 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, will be disqualified from the events he/she took part in. Any awards, prizes and points will be removed;
- o.) An athlete who undergoes sexual reassignment and wishes to participate in any competition must meet all the current conditions and criteria established by the International Olympic Committee (IOC) and WADA prior to doing so. The request to participate in any competition further to said sexual reassignment must be made expressly by the athlete to the World Triathlon Medical and Anti-Doping Committee at least 30 days prior to event in which he or she wishes to compete. The World Triathlon Medical and Anti-Doping Committee shall determine whether or not the current IOC and WADA criteria have been met and provide the athlete a written and reasoned decision to that effect. Any such decision on eligibility may be appealed as a Level 3 appeal (see section 13.);
- p.) Where the eligibility of a female athlete is questioned due to possible hyperandrogenism and a formal written request has been made to do so, the World Triathlon Medical and Anti-Doping Committee and other experts shall evaluate the suspected case of female hyperandrogenism. In so doing, the World Triathlon Medical and Anti-Doping Committee shall respect and apply the current IOC Regulations on Female Hyperandrogenism which are in effect at the time of the request. The World Triathlon Medical and Anti-Doping Committee will then notify the athlete in question of its determination by way of a written and reasoned decision. Any such decision on eligibility may be appealed as a Level 3 appeal (see section 13.)

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- q.) Athletes who are competing under the World Triathlon flag will be entered in the competition by the National Federation the athlete is moving to. They will compete with the same rights as any other athlete in terms of awards, prizes and points.

2.6 Insurance:

- a.) All athletes competing in an event must have personal insurance coverage guaranteed by their National Federation. This insurance will cover:
- (i) Any accident occurring before, during and after any competition;
 - (ii) Any sickness that an athlete could suffer during a trip to a competition or event;
 - (iii) Liability caused by an athlete during the competition.
- b.) The athlete's National Federation guarantees the existence of this insurance by entering an athlete in an event. Local Organising Committees or National Federations organising an event cannot force the athletes to pay for a competition day fee for insurance purposes.

2.7 Registration:

a.) Entry:

- (i) National Federations will register their athletes for World Triathlon Events following their National Federation qualification system or other World Triathlon approved qualification system;
- (ii) All athletes qualify to any World Triathlon Event as outlined in Appendix J by the eligibility rules outlined in 2.5 and by the qualification criteria outlined in Appendices E;
- (iii) Prior to competing in World Triathlon Championships, World Triathlon Cups, World Triathlon Championship Series events, World Triathlon Para Series, World Triathlon Para Cups and World Triathlon Multisport Championships, Elite, U23, Junior athletes and Para triathletes must sign the World Triathlon Athletes' Agreement, which states that any dispute arising from the World Triathlon Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) to the exclusion of recourse to ordinary courts. Once signed, the World Triathlon Athletes' Agreement is valid until the end of the competition year it has been signed in. The Athletes' Agreement is published on www.triathlon.org;

- (iv) National Federations are responsible for entering their athletes and coaches for all World Triathlon Events using the World Triathlon online system on www.triathlon.org;

- (v) All Para triathletes, PTVI1, PTVI2 and PTVI3 Guides, Age-Group, Youth, Junior and U23 athletes must provide picture ID at registration packet pick-up prior to competition.

b.) Pre-Race Briefings info@intertranslations.com

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- (i) Coaches' Meeting: If a coaches' meeting is scheduled, it will take place one hour before the Athletes' Briefing. The Technical Delegate will conduct the Coaches' Meeting. The agenda will include the announcement of the Competition Jury and all the technical details of the event as well as specific information for coaches. Coaches' accreditations will be distributed at this meeting, or if the Coaches' Meeting is not scheduled, accreditations will be distributed at the end of the Elite/U23/Junior/Youth Athletes' Briefing;
- (ii) Age-Group Team Managers' and Coaches' Briefing: At World Championships and at Continental Championships (if applicable), the Technical Delegate will conduct the Age-Group Team Managers' and Coaches' briefing. Only Age-Group Team Managers and Coaches registered on www.triathlon.org are allowed to attend. The agenda of this briefing will include the announcement of the Competition Jury and all the necessary information for the event;
- (iii) Para triathlon Coaches' Meeting: If a Para triathlon Coaches' Meeting is scheduled, it will take place before the Para triathlon Briefing. The Technical Delegate will conduct it and the agenda will include the announcement of the Competition Jury and all technical details of the event as well as the specific information on para triathlon procedures. Coaches' accreditations will be distributed at this meeting, or if the Team Managers' Meeting is not scheduled, accreditations will be distributed at the end of the Para triathletes' Briefing;
- (iv) Elite/U23/Junior/Youth/Para triathletes Briefings: At all World Triathlon Events, the Technical Delegate will conduct the Athletes' Briefing. Elite/U23/Junior/Youth athletes and Para triathletes including their Handlers/Guides must be in attendance. Coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:
- Athletes / Para triathletes including their Handlers/Guides not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list;
 - Athletes / Para triathletes including their Handlers/Guides entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the Technical Delegate about their absence, will receive a time penalty to be served in Transition 1. The time penalty applicable for the specific distance (see 3.3.f.(ii));
 - Athletes missing the briefing due to force majeure and informed the Technical Delegate about their absence by the time of the briefing, may file an appeal against the Head Referee's decision on the time penalty the latest 2 hours before the start of the competition.
 - For the World Triathlon Championship Series, World Triathlon Cup events, World Triathlon Para Series or World Triathlon Para Cup events, an athlete misses more than two briefings in a calendar year, they will be removed from

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the start list for the third missed briefing and each missed briefing thereafter, even if they informed the Technical Delegate in advance.

(v) **Mixed relay briefing:** At all World Triathlon Mixed Relay Events, the Technical Delegate will conduct the Athletes' Briefing. It may be together with the individual event briefing or a separate one. One athlete or a coach or any other accredited member of the delegation support crew for this event from each team must be in attendance. The following penalties apply to teams without representant attending the briefing:

- Teams not attending the briefing, without informing the Technical Delegate about their absence, will be removed from the start list;
- Team representatives entering the briefing hall after the briefing has started and team representatives not attending the briefing, but who have informed the Technical Delegate about their absence, will receive a 10 seconds time penalty to be served in Transition 1 of the first leg.

(vi) Athletes/Para triathletes with their Handlers/Guides must register prior to entering the briefing venue;

(vii) For World Triathlon Championship Series and World Triathlon Cup events, there is one single Athletes' Briefing for female and male elite athletes. This briefing will be held at 18:00 local time two (2) days prior to the first elite competition day;

(viii) For all other World Triathlon or Continental Elite events, the briefing will take place at 18:00 one (1) day before the first competition day;

(ix) For all other World Triathlon or Continental events (U23, Junior, Youth, Para triathlon, Relay), the briefing will take place one (1) day before the first competition day of the related event and category;

(x) Alteration to any of the times above should be announced on the World Triathlon website 45 days in advance;

(xi) The pre-race briefings are not open to the media.

c.) Packet Pick-Up:

(i) All World Triathlon Events - Age-Group:

- All athletes must pick up their own race packet at the official competition registration area during a designated time. Packet pick-up will be opened on two (2) separate days, starting from 3 days prior to their competition. The hours shall be from 09:00 to 19:00. If a National Federation is unable to make the designated registration time, they must request a different time at least 14 days in advance. In writing to World Triathlon;

- The race packet will contain a minimum of: five (5) official race numbers (one (1) for bicycle and four (4) safety pins, numbered swim cap, timing chip, accreditation pass, athletes guide

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tickets for all of the social functions. Local Organising Committee gifts may be distributed at the same time.

(ii) All World Triathlon Events - Elite, U23, Junior, Youth and Para triathlon competitions:

- All athletes will pick up their own race packet at Registration following the Athletes' Briefing;
- The race packet will include: three (3) helmet numbers, one (1) bike number, body decals for both arms and both legs, accreditation pass, athletes' guide, tickets for all of the social functions. Local Organising Committee gifts may be distributed at the same time.

d.) Check-in:

(i) Age-Group competitions with more than 700 athletes entered will schedule the Check-in the day before the competition. Age-Group events with fewer athletes, and Elite, U23, Junior, Youth and Para triathlon will have the bike check on same day;

(ii) Technical Officials will conduct the check-in at the athletes' lounge or at the transition area and will include the following:

- Distribution of the swim caps and timing chips (except for the Age-Group events);
- Control of the athletes' uniform, which must comply with the World Triathlon Guidelines Regarding Authorised Identification published on www.triathlon.org. Each uniform should be photographed. If an athlete needs to replace the uniform, this process has to be done again;
- The bike check is regulated under section 5.3;
- Distribution of the race packets to the athletes who missed the briefing.

(iii) Athletes may be penalised or stopped racing in case not respecting the check-in times.

2.8 Uniform:

a.) All athletes competing in World Triathlon Events are required to wear their uniform conforming to the World Triathlon Guidelines Regarding Authorised Identification;

b.) The World Triathlon Guidelines Regarding Authorised Identification set the space limitation on the athletes uniforms to include commercial logos;

c.) Athletes must follow the following rules with respect to wearing uniforms:

(i) Athletes must wear the uniform during the entire competition and award ceremony.

Long sleeves and long pants are allowed for the award ceremony.

(ii) The uniform must cover the whole torso in the front. The back may be uncovered from the waist up.

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- (iii) Age-Group athletes and para triathletes may wear uniforms with sleeves that extend to above the elbow and not covering the elbow in any distance competition. Youth, Junior, U23, and Elite athletes may wear uniforms with sleeves that extend to above the elbow and not covering the elbow in all multisports and distances except standard and shorter distances triathlon.
- (iv) Arm covers or long sleeves may be used, except during the swim, when wetsuits are forbidden if TD approves. ~~Arm covers must not be used on elite standard distance and shorter events, except in extreme weather conditions.~~ In extreme weather conditions, the decision rests with the Technical Delegate in consultation with the Medical Delegate (if applicable) to allow or make mandatory long sleeves.
- ~~(v) Arm covers may be used, except during the swim, when wetsuits are forbidden. Arm covers must not be used on elite standard distance and shorter events, except in extreme weather conditions. The decision rests with the Technical Delegate in consultation with the Medical Delegate (if applicable) to allow or make mandatory long sleeves.~~
- ~~(vi) Athletes are allowed to wear uniforms with sleeves extending from the shoulder up to but not covering the elbow except super-sprint, sprint and standard distance triathlon.~~
- ~~(vii) Para triathletes competing in PTWC1 and PTWC2 class are allowed to wear uniforms with sleeves extending from the shoulder up to but not covering the elbow.~~
- (v) Covering the legs below the knees is not allowed in the swim segment when the use of wetsuits is forbidden;
- (vi) Long sleeves and long pants are allowed in Winter Triathlon events.
- (vii) A one-piece uniform is preferred. If a two-piece uniform is used, both pieces must overlap and no torso must be visible during the entire competition, except middle- and long-distance events where the midriff is allowed to be exposed;
- (viii) If the suit has a zipper it must be located at the back and will not be longer than 40 cm. This rule does not apply for middle- and long-distance events and PTWC athletes in all distances;
- (ix) The uniform must be worn over both shoulders while the athlete is on the Field of Play for the duration of the competition;
- (x) Elite, U23, Junior, Youth and Para triathlon athletes must wear the same uniform from the start to the finish in standard distance or shorter events;
- (xi) Rain jackets are allowed for middle- and long-distance events or when the Technical Delegate authorises. Rain jackets must be the same design and colour as the uniform or transparent.
- (xii) Failure to comply with the World Triathlon Competition Rules related to the uniform may result in an athlete having to wear a triathlon suit supplied by World Triathlon. Alternatively, Technical Officials may request the athlete use a permanent marker or

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other means to eradicate logos on the uniform that do not comply with the Competition Rules. If during the competition or the award ceremony, an athlete wears a uniform with logos that do not comply with the Competition Rules (including the World Triathlon Guidelines Regarding Authorised Identification), he/she will be disqualified.

- d.) For reasons of religion, athletes are allowed to have the body totally covered (except the face) provided that:
- (i) The uniform material is approved by FINA (applicable only for the non-wetsuit swim);
 - (ii) The uniform will not interfere with the bicycle mechanisms;
 - (iii) Extra identification elements are to be worn over the uniform, following the Technical Delegate's instructions.
- e.) **Technical Delegate, after consultation to the Medical Delegate or Events Advisory Group, may authorise individual or exceptional deviations from the rules above for safety or healthy reasons. (i.e skin cancer), however hands and feet will be uncovered during the swim segment without exception.**

2.9 Race numbers:

- a.) Elite, U23, Junior and Youth athletes will not wear bib numbers.
- b.) When, due to the competition schedule Age-Groups are mixed with other athletes the Technical Delegate can decide on making the use of the bib numbers mandatory for all the athletes;
- c.) Bib numbers:
- (i) Mandatory for all in the Winter Triathlon events;
 - (ii) Age-Group:
 - May be worn for the wetsuit swim segment, but forbidden in a non wetsuit swim segment;
 - Mandatory for the run segment;
 - Must be visible on the front during the run segment.
- d.) The use of the bib number in Para triathlon is regulated in section 17;
- e.) Body marking:
- (i) Elite, U23, Junior, Youth and Para triathlon:
 - The Local Organising Committee or World Triathlon will provide body marking decals, which the athletes must apply prior to the event;
 - **Body marking decals are to be applied so they are visible on each arm and leg, unless instructed otherwise by the World Triathlon Technical Delegate at the time of the event. On the arm, the body marking should be applied as close to the shoulder as possible. On the leg, the body marking should be applied as close**

to the hip as possible; Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;

(ii) Age-Group:

- The Local Organising Committee will provide body marking or body marking decals, who will apply them prior to the event;
- Body markings must be applied so they are visible on each arm, as close to the shoulder as possible are to be applied to each arm, unless instructed otherwise by the World Triathlon Technical Delegate at the briefing;
- Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side by side;
- One calf of each athlete – if not covered - will be marked with the category and gender of the athletes (For example, the number M25 would appear on a male athlete in the 25-29 individual age category or F25 should appear on a female athlete in the same category or the number X30 would appear on all team members in the 30-39 age category for the Age-Group Mixed Relay).

2.10 Assignment of race numbers:

a.) General:

- (i) Athletes' race numbers are assigned based on previous results in similar events, by using the most related ranking;
- (ii) The Elite men's and women's events will be numbered starting with number 1, except in middle- and long-distance events;
- (iii) Number 13 will not be used.

b.) Specific events numbering criteria:

(i) World Triathlon Championship Series (WTCS) and World Triathlon Championship Finals:

- First criteria: WTCS Ranking;
- Second criteria: World Triathlon Ranking;
- Third criteria: random.

(ii) Triathlon U23 World Championships:

- First criteria: WTCS Ranking;
- Second criteria: World Triathlon Ranking;
- Third criteria: random.

(iii) Junior - any event:

- First criteria: World Triathlon Ranking;

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- Second criteria: Applicable Continental Junior Ranking (For example Europe Triathlon, Americas Triathlon, etc.);
 - Third criteria: random.
- (iv) Triathlon World Cup events:
- First criteria: World Triathlon Ranking;
 - Second criteria: random.
- (v) Triathlon Continental Cup events:
- First criteria: World Triathlon Ranking;
 - Second criteria: random.
- (vi) Triathlon Elite Continental Championships:
- First criteria: Top 10 classification of the related Continental Championships in the previous year;
 - Second criteria: World Triathlon Ranking;
 - Third criteria: random.
- (vii) Triathlon U23 Continental Championships:
- First criteria: World Triathlon Ranking;
 - Second criteria: random.
- (viii) Multisport – any Elite event:
- First criteria: World Triathlon related ranking;
 - Second criteria: random.
- (ix) Age-Group - any event (including Mixed Relay):
- First criteria: Age-Group by Age-Group;
 - Second criteria: Grouped by nations (according to the IOC codes of the country) in alphabetical order starting by the host nation.
- (x) Para triathlon - any event:
- First criteria: Athlete Medal Event in this order PTWC Women, PTWC Men, PTS2 Women, PTS2 Men, PTS3 Women, PTS3 Men, PTS4 Women, PTS4 Men, PTS5 Women, PTS5 Men, PTVI Women, PTVI Men;
 - Second criteria: Para triathlon Ranking;
 - Third criteria: random.
- (xi) Team Relay - any event:
- First criteria: One team per nation;
 - Second criteria: World Triathlon Mixed Relay World Ranking;

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- Third criteria: random.
- c.) Numbering of the final of events with a qualifying round format is regulated in sections 20.5 and 21.4.

2.11 Timing and Results:

- a.) A competition will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the competition as defined in 6.2. a.), 17.15. f.), 18.10 and 22.4., except if the event is conducted under the “rolling start system” as defined in 4.9.
- b.) The official results will list the athletes according to their finish time and in accordance with the Olympic Results and Information Service (ORIS) standards, a sample of the results format is included in Appendix L. In the event that two athletes tie for a place, and their performances cannot be separated, they will be awarded the same rank, **sorted by race number**, and the next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing. Time splits to be included are:
- Swim or first segment;
 - Transition 1;
 - Bike or second segment;
 - Transition 2;
 - Run or third segment.
 - ~~Overall finish time.~~
- c.) Results will include the following Invalid Results Markers (IRM) and listed in this order:
- athletes who do not finish the competition (DNF);
 - any lapped athletes or athletes stopped by the last biker – first runner scenario (LAP);
 - not classified participants or not making the cut-off time in any segment (NC);
 - Non-eligible Para triathletes (NE);
 - those who are disqualified (DSQ);
 - and athletes or teams which did not start (DNS);
 - If more than one athlete is marked DNF or LAP, those who completed the most laps should be listed first; if several athletes are marked DNF or LAP on the same lap, athletes should be listed according to their times at the previous timing point with the fastest time listed first. Athletes who did not finish a lap should be listed at the point at which they retired.

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- (viii) If more than one participant is included in the same IRM group (different than DNF or LAP), they should be listed within the same group according to ascending start number;
- (ix) For DSQ athletes, the final results should not be displayed.
- d.) Additional information will be displayed either at the header or the footer of the results:
- (i) Swim distance and number of laps;
 - (ii) Bike distance and number of laps;
 - (iii) Run distance and number of laps;
 - (iv) Air temperature;
 - (v) Water temperature;
 - (vi) Wetsuit swim/No wetsuit swim;
 - (vii) Name and country of the Technical Delegate;
 - (viii) Name and country of the Head Referee;
 - (ix) Name and country of the members of the Competition Jury.
- e.) For relay events, the rules above are applicable and the total time per athlete will be shown;
- f.) Results will be official once the Head Referee signs them. Incomplete results can be declared official at any time.
- (i) The Head Referee will use all the resources available to decide the final position of every athlete. The information from technology will be used to assist in the decision making process. The Head Referee may decide, based on the available evidence, that a competition is tied if there is no way of defining which athlete crossed the line first. **Results of tied athletes will be sorted according to race numbers.**
 - (ii) Athletes who finish in a contrived tie situation, where no effort to separate their finish times has been made, will be DSQ;
- g.) Para triathletes changing sport class after classification assessment before the event will be moved to the new sport class. Non-eligible Para triathletes will be removed from the start list;
- h.) Para triathletes changing sport class after observation during competition will be moved to a new sport class. Non-eligible Para triathletes will be displayed as NE;
- i.) Official results may be modified by the following bodies, without adding or removing the time of a penalty/see corrected times of the penalties at 3.3.f):
- (i) Head Referee **30 mins** after the completion of the event;
 - (ii) Competition Jury;

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- (iii) World Triathlon Technical Delegate as the result of a protest concerning timing and results;
 - (iv) World Triathlon Appeal Panel from the time of the medal ceremony till five days after the event;
 - (v) World Triathlon Technical Committee as the result of a results review process;
 - (vi) World Triathlon Technical Committee as the result of a change of a para triathlon sport class process;
 - (vii) Anti-Doping Hearing Panel.
- j.) Official results may be modified by the following bodies, including adding or removing the correct time of a penalty:
- (i) World Triathlon Tribunal as the result of a level 2 appeal;
 - (ii) CAS as result of a level 3 appeal.
- k.) In case the official result is modified, all affected parties will be informed about the outcome.

2.12 Exceptional conditions:

a.) The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the Technical Delegate following the same principles. The Technical Delegate may take other decisions if the options below are not possible to implement. Prize money and points will be distributed according to the final result of the race:

(i) Before the competition:

- A triathlon may be modified to a duathlon, aquathlon, or even in a 2 segments competition: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The preferred option will be a duathlon with the shorter run first;
- A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed;
- The events to be postponed to hold as a minimum two segments. If not possible, the event will be cancelled as no multisport can be run as a single segment event.
- Relay events may be modified on the same basis than those indicated in the previous two bullets.

(ii) Modification of the competition once started:

- Any segment, but not one, may be shortened during the competition. The Technical Delegate and Technical Officials will take all reasonable actions to

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ensure the fairness of the event and the safety of the athletes. Otherwise, the competition will be stopped;

- For the relay events, once one segment is modified, the modifications will remain for the rest of the legs.

(iii) Unplanned interruption of individual standard distance or shorter competition after it has started:

- If the lead athlete has completed more than the 50% of the last segment all athletes will be ranked according to the position at the last available recorded data;
- In the case that all the athletes are stopped before the 50% of the last segment the competition will be restarted, if possible, otherwise no results will be produced.

(iv) Unplanned interruption of individual middle distance or longer competition after it has started:

- Athletes completed at least two segments will be ranked according to their position at the last available recorded data;
- Any athlete who does not complete at least two segments will be included in the results as NC;
- In the case that all the athletes are stopped before the end of the second segment the competition will be restarted, if possible, otherwise no results will be produced.

(v) Modification of relay competition by shortening it:

- The race will be considered valid for those teams which completed at least two legs;
- There are two possible scenarios:
 - a) If all of the teams are able to reach the point of cancellation (i.e. broken pontoon, with no possibility to get in the water). The results of the race will be according to the position and times of the teams at the point the race is stopped;
 - b) If the race has to stop no matter where the teams are (i.e. weather alert) The results of the race will be according to:
 - The latest timing split per team;
 - The order of the teams to that point.

(vi) Modification of qualification and format events:

- In case not all the relay competition (qualifier or final) can be performed the results of the last complete round performed will be considered as final results by ranking the athletes according to the times on that round.

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- If the first round of competition is not completed, the competition will be restarted for all the athletes if possible, otherwise no results will be produced;
- A triathlon may be modified to a duathlon, aquathlon, or even in a two segment competition: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The preferred option will be a duathlon with the shorter run first;
- A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts are allowed.

2.13 World Triathlon Events Advisory Group:

- This body will be available to provide support and guidance to the Technical Delegates of all events in the World Triathlon and Continental Confederations calendar;
- The composition of the group will be:
 - A representative of the World Triathlon Sport Department (chair);
 - A representative of the World Triathlon Medical Committee;
 - A representative of the World Triathlon Technical Committee.
- The Chair of the group may involve any other elected members or staff of World Triathlon or the respective Continental Confederations;
- The members will be available from Thursday to Sunday on each weekend with an event;
- The Technical Delegates will be able to contact the chair of the advisory group and at his/her discretion a meeting of the group will be called;
- This group will provide support and guidance, but the final decision on any matter will be made on site by the World Triathlon Technical Delegate (except Water Quality matters as outlined in section 10.3).

3. PENALTIES

3.1 General Rules:

- 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;
- The nature of the rule violation will determine the subsequent penalty;
- 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;
- Infringements and penalties are listed in Appendix K;

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- f.) The Technical Officials are allowed to determine penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally.

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.

3.3 Time Penalty:

- a.) It is not necessary for a Technical Official to give a warning prior to issuing a more serious penalty;
- b.) A time penalty is an appropriate penalty for infringements, which do not warrant a disqualification;
- c.) 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; designated penalty box, in the transition area or on spot;**

	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.

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

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:
 - Will be served in the Bike penalty box;
 - 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.
 - (ii) Time penalty at the time 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 run, until the athlete reaches the penalty box on the 3rd lap;
 - Etc.
- b.) 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 athletes 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	E	Equipment Outside Box
S	Swim Conduct	L	Littering
M	Mount Line violation	V	Other Violations

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) 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;
 - (ii) 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 check 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

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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;

- (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 appeal 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 occurred on the second half of the run, the time penalty will be served on the spot.

3.6 Disqualification:

a.) General:

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

b.) Assessment:

- (i) If time and conditions permit, a Technical Official will assess a disqualification by:

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- 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: info@intertranslations.com

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- (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 SportAccord 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 of Appeal:

- a.) Athletes punished with a penalty have the right to appeal with the exception of a drafting violation.

3.10 Reinstatement:

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

4. SWIMMING

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 at the beginning and the end of every swim lap.
- b.) Athletes must follow the marked swim course;
- c.) Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat;

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- 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;
- e.) Athletes may sportingly maintain their own space in the water:
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
 - (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
 - (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.
 - (iv) Additionally for the World Triathlon Championship Series, World Triathlon Cups, World Triathlon Para Series or World Triathlon Para Cups, if an athlete is penalised for infringing this rule twice in a calendar year, he or she will not be admitted in the next event from those mentioned above. This sanction is also applicable to the third, fourth or following infringement.
- f.) Rules about water quality are outlined in section 10.

4.2 Wetsuit Use:

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

Elite, U23, Junior and Youth athletes:

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

Age-Group from the youngest to 55-59 category:

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

Age-Group from 60-64 category to the oldest:

Swim Length	Forbidden	Mandatory
All distances	24.6 °C and above	15.9 °C and below

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4.3 Maximum stay in water:

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

4.4 Modifications:

- a.) **In case of high or low temperatures** the swim distance can be shortened or even cancelled according to this table:

Original swim distance	Temperature of water								
	Above 33.0°C	32.9-32.0°C	31.9-31.0°C	30.9-15.0°C	14.9-14.0°C	13.9-13.0°C	12.9-12.0°C	11.9-11.0°C	Below 11.0°C
Up to 300m	Cancel	Original distance							Cancel
750m	Cancel	Cancel	750m	750m	750m	750m	750m	Cancel	Cancel
1000m	Cancel	Cancel	750m	1000m	1000m	1000m	750m	Cancel	Cancel
1500m	Cancel	Cancel	750m	1500m	1500m	1500m	750m	Cancel	Cancel
1900m	Cancel	Cancel	750m	1900m	1900m	1500m	750m	Cancel	Cancel
2000m	Cancel	Cancel	750m	2000m	2000m	1500m	750m	Cancel	Cancel
2500m	Cancel	Cancel	750m	2500m	2500m	1500m	750m	Cancel	Cancel
3000m	Cancel	Cancel	750m	3000m	3000m	1500m	750m	Cancel	Cancel
3800m	Cancel	Cancel	750m	3800m	3000m	1500m	750m	Cancel	Cancel
4000m	Cancel	Cancel	750m	4000m	3000m	1500m	750m	Cancel	Cancel

*** Note:** The temperatures above are not always the water temperature used in the final decision. If the water temperature is at or below 15°C and the air temperature is at or below 16°C, the adjusted value is taken from the measured water temperature according to the next chart.

b.) When the water temperature is above 22°C, the temperatures in the table are to be applied as they are. When the water temperature is at or below 22°C and the air temperature is at or below 15°C, then the value of the water temperature will be adjusted according to the following table.

(*)		Air temperature (All values in °C)										
		15	14	13	12	11	10	9	8	7	6	5
Water Temperature (All values in °C)	22	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	Cancel
	19	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	Cancel
	18	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel
	17	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel
	16	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel
	15	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel
	14	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel
	13	13.0	13.0	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

- c.) If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the Technical Delegate in consultation with the Medical Delegate (if applicable) may adapt limits of the swim length or adopt provisions about the use of wetsuits. The final decision will be made one hour before the start and will be clearly communicated to the athletes by the Technical Delegate;
- d.) For aquathlon events (normally run-swim-run), the LOC should plan for a swim-run where the water temperature is expected to be below 22 °C. Where a run-swim-run aquathlon has been planned, but on competition day the water temperature is below 22 °C, the format will change to swim-run;
- e.) Water temperature must be taken one hour prior to the start of the event on competition day. It must be taken in the middle of the course and in two other areas on the swim course, at a depth of 0.5m. Where the average measured figure is 27 °C or below, the lowest measured temperature will be considered as the official water temperature. Where the average measured figure is above 27 °C, the highest measured temperature will be considered as the official water temperature.

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4.5 Starting Position Selection: (Elite/U23/Junior/Youth athletes):

- a.) Prior to the start of competition, athletes are lined up in the order of their start numbers. **A Technical official will order each athlete to move to the start one by one;**
- b.) The athletes go directly to their selected numbered position upon entering the pontoon and stay in that position behind the pre-start line until the start procedure. A selected position cannot be changed by any athlete during the Starting Position Selection process. An athlete cannot occupy more than one start position. **The Technical Delegate may decide to cancel this process and assign the start positions according to race numbers, in cases where no ranking exists or due to other extraordinary circumstances;**
- c.) Start Line Technical Officials note each athlete's race number and the starting position selected;
- d.) Starting Position Selection ends when every athlete is in a starting position.

4.6 Starting Position Selection: (Age-Group)

- a.) Athletes from the same wave will be together as a group in the pre start area.
- b.) **A technical official will allow the athletes to move to the start area and will control the flow to keep this process safe.**
- c.) **Athletes will select any position which is not used. Technical Officials may ask the athletes to move from crowded to empty areas of the start line.**

4.7 Start Procedure: (Elite/U23/Junior/Youth Athletes): (Mass start):

- a.) **A start is a mass start when a large group of athletes are starting together. It may be used in any competition and category**
- b.) After all athletes are in position (confirmed and noted by the Start Line Technical Officials) **and the whole Field of Play is confirmed ready for the start** "On your marks!" is announced and the athletes step forward to the start line (without stepping on it);
- c.) Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move straight ahead towards the first buoy until they reach the water.
- d.) Technical Officials involved in the start procedure are:
 - Start Technical Officials are responsible for announcing "On your marks" and for giving the start and false start signal;
 - False Start Technical Officials stand on both sides of the start area to have a clear view of the start
- e.) False start: In case of a false start, where several athletes move forward before the start horn, the Head Referee will sound the start horn many times requiring athletes to return to their previously selected positions. This will be controlled by the start line technical officials and the start procedure will start again. The false start officials will signal the Head

Referee with a flag to indicate a false start. A false start may be declared also when not all the athletes have the opportunity to start the race immediately after start horn;

- f.) Valid start with early starters: In the case of an early start of a few athletes, the competition can continue, the False Start Technical Officials can decide that the start is valid. A photo/video camera may be used to identify early starters. The early starters will receive a time penalty in Transition 1. In case of relay events, the time penalty has to be served by the first athlete of the team;
- g.) For Age-Group events mass start may be organised in different waves. Different AGs categories may be grouped in the same wave. Age-Group categories with a large number of athletes may be split, in this case only athletes from the same Age-Group category will be in the same wave
- h.) Athletes starting in any wave before the one that the athlete is assigned to, will be disqualified;
- i.) Athletes who are late to the assigned wave will need the approval of the Start Technical Official. The athlete start time will be the start time of the assigned wave.
- j.) The same procedure will apply for the start of any other multisport event starting with running with adaptations from swim start to run start.

4.8 Start procedure (Age-Group/Para triathlon athletes):

- a.) Athletes are grouped at the pre start areas according to the assigned start wave;
- b.) Athletes will be called to the start area and they will occupy the start positions according to the TOs instructions;
- c.) After all athletes are in position "On your marks!" is announced;
- d.) Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move forward;
- e.) False start: In case of a false start, several athletes start before the start signal. A continuously repeated use of start signal and kayaks blocking the way of the athletes are used to provide a false start signal. The athletes must come back to their previously selected position and the start procedure will begin again;
- f.) Valid start with early starters: In the case of an early start of a few athletes, the competition can continue, the False Start Technical Officials can decide that the start is valid. A photo/video camera may be used to identify early starters. The early starters will receive a time penalty in Transition 1. In case of relay events, the time penalty has to be served by the first athlete of the team;
- g.) The same procedure will apply for the start of any other multisport event starting with running with adaptations from swim start to run start;

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h.) Athletes starting in any wave before the one that the athlete is assigned to, will be disqualified;

i.) Athletes who are late to the assigned wave will need the approval of the Start Technical Official. The athlete start time will be the start time of the assigned wave.

4.9 Start procedure (Interval Start System):

a.) An interval start is defined when the start is given at different times to different groups of athletes who are competing together. Typically it is used in PTWC and PTVI events .

b.) Athletes are responsible for being at the start line on time;

c.) A video camera shall be used to record the entire start;

d.) The Start Technical Officials are responsible for synchronising their own and the Timekeepers' watches;

e.) Start Technical Officials must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes' actual start time must be noted with both electric and hand timing, in case the Competition Jury decides his/her late start was due to force majeure;

f.) Athletes will be called to the start area and will occupy the start positions according to the TOs' instructions;

g.) Ten minutes before their start time, all the athletes should be ready at the start area;

h.) Five minutes before their start time, athletes will be asked to take their position at the start area;

i.) One minute before their start time, athletes will be asked to enter the water, or approach the start line;

j.) When all athletes are in position, the "start procedure " will be initiated. "On your marks!" will be announced;

k.) The start signal (horn blast) will be sounded at the exact start time of the wave;

l.) An athlete who is an "early starter" in a "valid start" will not be recalled to the start line;

m.) The early starters will receive a time penalty in Transition 1;

n.) An athlete who starts any time before the beginning of the "start procedure" or who starts in a wave they are not assigned to, will be disqualified;

o.) Athletes who are late to their assigned wave must get approval of the Start TO to start;

p.) The athlete start time will be the start time of the assigned wave and no adjustment to his/her start time can be made.

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4.10 Start procedure (Time Trial Start System):

- a.) Time trial start system is defined when the athletes competing in the same event will start the race at specified start times. Typically is to be used in events with time trial qualifier stages.
- ~~b.) Principles set in World Triathlon Competition Rules 4.8 will apply. Applicable for Age-Group time trial starts and for competitions with time trial qualifying round format.~~
- b.) Athletes are responsible for being at the start line on time;
- c.) A video camera shall be used to record the entire start;
- d.) The Start Technical Officials are responsible for synchronising their own and the Timekeepers' watches;
- e.) Start Technical Officials must provide all athletes with the opportunity to start at their correct times. An assistant responsible for recording the details for any violations at the start must be placed near the starter. The athletes' actual start time must be noted with both electric and hand timing; in case the Competition Jury decides his/her late start was due to force majeure;
- f.) Athletes will line up according to the start order. Athletes will need to report at the pre-start area at least 2 minutes before their start time;
- g.) Athletes will be informed by the starter about the remaining time to the start, 15 and 5 seconds before the start time;
- h.) The Start Technical Official will announce the start time by using an electronic/manual horn;
- i.) Athletes starting the competition before the start time will be recalled to the start line. Any athlete failing to do this will be disqualified. Athletes starting after their start time, must get the approval of the Start Technical Official to proceed. The start time of those athletes will be the start time originally assigned.

4.11 Start Procedure (Rolling Start System)

- a.) Rolling start is defined when athletes can cross the start line at any moment during a defined range of time. The athlete's time will start when the athlete crosses the start line. This start system is appropriate for long distance events with mass participation. It may be used in draft-illegal events, even if they are not long distance, or where the start conditions do not permit a wide space offering the athletes a safe start to the swim. There are two variations:

- (i) Rolling start with pre-determined start times. Athletes will start the race individually or in groups up to five athletes.
- (ii) Continuous rolling start. Athletes will start the race in a continuous manner.

- b.) This system is only applicable to Age-Group competitions.

- c.) There will not be a mass start.
- d.) The Start Technical Official can interrupt the start procedure at any time.
- e.) The Start Technical Official will determine the start time of any athlete in case of incidents at the start.
- f.) If one athlete has two or more start times recorded, the first one will be the valid start time
- g.) Athletes starting in any wave before **the defined range of time for him/her** ~~the one that the athlete is assigned to~~, will be disqualified;
- h.) Athletes who are late to **the defined range of time** ~~the assigned wave~~ will need the approval of the Start Technical Official. The athlete start time will be the start time of the first athlete in the **defined range of time** ~~assigned wave~~.

4.12 Equipment:

- a.) Swim cap:
 - (i) All athletes must wear the official event **numbered** swim cap during the swim segment;
 - (ii) In an Aquathlon event athletes may carry the official event swim cap and goggles during the first run segment and may wear them in the Transition Area;
 - (iii) **Numbered** swim caps are provided by World Triathlon or the Local Organising Committee;
 - (iv) If an athlete chooses to wear two caps, the second swim cap must be unbranded and the official swim cap must be on the outside from the moment of the athletes' line-up procedure starts;
 - (v) No sponsor logos are allowed on the official swim cap other than prescribed by World Triathlon/ Local Organising Committee;
 - (vi) Athletes may not alter the swim caps in any manner;
 - (vii) 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.
 - (ii) Trisuits must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or polyester that do not have any rubberized material such as polyurethane or neoprene);

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- (iii) When the use of wetsuits is forbidden, clothing covering any part of the arms and clothing covering any part of the legs below the knees is also forbidden with the exceptions outlined at 2.8.c.(iii);
- (iv) Trisuits must comply with the applicable Guidelines Regarding Authorised Identifications.
- c.) Swimskins:
- (i) Swimskins may be removed after the swim segment, except in the standard distance and shorter events.
- (ii) Swimskins must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene);
- (iii) Swimskins must comply with the wetsuit section of the applicable Guidelines Regarding Authorised Identifications for middle and long distance events.
- d.) Wetsuits:
- (i) Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit, **+/- 0.3 mm tolerance is admissible.**
- (ii) Propulsion devices that create an advantage for the athlete, or a risk to others, are forbidden;
- (iii) The most external part of the wetsuits will fit to the athletes' body tightly while they are swimming;
- (iv) A wetsuit may cover any part of the body except the face, hands and feet. **When mandatory, the wetsuit must cover at least the torso;**
- (v) There is no limitation regarding the length of the zipper;
- (vi) Wetsuits must comply with the applicable Guidelines Regarding Authorised Identifications.
- e.) Illegal Equipment:
- (i) Athletes must not use or wear:
- Artificial propulsion devices;
 - Flotation devices;
 - Gloves;
 - Socks, except when use of wetsuits are mandatory;
 - Wetsuits or any part of the wetsuits when they are forbidden;

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- Non-certified swimsuits;
 - Snorkels;
 - Bib numbers (in non wetsuit swim only)
 - Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears, except ear protection plugs;
 - Safety inflatable device (tube) which has been deployed. If deployed the athlete must retire from the race.
- (ii) Any jewellery deemed to be a hazard to themselves or other athletes. (Athletes may be requested to remove any such items.)

5. CYCLING

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.
- (iv) Use a different bike during the competition than the one checked-in.

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 an advantage is gained due to this action, the athlete will receive a time penalty to be served in the transition area for Age-Groupers and at the run penalty box for everyone else.
- (iii) Dangerous riding may result in a penalty. This includes but is not limited to passing another athlete on the wrong side.

5.2 Equipment:

a.) In general, UCI rules, as of January 1st of the current year, will apply during competition and also during familiarisation sessions and official training:

- (i) UCI road race rules for draft-legal triathlon and duathlon competitions.
- (ii) UCI time trial rules for draft-legal triathlon and duathlon competitions.
- (iii) UCI Mountain Bike (MTB) rules for winter triathlon, cross triathlon and cross duathlon competitions.

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b.) The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system consisting of pedals and a chain. Bicycles are referred to as bikes and will have the following characteristics in the following sections:

c.) For draft-legal competitions. Elite, U23, Junior and Youth:

(i) Frames:

- The frame of the bike shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements, (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section) such that the form of each element encloses a straight line. The elements of the frame shall be laid out such that the joining points shall follow the following pattern: the top tube connects the top of the head tube to the top of the seat tube; the seat tube (from which the seat post shall extend) shall connect to the bottom bracket shell; the down tube shall connect the bottom bracket shell to the bottom of the head tube. The rear triangles shall be formed by the chain stays, the seat stays and the seat tube with the seat stays anchored to the seat tube at points falling within the limits laid down for the slope of the top tube. The maximum height of the elements shall be 8 cm and the minimum thickness 2.5 cm. The minimum thickness shall be reduced to 1 cm for the chain stays and the seat stays. The minimum thickness of the elements of the front fork shall be 1 cm; these may be straight or curved. The maximum ratio of any two dimensions in a cross section of any tube is 1:3;
- The bike will be no more than 185 cm long, and 50 cm wide;
- The bike will measure between 24 cm and 30 cm from the ground to the centre of the chain wheel axle;
- There will be no less than 54 cm and no more than 65 cm between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;
- Fairings are prohibited. Any device, added or blended into the structure, that is destined to decrease, or which has the effect of decreasing, resistance to air penetration or artificially to accelerate propulsion, such as a protective screen, fuselage form fairing or the like, shall be prohibited;
- Bikes provided with the UCI Road Race homologation label (Code RD) are always allowed in World Triathlon draft legal events, even if they contravene any of the previous bullets in this 5.2 c) (i) insert.

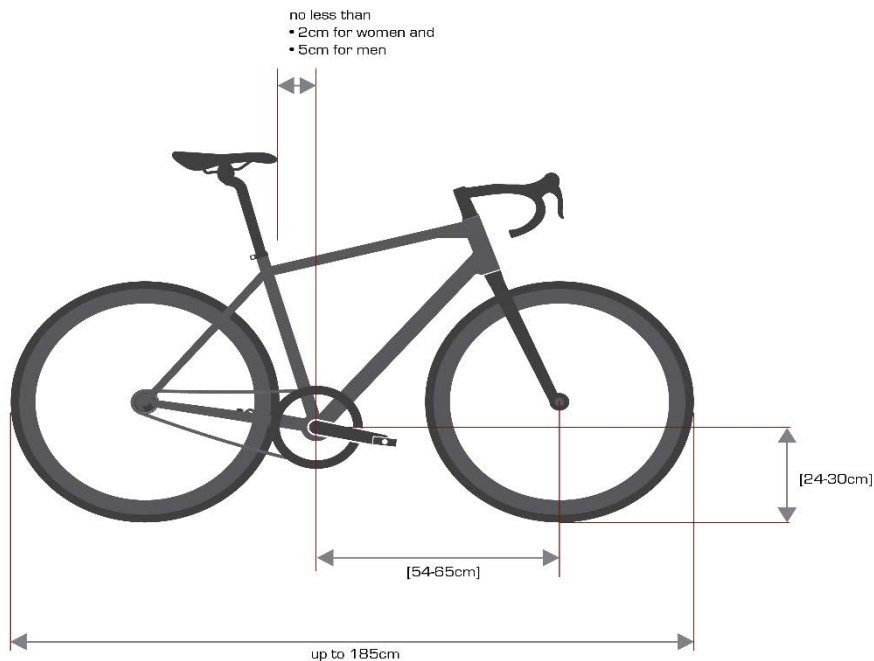
• Bikes provided with the UCI Time Trial homologation label (Code TT) are always allowed in World Triathlon draft legal events, even if they contravene any of the previous bullets in this 5.2 c) (i) insert.

(ii) Saddle position for U23 and Elite events:

- There will be a vertical line touching the front-most point of the saddle which will be no less than 5 cm for the men, and 2 cm for the women, behind a vertical

line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.

- The expected ratio between E (Femur) and F (Tibia) is around 56% to 44%. Where the athlete's ratio is nearer to 50/50 an exception will be considered.
- Exceptions to this rule may be requested 30 days prior to the competition by the National Federation of the athlete to a panel composed of:
 - One person designated by World Triathlon Technical Committee;
 - One person designated by World Triathlon Coaches Committee;
 - One person designated by the World Triathlon Medical and Anti-Doping Committee.



(iii) Non-traditional or unusual bikes:

- Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the World Triathlon Technical Committee for approval at least 30 days before the Event.
- Provided that the criteria of the World Triathlon rules are met then full details of the equipment including images must be supplied to the World Triathlon Technical Committee. The procedure is outlined in Appendix P.
- Any equipment previously submitted will be available on the website with confirmation as to whether it has been accepted or rejected. A

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form is available on the World Triathlon website for athletes wishing to submit equipment for approval.

(iv) Logos and race number stickers:

- Only logos of bicycle related products may appear on the athlete's bicycle;
- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- The athlete's full name(s) or family name(s) or initial of the first name and family name(s), may appear once on the bike, either on the horizontal bar of the bike or on the shaft of the seat, with a maximum size of 10cm².
- Bike race number stickers, provided by World Triathlon or the Local Organising Committee, must be placed on the bike as instructed, without any alteration;

d.) For draft-illegal events, and Age-Group draft-legal events:

(i) Frames:

- The bike will be no more than 185 cm long, and 50 cm wide;
- The bike will measure between 24 cm and 30 cm from the ground to the center of the chain wheel axle;
- There will be no less than 54 cm and no more than 65 cm 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;
- The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable.
- Bikes provided with the UCI Time Trial homologation label (Code TT) are always allowed in World Triathlon draft-illegal events, even if they contravene any of the previous bullets in this 5.2 d.) (i) insert.

(ii) Saddle-position:

- There will be a vertical line touching the front-most point of the saddle which will be no more than 5 cm in front of, and no more than 15 cm behind, a vertical line passing through the centre of the chain wheel axle, and an athlete must not

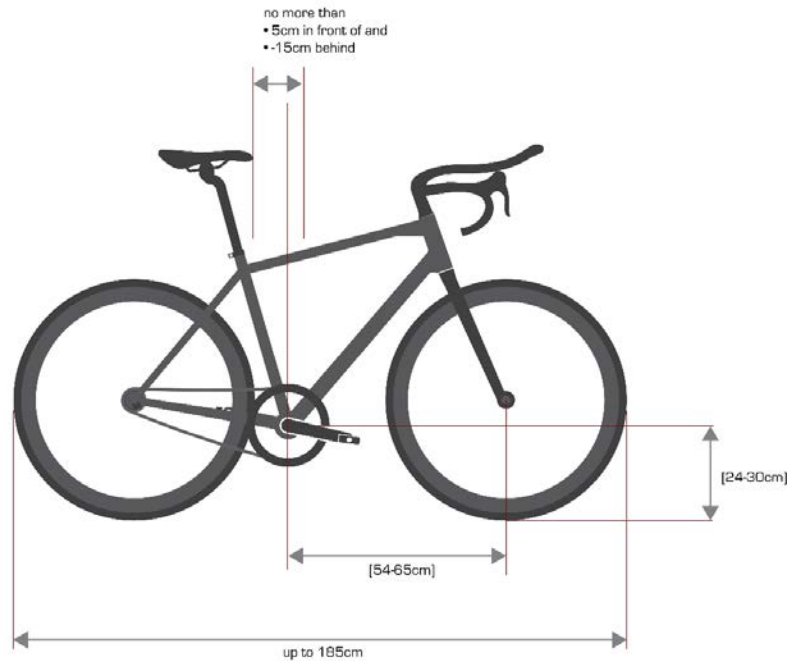
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have the capability of adjusting the saddle beyond these lines during competition;

(iii) Non-traditional or unusual bikes:

- Non-traditional or unusual bikes or equipment shall be illegal unless details



have been submitted to the World Triathlon Technical Committee for approval at least 30 days before the Event. Provided all other criteria of the World Triathlon rules are met then full details of the equipment including images must be supplied to the World Triathlon Technical Committee. The procedure is outlined in Appendix P. A catalogue of all previously submitted equipment will be available on the website with confirmation as to whether it has been accepted or rejected. A form is available on the World Triathlon website for athletes wishing to submit equipment for approval.

(iv) Logos and race number stickers:

- Only logos of bicycle related products may appear on the athlete's bicycle;
- Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame;
- The athlete's full name(s) or family name(s) or initial of the first name and family name(s), may appear once on the bike, either on the horizontal bar of the bike or on the saddle, with a maximum size of 10cm²;
- Bike race number stickers, provided by World Triathlon or the Local Organising Committee, must be placed on the bike as instructed, without any alteration.

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e.) Wheels:

- (i) No wheel may contain any mechanisms, which are capable of accelerating it;
- (ii) Tubular tyres must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly onto the frame;
- (iii) There must be a brake on each wheel;
- (iv) Wheels can be replaced only at official wheel stations, where provided;
- (v) Technical Officials at the wheel station will give the proper wheel to the athlete. The athlete is responsible for replacing the wheel in the forks. Wheels designated specifically for other athletes or teams cannot be used;
- (vi) For Elite, U23, Junior and Youth draft-legal competitions, wheels are allowed to be used if they are included in the current UCI approved non-standard wheels lists. (Both list applicable, the one contains wheels approved prior 1st January 2016 and the other after this date.) Wheels not on this list must comply to the following criteria:
 - A diameter between 70 cm maximum and 55 cm minimum, including the tyre;
 - Both wheels must be of equal diameter;
 - Wheels shall have at least 20 metal spokes;
 - The maximum rim dimension will be 25 mm. on each side;
 - The rim must be alloy;
 - All components must be identifiable and commercially available.
- (vii) For Age-Group draft-legal competitions, wheels must have the following characteristics:
 - Wheels shall have at least 12 spokes;
 - Disc wheels are not allowed.
- (viii) For draft-illegal competitions, covers are allowed on the rear wheel. However, this provision may be changed by the Technical Delegate in the interest of safety, i.e. high-winds.

f.) Handlebars:

- (i) For Elite, U23, Junior and Youth draft-legal competitions, the following handlebar rules will apply:
 - Only traditional drop handlebars are permitted. The handlebars must be plugged;
 - Clip-ons, including the bridge, must not exceed the foremost line of the brake
 - Clip-ons must have a solid factory bridge or be touched each other

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- Brake levers or gear levers must not be attached to the clip-ons The height difference between the highest point of the **clip on handlebar** and the lowest inner part of the elbow rest cannot exceed 10 cm;
- Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.
- **Clip ons will not be allowed from 1st January 2023.**

(ii) For Age-Group draft-legal competitions, the following handlebar rules will apply:

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons are not allowed.

(iii) For draft-illegal competitions, the following rules on handlebars apply:

- Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces do not need to be bridged. All tube ends have to be plugged.



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g.) Helmets:

- (i) Helmets must be approved by a national accredited testing authority recognised by a National Federation affiliated with World Triathlon;

- (ii) Helmet must be used in all official activities when the athlete rides the bike: competition, familiarisation and training sessions;
 - (iii) An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited;
 - (iv) The helmet must be securely fastened and fit properly at all times and any garment worn underneath must not affect the fit 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;
 - (v) If an athlete moves the bike off the course for any reason, the athlete may not unfasten or remove the helmet until after he/she has moved outside the boundary of the bike course route and has dismounted the bike; and he/she must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike;
 - (vi) Helmet race number stickers, provided by World Triathlon or the Local Organising Committee, must be placed on the front and both sides of the helmet, without any alteration. No other stickers are allowed;
 - (vii) There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible;
 - (viii) The helmet can be any colour or design.
- h.) Platform Pedals:
- (i) Platform pedals are allowed, provided a quick-release mechanism is fitted to ensure the release of the feet in case of a fall.
- i.) Disc brakes:
- (i) Disc brakes are allowed.
- j.) Illegal Equipment:
- (i) Illegal equipment includes, but is not limited to:
 - Headphone(s), headset(s), technical earplug(s) or smart helmets which are inserted or covering the ears;
 - Glass containers;
 - Mirrors;
 - Bike or parts of the bike not complying with these rules;
 - Uniform not complying with the applicable Guidelines Regarding Authorised Competitors;
 - Water bottles if placed behind the saddle for draft-legal competitions.

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- k.) Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the Head Referee before the competition, must be securely mounted, not endanger any athlete or give unfair advantage;
- l.) For cameras and video cameras, in addition to requiring approval from the Head Referee, all the images and footage taken will be copied by World Triathlon. The use of those images for commercial purposes is subject to approval by World Triathlon.

5.3 Bike Check:

- a.) A bike check may include all items listed in 5.2.
- b.) A visual bike check will take place upon Check-in to the transition area before the competition. Technical Officials will check that bikes comply with the World Triathlon Competition Rules;
- c.) Athletes may request approval from the Head Referee after the Athletes' Briefing if their bike is legal;
- d.) Each registered athlete may only check one bike into their transition;
- e.) All athletes must rack their bike before the Transition Area closes. Any athlete unable to do this must inform the Head Referee.

5.4 Overlapping:

- a.) Elite, U23, Junior, Youth and Mixed Relay, athletes who have been lapped during the bike segment will be withdrawn from the competition by the Technical Officials. Technical Officials may anticipate this decision, for safety reasons, if the athlete is closer than 100 meters ahead from the leader and the Technical Official is totally sure that the overlapping will happen. This provision can be modified by the Technical Delegate, following the procedure outlined in 1.5.

5.5 Drafting:

- a.) General Guidelines:
- (i) There are two kinds of competitions, depending on the allowance of drafting:
- Draft-legal competitions;
 - Draft-illegal competitions.
- (ii) The competitions will be draft-legal or illegal according to this table:

	Junior and Youth	U23	Elite	Age-Group	Para triathlon
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Team Relay	ΤΗΛ:210 92 85 000 ΗΛΕΚ.Δ/ΝΣΗ: info@Intertranslations.com	Legal	Legal	ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76 ΑΦΜ: 095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ	
Super Sprint Distance			Legal	Illegal	ΤΗΛ. 2109225000

Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
DUATHLON					
Team Relay	Legal	Legal	Legal	Team Relay	
Sprint Distance	Legal	Legal	Legal	Both options	Illegal
Standard Distance		Legal	Legal	Illegal	Illegal
Middle and Long Distance			Illegal	Illegal	Illegal
AQUATHLON					
WINTER TRIATHLON (all distances)	Legal				
CROSS TRIATHLON AND DUATHLON all distances)	Legal				
AQUABIKE				Illegal	

b.) Draft legal events:

- (i) It is forbidden to draft off a different gender athlete;
- (ii) It is forbidden to draft off an athlete being in a different lap;
- (iii) It is forbidden to draft off a motorbike or vehicle.

c.) Draft-Illegal events:

- (i) It is forbidden to draft off another athlete or motor vehicle. 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:

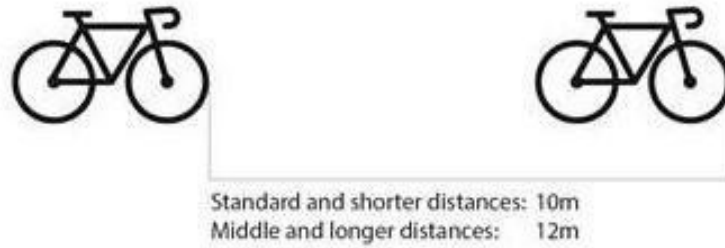
- Middle and long distance draft zone: the bicycle draft zone will be 12 meters long measured from the leading edge of the front wheel. An athlete may enter the zone of another athlete, but must be seen to be progressing through that zone. A time bonus of 25 seconds will be allowed to pass through the zone of another athlete. **Several consecutive attempts to overtake with no success may lead to a drafting infringement.;**

- Standard and shorter distance events bicycle draft zone: the bicycle draft zone will be 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 seconds will be allowed to pass through the zone of another athlete. **Several consecutive attempts to overtake with no success may lead to a drafting infringement;**
 - Motorbike draft zone: the draft zone behind a motorbike will be 15 meters long. This applies also for draft legal events;
 - Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle on the bike segment. 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:
- For safety reasons;
 - If the athlete enters the draft zone, and progresses through it within the allotted time in the overtaking manoeuvre;
 - 100 meters 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;
 - An overtaken athlete must drop out of the draft zone of the passing athlete by continuously making rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
 - Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;
 - 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 Technical Delegate will instruct the athletes during the briefing on which side they must pass another athlete when mounted on their bicycle.

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(vii) See the diagrams below for events where right hand side road rules apply.



5.6 Penalties for drafting:

- a.) It is forbidden to draft in a competition declared as draft-illegal;
- b.) Technical Officials will notify the athletes who draft they are subject to a time penalty. 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 competition distance. One minute for the sprint distance, two minutes for standard distance and five minutes for middle and long 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 standard distance events or shorter;
- f.) The third drafting offence will lead to disqualification for middle and long distance events.
- g.) Drafting violations cannot be appealed.

5.7 Blocking:

- a.) Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass

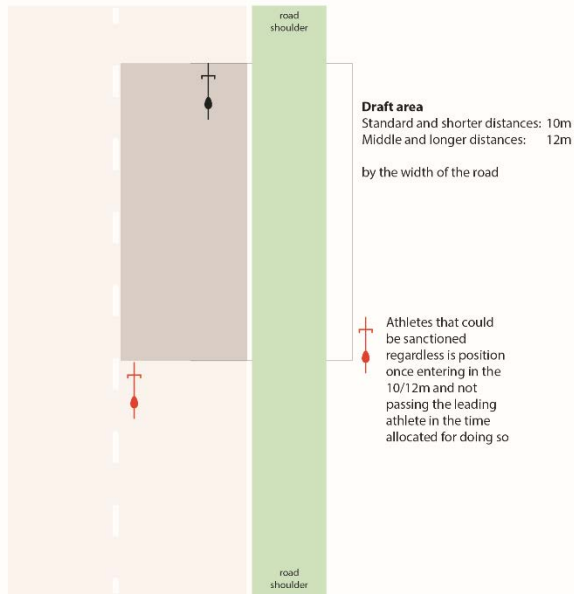
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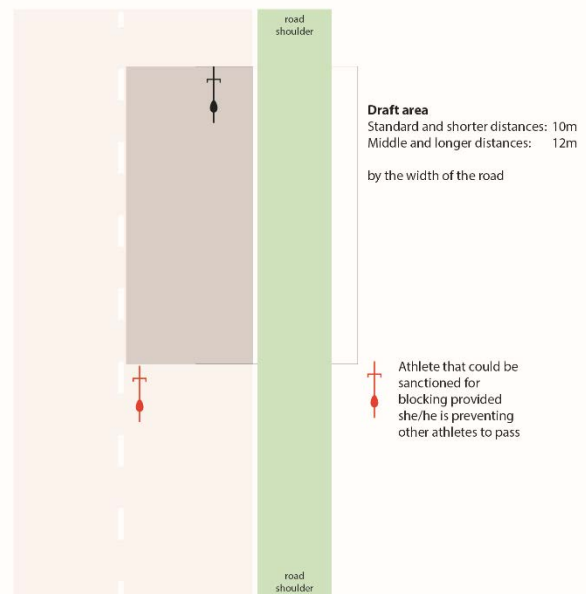
due to the leading athlete being poorly placed on the course. Athletes blocking will receive a yellow card to be served at the next bike penalty box.

5.8 Riding positions:

Drafting



Blocking



a.) While arms or elbows are in contact with the handlebar or armrest, hands will grip the clip on;

b.) The following rule is linked with the no allowance of clip ons and will be in force on January 1st 2023: The riding position requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle;

c.) Additionally during the draft-illegal races, forearms can be used as a point of support on the handlebar.

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Image 1 Allowed positions in all races:



Image 2: Allowed position only in draft illegal races:



Image 3: Forbidden positions in all races:



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6. RUNNING:

6.1 General Rules:

- a.) The athletes will:
 - (i) Run or walk;
 - (ii) Wear the bib number (applicable always in the Age-Group events. For other events, the Technical Delegate can make it mandatory and athletes will be informed in the race briefing);
 - (iii) Not crawl;
 - (iv) Not run with a bare torso;
 - (v) Not run with a bike helmet on;
 - (vi) Not use posts, trees or other fixed elements to assist manoeuvring curves;
 - (vii) Not be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course;
 - (viii) Not run together and/or take pace from other athlete/s who is/are one or more laps ahead (Applicable only to Elite, U23, Junior, Youth athletes and Para triathletes).

6.2 Finish Definition:

- a.) 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:

- a.) The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical Officials or Medical personnel as presenting a danger to themselves or others, may be removed from the competition;
- b.) Athletes can't be accompanied by any non-competing person in the finish chute.

6.4 Illegal Equipment:

- a.) Headphone(s), headset(s) or technical earplug(s), which are inserted or covering the ears;
- b.) Glass containers;
- c.) Uniform not complying with the World Triathlon Guidelines Regarding Authorised Identification.

- d.) Crutches, canes, push or pull device to help the progress by pushing or pulling with the arms. The specific equipment for para triathletes is included in chapter 7.

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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 before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg;
- b.) Athletes must use only their designated bike rack and must rack their bike:
 - (i) For a traditional bike rack, the bike must be racked as follows:
 - For the first transition: in an upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing to the middle of the transition lane. Technical Officials may apply exceptions;
 - For the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0.5 m of the rack number or name plate. The bike must be racked in a way that does not block or interfere with the progress of another athlete.
 - (ii) In case of an individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels.
- c.) Athletes must place within 0.5m of the bin all equipment to be used at a later stage in the event. If a bin is not provided, the 0.5m will be measured from the point on the ground immediately below the rack number or name plate. The bin, if provided, must be within 0.5m from the rack number or name plate. All equipment already used must be deposited in the corresponding numbered bin provided, exceptions are the bike shoes, which may remain fixed on the pedals. A piece of equipment is considered deposited in the bin when one part of the equipment is inside the bin. Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before competition start;
- d.) If an athlete wishes to use the same shoes in a duathlon for the second run these do not have to be placed in the bin in transition one, however, only one pair of running shoes may be on the floor at any time during the competition. Running shoes must be located within 0.5m of the athlete's bin (rack number/name plate).
- e.) Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike in Transition 1;
- f.) Athletes must not impede the progress of other athletes in the transition area;
- g.) Athletes must not deposit another athlete's equipment in the transition area;
- h.) Cycling is not permitted inside the transition area, except during the cycling segment. Mount and dismount lines are part of the transition area;
- i.) Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line.

- j.) Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line.
- k.) 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.
- l.) If during the mount or dismount manoeuvre, the athlete loses their shoe(s) or other equipment, they will be collected by the Technical Officials and no penalty will be applied.
- m.) Nudity or indecent exposure is forbidden;
- n.) Athletes can not stop in the flow zones of the transition area;
- o.) Marking positions in the transition area is forbidden. Marks, towels and objects used for marking purposes will be removed and the athletes will not be notified;
- p.) The helmet strap must remain unfastened in the transition area while the athlete is completing the first segment.

8. COMPETITION CATEGORIES

8.1 World Championships:

- a.) World Triathlon may organise World Championships in the distances, **formats** and categories shown in this chart:

	Elite	U23	Junior	Age-Group	Para triathlon
TRIATHLON					
Team Relay	Yes	Yes (U23/Jr combined or separated)		Yes	
Eliminator	Yes				
Super Sprint Distance	Yes	Yes	Yes	Yes	
Sprint Distance	Yes	Yes	Yes	Yes	Yes
Standard Distance	Yes	Yes		Yes	Yes
Middle Distance	Yes			Yes	Yes
Long Distance	Yes			Yes	Yes
DUATHLON					
Team Relay	ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2 ΠΕΙΡΑΙΑ Τ.Κ. 185 41 ΑΦΜ 037385370 ΔΟΥ: ΕΤ ΠΕΙΡΑΙΑΣ		Yes		INTERTRANSLATIONS MON.A.E. ΙΝΤΕΡΤΡΑΝΣΛΕΙΣΙΟΝΣ ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε. ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
Sprint Distance	ΑΜΑΣΑ: 18705 ΤΗΛ: 210 92 25 000 ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com	Yes	Yes	Yes	ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET ΕΠΙ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76 ΑΦΜ: 095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ ΤΗΛ. 210 92 5000
Standard Distance	Yes	Yes		Yes	Yes

Middle Distance	Yes			Yes	Yes
Long Distance	Yes			Yes	Yes
AQUATHLON					
Standard Distance	Yes	Yes	Yes	Yes	Yes
Long Distance	Yes			Yes	Yes
WINTER TRIATHLON AND WINTER DUATHLON					
Team Relay	Yes		Yes		
Sprint Distance			Yes	Yes	Yes
Standard Distance	Yes	Yes			
CROSS TRIATHLON AND CROSS DUATHLON					
Team Relay	Yes		Yes		
Sprint Distance			Yes		Yes
Standard Distance	Yes	Yes		Yes	Yes
AQUABIKE					
Standard Distance				Yes	
Long Distance				Yes	

- b.) National Federations and Continental Confederations **should** be encouraged to include each of these categories in their National and Continental Championships.
- c.) National Federations and Continental Confederations may organise National and Continental Championships in super sprint and shorter distances for ages of 15 years and below. The decision on which ages are grouped together is the responsibility of the National Federation and the Continental Confederation respectively.

9. PRIZES AND AWARDS

9.1 Prize Money:

- a.) General Rules:

- (i) Prize money for the World Triathlon Events shall be distributed equally between men and women at 50% depth, according to the World Triathlon Prize Money Percentage Breakdown outlined in Appendix H.
- (ii) Prize money will be paid regardless of the points cut-off percentage time of the winner.

9.2 Awards:

- a.) Athletes or team members who place first, second or third at any event will be awarded an official podium medal (gold, silver, bronze);
- b.) In addition, teams may receive a medal and/or trophy for first, second and third positions.

9.3 Prizes, Points and Awards in combined events/categories:

- a.) In case of events which take place together or different categories competing together in the same wave, the awards, prize money and points will be distributed as follows:

Events taking place together:	Awards (medals) to:	Prize money to:	Points to:
Elite and U23	- Elite awards for all - U23 awards for U23	- Overall	- Overall
Elite, U23 and Junior	- Elite awards for all - U23 awards for U23 - Junior awards for Junior	- Overall	- Overall
U23 and Junior	- U23 awards for U23 - Junior awards for Junior	- Overall	- Overall
All categories	- Elite awards for all - Categories awards per categories	- Overall	- Overall
Triathlon Continental Championships with athletes from other continents	- Award for the athletes from the continent	- All are eligible	- Athletes from the continent
Multisport Continental Championships with athletes from other continents	- Award for the athletes from the continent	- All are eligible	- Overall
Continental Cups	- Overall	- Overall	- World Triathlon points: overall - Continental points: Athletes from the continent

- b.) Athletes from other continents can participate in Continental Championships provided that the competition is not held with the athletes from the host continent. In this case, points and medals are going to athletes from the host continent, but prize money is distributed to the athletes in the overall results. The exceptions to this paragraph are the Quatlon and Long distance Triathlon Continental Championships that are part of the World Series as well. In this case points are distributed to the overall results.

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10. EVENTS

10. A. Events: Safety and environment:

10.1 Water quality:

- a.) The Technical Delegate may modify the distance of the swim segment or even cancel the swim, depending on the speed of the current.
- b.) Water quality:
- (i) Samples of the water collected from three different locations on the swim course will be separately analysed and the poorest results will determine if the swim can take place. The swim will be allowed if the following values are below the level of tolerance in the different types of water:
- Sea and transition water:
 - PH between 6 and 9;
 - Enterococci not more than 100 per 100 ml (cfu/100ml);
 - Escherichiacoli E. Coli not more than 250 per 100 ml (cfu/100ml);
 - Absence of positive visual evidence of Red Tide Algal bloom.
 - Inland water:
 - PH between 6 and 9;
 - Enterococci not more than 200 per 100 ml (cfu/100ml);
 - Escherichiacoli E. Coli not more than 500 per 100 ml (cfu/100ml);
 - The presence of Blue-Green Algal blooms/scum (cyanobacteria) not more than 100.000 cells/ml. This test is only required in case of positive visual evidence of Blue-Green Algal bloom. Because of the potential for rapid scum formation daily sanitary inspection is mandatory by the LOC Medical Director in the two weeks before the competition in the area prone to scum formation. Where no scums are visible, but the water shows strong greenish discoloration, turbidity and the transparency is less than 0.5 m the cyanobacteria test must be performed.
 - All units have to be cfu/100 ml or nmp/100 ml. (cfu: Colony Forming Units; nmp: Most Probable Number)
- (ii) If the water quality test shows values out of the tolerance limits as indicated above, the swim will be cancelled, unless the World Triathlon Medical and Anti-Doping Committee permits.

10.2 Water quality information and decision making flow:

- a.) Water Quality Data:

- (i) According to the World Triathlon rules, the LOC must submit water quality tests taken from three locations of the swim course:

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- 2 months before the competition;
- 7 days before the competition;

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- on the first competition day of the event, for statistical purposes only.
- (ii) However, results delivery may vary from 48 hours to 96 hours depending on the methodology that the laboratory is using. **Results received more than seven days after the sample collection will not be accepted;**
- (iii) Therefore, making a decision on competition delay based purely on data that is not reflecting the current conditions 100% is not advisable.
- (iv) **Additionally for Olympic and Paralympic Games the collection of water samples will be done:**

- **One test per day for a period of ten days before the first competition till two days after the last competition, one, two and three years before the Olympic Games and the Paralympic Games.**
- **From ten days before the first competition till two days after the last competition twice every day, in the morning and in the evening in the year of the Olympic Games and the Paralympic Games.**
- **Results will be delivered within 24 hours from the sample collection**

b.) Applicable process:

- (i) Use approach in the cases but not limited to, where the event is running under rainy conditions recommended by WHO to guide decision making by combining:
- (ii) sanitary inspection;
- (iii) water quality analysis;
- (iv) weather forecasts.

c.) Sanitary inspection:

- (i) Evaluation of:
- The absence of oils and smell of phenol;
 - The colour of the water that may not change in an abnormal way;
 - Visibility of the water of more than one meter (this may only be less when this is caused by natural circumstances);
 - A location with a lot of garbage can be an ideal environment for brown rats;
 - Discharge of cooling water from a factory;
 - Sewage discharge or the occurrence of houses and boats;
 - Bird colonies;
 - Algal bloom

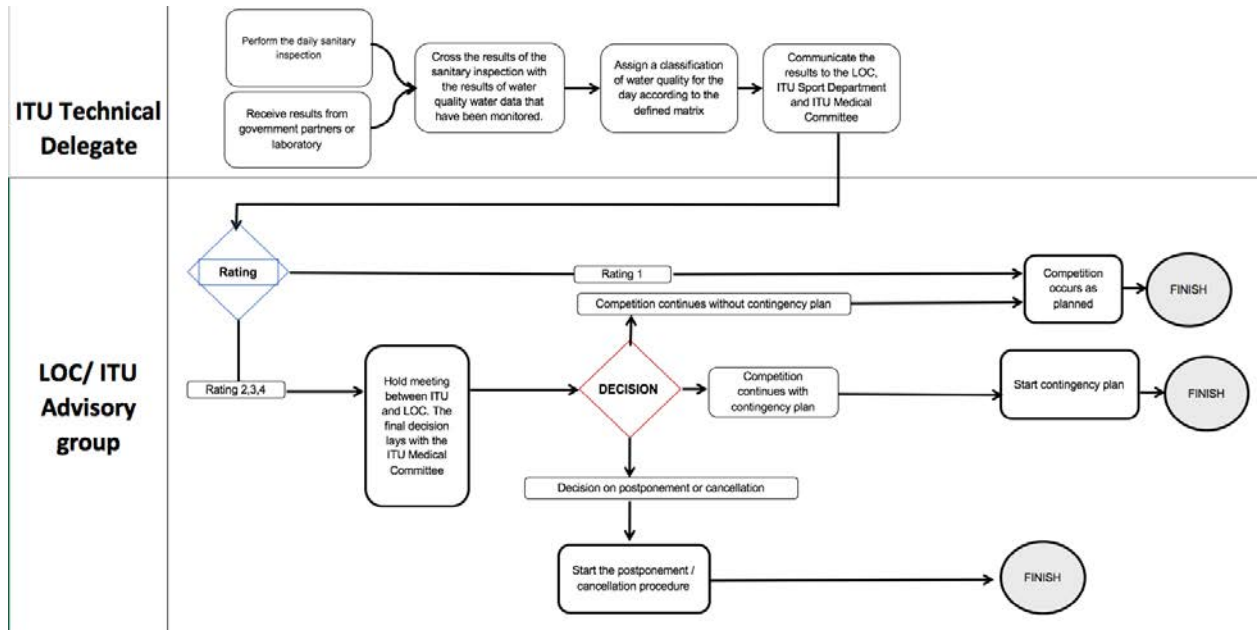
d.) Water Quality Information Flow:

- (i) The World Triathlon/LOC Water Quality Consultative Group is represented by:

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- World Triathlon Medical Committee;
- World Triathlon Technical Delegate;
- World Triathlon Medical Delegate (if applicable);
- World Triathlon Team Leader (if applicable);
- World Triathlon Sport Department (including the Project Manager);
- LOC Race Director;
- LOC Medical Director.



e.) Water Quality Decision Matrix (Sea and Transition water)

		Two past results E.Coli < 250* Enterococ ci < 100*	Last result E.Coli: 250 to 500* Enterococ ci 100 to 200*	Two past results E.Coli: 250 to 500* Enterococ ci 100 to 200*	Last result E.Coli > 500* Enterococ ci > 200*
Sanitary Inspection category (susceptibility to faecal influence)	Low	1	2	2	4
	Moderate	1	2	3	4
	High	2	3	3	4

* cfu/100ml

(i) Key for Levels: info@intertranslations.com

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- 1 = 'Very Good Water Quality': (E.Coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain;
- 2 = 'Good Water Quality': (E.Coli < 250 or Enterococci < 100) with poor visual pollution during sanitary inspection or forecasted heavy rain;
- 2 = 'Good Water Quality': (E.Coli: 250 to 500 or Enterococci 100 to 200) but with no or potential visual pollution during sanitary inspection or forecasted heavy rain;
- 3 = 'Fair Water Quality': (E.Coli: 250 to 500 or Enterococci 100 to 200), but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain;
- 4 = 'Poor Water Quality': (E.Coli > 500 or Enterococci > 200), with any visual pollution during sanitary check and/or potential for forecast of heavy rain.

f.) Water Quality Decision Matrix (Inland water)

		Two past results E.Coli < 500* Enterococci < 200*	Last result E.Coli: 500 to 1000* Enterococci 200 to 400*	Two past results E.Coli: 500 to 1000* Enterococci 200 to 400*	Last result E.Coli > 1000* Enterococci > 400*
Sanitary Inspection category (susceptibility to faecal influence)	Low	1	2	2	4
	Moderate	1	2	3	4
	Hight	2	3	3	4

* cfu/100ml

(i) Key for Levels:

- 1 = 'Very Good Water Quality': (E.Coli < 500 or Enterococci < 200) with no or potential visual pollution during sanitary check or forecasted heavy rain;
- 2 = 'Good Water Quality': (E.Coli < 500 or Enterococci < 200) with poor visual pollution during sanitary inspection or forecasted heavy rain;
- 2 = 'Good Water Quality': (E.Coli: 500 to 1000 or Enterococci 200 to 400) but with no or potential visual pollution during sanitary inspection or forecasted heavy rain;
- 3 = 'Fair Water Quality': (E.Coli: 500 to 1000 or Enterococci 200 to 400), but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain;
- 4 = 'Poor Water Quality': (E.Coli > 1000 or Enterococci > 400), with any visual pollution during sanitary check and/or potential for forecast of heavy rain.

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10.3 Modifications due to heat:

- a) Medical Delegate or, if absent, Race Medical Director will measure the WBGT index. All the measurements with the WBGT tool should be taken at the finish area every 30 min starting 3 hours before the start of the competition. The device must be placed in direct sunlight 1.5 m above the ground.
- b) WBGT index values are categorised:
- (i) Assessing on-site environmental heat stress at regular intervals using the Wet-Bulb-Globe-Temperature (WBGT) index and providing announcements of its readings. WBGT levels for the modification of exercise or competition for healthy adults are based on recommendation from the American College of Sports Medicine (2007)
 - (ii) Any decision made will take into consideration the level of medical assistance, facilities in the medical tent, evolution of the weather conditions and forecast, period of the competitive season, race distance and category, athlete fitness level and the age of the athletes. Event organisers will pay particular attention to unexpected or unseasonably hot weather in mass- participation events, considering that the un-acclimatised participants or participants without a sufficient level of training are at higher risk for heat illness.
 - (iii) During the races, weather information and the WBGT index will be provided at the Sport Information Centre and the Athlete Lounge. The information will be posted in the Athlete Lounge in time for athlete check in. The WBGT index will be converted to a five-level coloured flag system indicating the heat illness risk of current weather conditions. The information will be delivered in the form of written announcement

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WBGT Risk Categories		
Flag colour	WBGT Heat index	Risk
Black	>32.2°C	Extreme
Red	30.1-32.2°C	Very High
Orange	27.9-30.0°C	High
Yellow	25.7-27.8°C	Moderate
Green	< 25.7°C	Low

c) For sprint and standard distance events, in case of very high risk (red flag) the following will be taken into consideration:

(i) If the LOC and Medical Staff are able to provide medical assistance respecting all the rules of the World Triathlon Event Organiser Manual Medical Services and Exertional Heat Illness Prevention document, particularly in large mass participation events:

- Standard distance events: change to Sprint distance
- Sprint distance events and below: stay as originally planned

(ii) If the LOC and Medical Staff are unable to provide medical assistance respecting all the rules of the World Triathlon Event Organiser Manual Medical Services and Exertional Heat Illness Prevention document, particularly in large mass participation events, the competition must be rescheduled.

d) For sprint and standard distance events in case of an Extreme Risk (WBGT index: >32.2°C, Black Flag) the competition must be re-scheduled or cancelled.

e) For middle and long distance events, a meeting must take place among the assigned Technical Delegate, the assigned Medical Delegate, the LOC Race Director, the LOC Race Medical Doctor and the Chair of the Event Advisory Group for agreeing the heat countermeasures to be implemented in the cases where the event is expecting to take place in high risk and extreme high risk conditions.

10.4 Swim Current

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a) The race has to be rescheduled or cancelled in the case where the athletes are swimming against a swim current equal or more 1.5m/s on a straight line and equal or more 1m/s when they need to turn at any point in a 90 degrees angle or more

10.5 Thunderstorm and lightning:

- a) Lightning can be an immediate threat to athletes. If lightning strikes are approaching the venue and are within 8 miles/ 13 km the race should be stopped, the venue should be evacuated and the athletes should be taken to a safe area.

10. B. Events: Technical

10.6 Wave starts:

- a.) To ensure the safety of the athletes, there are limits on the quantity of athletes starting at the same time. The Technical Delegate may apply lower limits than the indicated, according to the event conditions:

	WTCS / WTPS	World Triathlon Championship Finals	World Triathlon Cup / WTPC	Other Standard and shorter distances triathlons	Middle and Long Distance Triathlon - All events (*)	Cross Triathlon - All events	Duathlon - All events	Mixed Relay
Elite	55	65	65	70	100	100	100	30
U23	n/a	70	n/a	70	n/a	100	100	30
Junior	n/a	70	n/a	70	n/a	100	100	30
Youth	n/a	n/a	n/a	70	n/a	n/a	n/a	30
Semi-final/Final (any category)	90	n/a	90	90	n/a	n/a	n/a	N/A
Para triathlon	80	122	80	52/80 (**)	80	80	80	N/A
Age-Group	n/a	200	n/a	200	500	500	500	200

(*) Long distance triathlons may have larger start groups if they are in water start events and after Technical Delegate approval.

(**) 52 is applicable for Continental Championships 80 is applicable for Continental Championships

- b.) Athletes from the same age group can be divided in two or more wave starts provided;
- (i) Both/all waves will have the similar number of athletes assigned;

- (ii) Athletes from the same National Federation will be split in all groups randomly, assigning the similar number to each of the waves;
- (iii) National Federations with only one athlete will be entered to one or the other wave, in order to keep the numbers balanced. The same principle will apply to the excess resulting from National Federations with odd number of athletes;
- (iv) The champion will be the athlete with quickest time, no matter in which wave he/she is starting in;
- (v) The result list of the Age-Groups affected will contain the athletes of both waves sorted by times;
- (vi) The waves containing athletes from the same Age-Group will be scheduled one immediately after the other;
- (vii) These waves will not include athletes from a different Age-Group.

10.7 Transition:

- a.) The Technical Delegate will determine the position of the mount and dismount lines. Both lines will be considered as part of the transition area.

10.8 Bike:

- a.) A 10 % tolerance margin will be accepted for the distance of the bike segment provided that it has been approved by the Technical Delegate. In the middle and long distance events, this tolerance is limited to 5%;
- b.) There must be a minimum number of penalty boxes as follows:
 - Standard distance or shorter events: one every 10 km;
 - Middle and long distance events: one every 30 km.

10.9 Support team:

- a.) National Federation's Quota: Every National Federation has a support team quota according to the charts below. When a National Federation has a quota allocated of 3 or higher, different genders will be represented, otherwise the quota will be reduced by 1.

- (i) Elite events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	2	3	4
Medical	1	1	1

- (ii) U23 events (U20 not mixed with other categories):

Athletes	1 to 6	7 or more
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Coaches	2	3
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(iii) Junior events:

Athletes	1 to 6	7 or more
Coaches	2	3

(iv) Youth events:

Athletes	1 to 6	7 or more
Coaches	2	3

(v) Para triathlon Events:

Athletes	1 to 3	4 to 6	7 or more
Coaches	2	3	4
Medical	1	1	1

(vi) Mixed Relay events:

Team	1 or more
Coaches*	3
Medical*	1

* In case a Mixed Relay event is held in conjunction with an individual event, the delegation already accredited for the individual race should be considered.

(vii) Delegation support for Age-Group events:

Total number of athletes across all events	1 to 50	51 to 100	More than 101
Coaches	2	4	6
Bike mechanic/Ski man	1	2	2
Medical	1	1	1
NF Representatives *	2	2	2

* Only in case no Congress held in conjunction with the event.

b.) Head of Delegation

(i) National Federations with more than 200 athletes in every category of Elite, U23, Junior in both genders, will be provided with an extra accreditation with coach access for all events during the World Triathlon Championship Finals.

- (ii) National Federations with athletes in all four events - Duathlon, Aquathlon, Cross Triathlon and Long Distance Triathlon – in Elite category in both genders, will be provided an extra accreditation with coach access for all events during the World Triathlon Multisport Championships.
- c.) All the personnel registered as part of the support team will receive an accreditation with access according to their role;
- d.) National Federations are responsible for entering their support personnel in the World Triathlon online entry system. World Triathlon will approve the support personnel according to the quota seven days prior to the event. No additions will be admitted after this deadline.

10.10 Start times:

- a.) The minimum time difference between waves will be:

	Inter gender start time difference (1)	Elite/AG start time difference (2)
Continental Cup Sprint	45 min	1h
Continental Cup Standard	1h 30 min	2h
World Cup Sprint	1h 45 min	1h 30 min
World Cup Standard	2h 45 min	2h 30 min
World Triathlon Championship Series Sprint	1h 45 min	1h 45 min
World Triathlon Championship Series Standard	2h 45 min	2h 45 min
Duathlon Standard Distance	1h 30 min	2h 30 min
Triathlon and Duathlon Middle and Long Distance	5 min	5 min
3x Team Relay	1h 45 min	n/a

- (1) This will be applicable whether the men or the women’s event starts first.
- (2) This will be applicable for Age-Group waves starting after the Elite events. Elite events starting after the Age-Group Events will only start once the Age-Group Events have finished.

- b.) The Technical Delegate can decide to reduce the above indicated differences in Continental Cup and Duathlon standard distance events provided that the men and the women will not be on the start line simultaneously;
- c.) The Technical Delegate can decide to reduce the above indicated differences in Continental Cup and Duathlon standard distance events to a minimum of five minutes if

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one of the events has fewer than 10 athletes competing, and enough officials to control any potential drafting between male and female athletes;

- d.) The Technical Delegate can also require different start times by asking for a specific regulation, as indicated under section 1.6;
- e.) Events not included in the previous chart will need the approval of the Technical Delegate prior to publishing the start times.

10.11 Modified events:

- a.) When a competition cannot be held in the original format due to force majeure, all the points for all the rankings related, including Olympic Qualification List points, will be reduced depending on the final conditions under which the event took place:
 - (i) If the event remains as a triathlon or the multisport originally planned, but any of all of the segments are shortened according to the World Triathlon Competition Rules, 100 % of the points will be awarded;
 - (ii) If the event becomes another World Triathlon multisport competition according to the World Triathlon Competition Rules in terms of distances and conditions, 75 % of the points will be awarded;
 - (iii) If a triathlon event becomes a duathlon and the swim is replaced by a running segment with similar duration of the cancelled swim, 75% of the points will be awarded;
 - (iv) If the event becomes another World Triathlon multisport competition with deviations from the World Triathlon Competition Rules in terms of distances and conditions, 50 % of the points will be awarded.

10.12 Cut-off time:

- a.) Technical Delegate may determine a cut-off time for the entire competition or any intermediate point;
- b.) If there is a cut-off time, it must be announced at least 30 days before registration closes.

11. TECHNICAL OFFICIALS

11.1 General:

- a.) The duties of the Technical Officials are to conduct the competition in accordance with the World Triathlon Competition Rules;
- b.) World Triathlon Specific Officials are:
 - (i) Technical Officials
 - (ii) Para triathlon Specific Technical Officials;

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- (iii) Chair of the Competition Jury.
- c.) Technical Officials must be at least 19 years old on the 31st of December in the year of the competition they are working on;
- d.) To hold a competition under these Competition Rules, it is necessary to have the presence of:
 - (i) A Technical Delegate; and
 - (ii) A Head Referee.

11.2 World Triathlon Technical Officials:

- a.) The Technical Officials at all World Triathlon competitions are:
 - (i) The World Triathlon Technical Delegate (TD) ensures all aspects of the World Triathlon Competition Rules and World Triathlon Event Organisers' Manual are fulfilled. Local Organising Committees will modify the competition conditions, as per the indications of the Technical Delegate at any time. Accredited coaches will be informed about the modifications;
 - (ii) The Assistant Technical Delegate (ATD) assists the Technical Delegate with his/her duties;
 - (iii) The Head Referee checks the certification of the Technical Officials, makes the results official by signing them and makes final judgments on rule violations;
 - (iv) The Chief Race Official (CRO) assigns and monitors the work of all Technical Officials;
 - (v) Technical Officials are assigned to Registration, Start, Finish, Transition Area(s), Pre-transition Area, Swim, Swim exit, Bike, Run, Wheel Stations, Aid Stations, Technology, Penalty boxes, Lap Counter, Protocol, Race Control Office, Video Review, and Vehicle Control. An adequate number of Technical Officials will be assigned to each area and will be responsible for the enforcement of World Triathlon Competition Rules within their assigned jurisdiction. A Technical Official may be assigned in more than one position. Additional positions may be created if necessary;
 - (vi) Technical Officials can be accredited as Bike Check Officials to conduct technological fraud control. Complete procedure can be found in Appendix N;
 - (vii) The Competition Jury is appointed by the Technical Delegate;
 - (viii) The World Triathlon Medical Delegate, appointed by the World Triathlon Medical and Anti-Doping Committees is responsible for all medical and anti-doping issues on behalf of World Triathlon.

11.3 Para triathlon Specific Officials:

- a.) The Chief Classifier is a classifier responsible for the direction, administration, coordination and implementation of classification matters;

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- b.) Classifiers will be responsible for determining the Sport Class and Sport Class Status of the Para triathletes from PTS2 to PTS5, PTWC1 and PTWC2 Para triathletes;
- c.) Classifiers certified by the International Blind Sports Federation and International Paralympic Committee will be responsible to determine the sport class and sport class status of the PTVI1, PTVI2 and PTVI3 Para triathletes;
- d.) World Triathlon Para triathlon Classification Rules are included in Appendix G.

11.4 Competition Jury:

a.) The World Triathlon Technical Delegate will appoint the members of the Competition Jury as follows:

(i) For Olympic Games and the Elite competitions of the World Triathlon Championship Finals the Competition Jury consists of five people being selected from:

- The Technical Delegate or the Assistant Technical Delegate, who chairs the Competition Jury;
- A member of the World Triathlon Executive Board;
- A representative of the host National Federation;
- A representative from the World Triathlon Technical Committee;
- A representative from the World Triathlon Medical and Anti-Doping Committee.

(ii) For all the other World Triathlon Events and other Games that do not include the Olympic Games, the Competition Jury consists of three people being selected from:

- The Technical Delegate or the Assistant Technical Delegate, who chairs the Competition Jury;
- A member of the World Triathlon Executive Board or any Committees or Commissions, or if none are present, a member of the Continental Confederation's Executive Board or any Committees or Commission, or staff liaisons, or if none are present, a representative from the host National Federation;
- A representative from the host National Federation.

(iii) The Competition Jury can invite experts to the hearing, whereby they may have a voice but no vote.

b.) Being a member of the Competition Jury in one event is not compatible with:

(i) Being a Technical Official in the same event other than the Technical Delegate;

(ii) Being an athlete competing in the same event;

(iii) Being an athlete competing in the same event.

c.) Duties of the Competition Jury:

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- (i) The Competition Jury rules on all appeals and all protests;
 - (ii) The Competition Jury has the authority to modify the competition results as a consequence of its decision on the appeal or protest. This results modification is a Field of Play decision;
 - (iii) The Competition Jury must be available starting before the Athletes' Briefing until after the end of competition;
 - (iv) The Competition Jury Chair is responsible for filing a written statement on all appeals and decisions reached.
- d.) Competition Jury meetings schedule:
- (i) Competition Jury will meet, at a minimum:
 - After the race briefing;
 - One hour before the start of the event;
 - After the last finisher.
 - (ii) Additionally, in the Age-Group events, the Competition Jury will meet, at a minimum:
 - After the first finisher;
 - After the finish of the first half of the field.
- e.) Competition Jury Integrity:
- (i) The Competition Jury observes the following principles:
 - Give equal weight to the evidence and testimony provided by all;
 - Recognize that honest testimony can vary and be in conflict as a result of personal observation or recollection;
 - Have an open minded approach until all evidence has been submitted;
 - Recognise an athlete is innocent until the alleged violation has been established to the complete satisfaction of the Competition Jury.
 - (ii) Conflict of interest:
 - The Chair of the Competition Jury decides if any member has a conflict of interest;
 - In the case of conflict of interest or absence or any other reason the Chair of the Competition Jury can replace the member who has the conflict of interest. The Chair of the Competition Jury can appoint the replacement at his/her discretion. The Competition Jury will remain with the same number of members throughout the event.
 - The Chair of the Competition Jury is deemed not to have a conflict of interest.

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11.5 Technology Tools:

- a.) Technical Officials may use any kind of electric, electronic, magnetic, or other technological support to acquire data or evidence on rule infractions as supporting evidence.

11.6 Volunteer Certification:

- a.) All volunteers, who are assigned to areas of responsibility on the Field of Play, must be educated to World Triathlon's minimum standard. Education kits obtained from World Triathlon will cover key areas of Field of Play responsibility.

11.7 Health:

- a.) World Triathlon encourages Technical Officials to undergo an annual health evaluation.

11.8 Technical Officials' Certification:

- a.) All documents related to the procedures and regulations on Technical Officials' certification as well as the list of certified Technical Officials can be found under - http://www.triathlon.org/development/technical_officials/certification

11.9 Eligibility International Technical Officials:

- a.) A Technical Official (TO) can be affiliated to any National Federation (NF) according to eligibility conditions of each National Federation in terms of nationality, residence, age or any other may applied;
- b.) Only one affiliation will be recognised by World Triathlon;
- c.) If a TO listed as an international TO (level 1, 2 and 3) within World Triathlon wishes to move from one NF to another NF, he/she is required to introduce an international transfer to World Triathlon;
- d.) To get an international transfer, the application must be signed by the NF from which the TO wants to transfer and by the NF to which the TO wants to transfer;
- e.) When a TO applies for an international transfer, the NF from which he/she is transferring from, in signing the transfer application, shall be deemed to have confirmed that there is no reason for them to prevent the TO from transferring to the new NF;
- f.) The application for international transfer of NF shall be introduced between 1st of November and the 31st of December in any calendar year;
- g.) When both NFs approve the transfer, the TO will change NF on the international level from the 15th of January in the following year;
- h.) When only one NF approve the transfer, the TO will change NF on the international level from the 1st of January in the second following year.

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- i.) In the meantime, the TO can continue to act as an international TO under the World Triathlon flag, without representing any NF. World Triathlon will take care of the necessary administration, so he/she can continue acting as international TO;
- j.) Any appeal from any parties regarding the international transfer process is to be addressed to the World Triathlon Tribunal.

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12. PROTESTS

12.1 General:

- a.) A protest is against the conduct of an athlete, Technical Official, or the conditions of the competition. An athlete or a National Federation designate may file a protest with the Head Referee provided the protest has not been previously observed by the Technical Officials and ruled upon by the Head Referee.

12.2 Protests Concerning Eligibility:

- a.) Protests concerning the eligibility of an athlete shall be made to the Head Referee before the Athletes' Briefing. The Competition Jury will decide on this in a meeting scheduled immediately after the Athletes' Briefing.

12.3 Protests Concerning the Course:

- a.) Protests concerning the safety of the course or its variance to the regulations must be made to the Head Referee no later than twenty-four (24) hours before the start of the competition.

12.4 Protests Concerning the Competition:

- a.) An Elite, Youth, Junior, U23 athlete and Para triathlete, who protests against another athlete or Technical Official, must do so to the Head Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.
- b.) An Age-Group athlete, who protests against another athlete or Technical Official, must do so to the Head Referee within fifteen (15) minutes after the last athlete finished the competition. In case of a protest that is initiated within this period, the time limit will be extended by thirty (30) more minutes from the time the athlete initiated the protest.

12.5 Protests Concerning Equipment:

- a.) Protests concerning an athlete's equipment on an Elite, Youth, Junior, U23 and Para triathlon competition, which infringes on the conditions set out in the World Triathlon Competition Rules, must be delivered to the Head Referee within five (5) minutes of his/her finish time. In case of a protest that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.
- b.) Protests concerning an athlete's equipment on an Age-Group competition, which infringes on the conditions set out in the World Triathlon Competition Rules, must be delivered to the Head Referee within fifteen (15) minutes after the last athlete finished the competition. In case of a protest that is initiated within this period, the time limit will be extended by thirty (30) more minutes from the time the athlete initiated the protest.

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12.6 Protests Concerning Timing and Results:

- a.) Protests concerning errors in the results, which are not reflecting the decisions made by the Head Referee or the Competition Jury, may be delivered in writing by the athlete or the National Federation to the World Triathlon Technical Delegate within thirty (30) days after the competition.

12.7 Contents of a Protest:

- a.) The protest related to 12.1, 12.2, 12.3, 12.4 and 12.5 must be accompanied by a deposit of \$50 USD, or its equivalent, and will be refunded if the protest is successful. If the protest is denied, there will be no refund and the money will be retained by World Triathlon. Protest forms may be obtained from the Head Referee. A sample of the protest form is included in Appendix B:
- (i) Information to be included:
- The alleged rule violated;
 - The location and approximate time of the alleged violation;
 - Persons involved in the alleged violation;
 - A statement, including a diagram of the alleged violation, if possible;
 - The names of witnesses who observed the alleged violation.

12.8 Protest Procedures:

- a.) The following procedure will be followed in the event of a protest:
- (i) Protests will be filed with the Head Referee, signed by the protester, within the time limits specified above;
- (ii) The Head Referee will announce on the notice board in the finish area that a protest has been filed;
- (iii) The protester and the accused and/or their national coach or representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled. The Competition Jury will determine if absence from the hearing is valid;
- (iv) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them;
- (v) A representative for either the protester or the accused may be designated to appear if approved by the Chair of the Competition Jury;
- (vi) The hearing will not be open to the public;
- (vii) The Competition Jury Chair will explain the process and everyone's rights;
- (viii) The Competition Jury Chair will read the protest;
- (ix) The protester and the accused will be given adequate time to give their accounts of the incident;

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- (x) Witnesses (up to two each) may speak for up to three (3) minutes each;
- (xi) The Competition Jury will hear the evidence and render a decision, by simple majority;
- (xii) The decision will be posted immediately and delivered in writing to the parties upon request;
- (xiii) The Competition Jury will produce minutes of the meeting, including the Competition Jury's decision, which must be approved by all members of the Competition Jury, by the end of the meeting. The minutes will be submitted to the World Triathlon.

12.9 Results revision process:

- a.) National Federations, Continental Confederations or World Triathlon can request the revision of the results based on new evidence. This request will be addressed to the World Triathlon Technical Committee, who decides if a results revision case will be opened.
- b.) A revision panel appointed by the World Triathlon Technical Committee consisting of three members including at least one World Triathlon Technical Committee member will make a proposal to the World Triathlon Technical Committee.
- c.) The World Triathlon Technical Committee will decide on the results revision case by maintaining or modifying the results.
- d.) The revised results will be announced, published and the athletes informed.
- e.) Decisions of the World Triathlon Technical Committee as an outcome of the results revision process can be subject to appeal by a Level 2 appeal process.

13. APPEALS

13.1 Appeal Jurisdiction:

- a.) An appeal is a request for a review of a decision made by the Head Referee (Level 1), the Competition Jury or any World Triathlon panel (Level 2) and the World Triathlon Medical and Anti-Doping Committee solely with regards to eligibility (Level 3) or the World Triathlon Tribunal (Level 3). A sample of the Appeal Form is available in Appendix C.
- b.) Decisions from any Competition Jury and any World Triathlon panel may be appealed to the World Triathlon Tribunal, except:
 - (i) Decisions made by the World Triathlon Anti-Doping Hearing Panel;
 - (ii) Field of Play decisions.

13.2 Level 1 Appeal

- a.) The following procedure will be followed in the event of a Level 1 Appeal with the Medal ceremony:
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- (i) A Representative of a National Federation or an athlete may appeal the decision of the Head Referee to the Competition Jury. The appropriate appeal form can be obtained from the Head Referee;
 - (ii) Appeals will be filed in writing to the Head Referee, signed by the appellant and will be accompanied by a fee of \$50 USD or equivalent. It will be refunded if the appeal is successful. If the appeal is denied, there will be no refund and the money will be retained by World Triathlon;
 - (iii) The Head Referee will post information on the notice board that an appeal has been filed;
- b.) The following procedure will be followed in the event of a Level 1 Appeal after the medal ceremony till 48 hours after the end:
- (i) A Representative of a National Federation or an athlete may appeal the decision of the Head Referee to the World Triathlon Appeal Panel. The appropriate appeal form can be obtained from the Head Referee;
 - (ii) Appeals will be filed in writing to the Head Referee, signed by the appellant and will be accompanied by a fee of \$50 USD or equivalent. It will be refunded if the appeal is successful. If the appeal is denied, there will be no refund and the money will be retained by World Triathlon;

13.3 Level 1 Appeal Timelines:

- a.) Appeals against decision taken by the Head Referee between the Athletes'/Team Managers' briefing and the start of the competition:
- (i) An Elite, Youth, Junior, U23 athlete/team and Para triathlete or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision taken between the Athletes' briefing and the start of the competition must do so to the Head Referee within five (5) minutes after the announcement of the Head Referee's decision. In case of an appeal that is initiated within this period, the time limit will be extended by fifteen (15) more minutes.
 - (ii) An Age-Group athlete or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision taken between the Athletes' briefing and the start of the competition must do so to the Head Referee within fifteen (15) minutes after the announcement of the Head Referee's decision. In case of an appeal that is initiated within this period, the time limit will be extended by thirty (30) more minutes.
- b.) Appeals against decision taken by the Head Referee during the competition before the athlete finishing:
- (i) An Elite, Youth, Junior, U23 athlete/team and Para triathlete or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision taken before the athlete finished the competition must do so to the Head Referee within five (5) minutes of his/her finish time. In case of an appeal that is initiated within

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this period, the time limit will be extended by fifteen (15) more minutes. For team competitions, this time limit is related to the final team time;

- (ii) An Age-Group athlete or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision taken before the athlete finishes the competition must do so to the Head Referee within fifteen (15) minutes after the last athlete finishes the competition. In case of an appeal that is initiated within this period, the time limit will be extended by thirty (30) more minutes from the time the athlete initiated the appeal;
- c.) Appeals against decision taken by the Head Referee after the athlete finishes the competition:
- (i) An athlete/team or National Federation representative on behalf of such athlete, who appeals a Head Referee's decision made after the athlete finishes the competition but before 48 hours after the end of competition must do so within five (5) days after the end of the competition;
- d.) Appeals 48 hours or more after the end of the competition:
- (i) Any decisions on violations are managed by the World Triathlon Technical Committee through the results review process;
- e.) Competition Jury existence:
- (i) Appeals between the time of the Athletes'/Team Managers' briefing and the medal ceremonies will be managed by the Competition Jury;
 - (ii) Appeals after the medal ceremonies will be managed by the World Triathlon Appeal Panel with representatives from the World Triathlon Technical Committee, World Triathlon Sport Department and the Technical Delegate of the event or if such not available the representative of the LOC.

13.4 Level 1 Appeal Content:

- a.) An appeal will contain:
- (i) Competition name, location, date;
 - (ii) Appellant's name, address, phone, fax, email;
 - (iii) Witness(es) name(s);
 - (iv) Alleged decision appealed;
 - (v) Facts of the violation;
 - (vi) Rationale/summary of appeal;

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13.5 Level 1 Appeal Hearing in case of a Competition Jury:

- a.) The appellant and the accused and/or their national representative must be present. If the appellant does not attend, the appeals hearing may be postponed or cancelled. The Competition Jury will determine if absence from the hearing is valid;
- b.) Failure of any party to attend the hearing may justify the Competition Jury in making a decision without them;
- c.) A representative for either the appellant or the accused may be designated to appear if approved by the Chair of the Competition Jury;
- d.) The hearing will not be open to the public;
- e.) The Competition Jury Chair will explain the process and everyone's rights;
- f.) The Competition Jury Chair will read the appeal;
- g.) The appellant and the accused will be given adequate time to give their accounts of the incident;
- h.) Witnesses (up to two each) may speak for up to three (3) minutes each;
- i.) The Competition Jury will hear the evidence and render a decision, by simple majority;
- j.) Affected athletes may be heard by the Competition Jury and will be informed about the decision;
- k.) The decision will be posted immediately and delivered in writing to the parties upon request;
- l.) The Competition Jury will produce minutes of the meeting, including the Competition Jury's decision, which must be approved by all members of the Competition Jury, by the end of the meeting. The minutes will be submitted to the World Triathlon.

13.6 Level 1 Appeal Hearing in case of a World Triathlon Appeal Panel:

- a.) The appellant and the accused and/or their national representative may be present. If the appellant does not attend in person or by any other means of communication, the appeals hearing may be postponed or cancelled. The Appeal Panel will determine if absence from the hearing is valid;
- b.) Failure of any party to attend the hearing may justify the Appeal Panel in making a decision without them;
- c.) A representative for either the appellant or the accused may be designated to be heard if approved by the Chair of the Appeal Panel;
- d.) The hearing will not be open to the public;
- e.) The Appeal Panel Chair will explain the process and everyone's rights;
- f.) The Appeal Panel Chair will read the appeal;

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- g.) The appellant and the accused will be given adequate time to give their accounts of the incident;
- h.) Witnesses (up to two each) may speak for up to three (3) minutes each;
- i.) The Appeal Panel will hear the evidence and render a decision, by simple majority;
- j.) Affected athletes will may be heard by the Appeal Panel and will be informed about the decision;
- k.) The decision will be communicated immediately and delivered in writing to the parties upon request;
- l.) The Appeal Panel will produce minutes of the meeting, including the Appeal Panel's decision, which must be approved by all members of the Appeal Panel, by the end of the meeting. The minutes will be submitted to the World Triathlon.

13.7 Level 2 Appeal Procedure:

- a.) The following procedure will be followed in the event of a Level 2 Appeal:
 - (i) Decisions from any Competition Jury and any World Triathlon panel (except the World Triathlon AD Hearing Panel) may be appealed to the World Triathlon Tribunal;
 - (ii) Only appeals supported by National Federation will be admitted;
 - (iii) Appeals may be submitted up to thirty natural days after the Competition Jury met or within thirty natural days from the Competition Jury or Panel decision;
 - (iv) Appeals will be submitted in writing to the World Triathlon Secretary General and will be accompanied by a deposit of \$ 500 USD. It will only be refunded if the appeal is successful.;
 - (v) Level 2 appeal decisions may be appealed to CAS (Level 3 of Appeal)

13.8 Level 3 Appeal Procedure:

- a.) The following procedure will be followed in the event of a Level 3 Appeal:
 - (i) The decision of the World Triathlon Tribunal or of the World Triathlon Medical and Anti-Doping Committee (solely with regards to eligibility) may be appealed, as a final and last resort, to the Court of Arbitration for Sport (CAS), to the exclusion of any recourse to ordinary courts, within thirty (30) natural days from the decision of World Triathlon Tribunal.
 - (ii) Any decision taken by the said court (CAS) shall be without appeal and shall be binding on the parties concerned.

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WORLD TRIATHLON COMPETITION RULES: SPECIFIC DISCIPLINE COMPETITION RULES

14. INDOOR TRIATHLON

14.1 Definition:

- a.) An Indoor triathlon consists of a triathlon, which takes place in a closed space such as a sports pavilion, which has a swimming pool, a cycling track and a running track.

14.2 Swimming:

- a.) Maximum two athletes are allowed per lane of 2.5 meters wide, where they have to keep to the side all the time.

14.3 Transition Area:

- a.) Following the swim there may be a ten (10) second "neutralised" time period that is compulsory for all athletes. The purpose of this period is to sponge excess water off the athletes. Water on the track makes it very slippery and dangerous for all athletes. Not complying with this rule will result in disqualification.

14.4 Cycling:

- a.) The lapped athletes will be not removed from the race;
- b.) Athletes can draft from others who are on a different lap.

14.5 Running:

- a.) Spike shoes are not allowed.

15. MIDDLE AND LONG DISTANCE EVENTS

15.1 Medical Guidelines:

- a.) Specific medical guidelines, including "hot weather" guidelines and medical evacuation plans will be developed by the Race Medical Director in conjunction with the World Triathlon Medical Delegate.

15.2 Distances:

- a.) The course should have demanding hills and challenging technical aspects. A 5% tolerance margin will be accepted for the distance of the bike course, provided it has been approved by the Technical Delegate.

15.3 Penalties: **ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com**

- a.) Details about penalties are outlined in section 3.

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15.4 Coaches Stations:

- a.) In elite races, coaches will have a designated space available on the bike and run segments in order to supply athletes with their own food and beverages.

15.5 Special Needs Station:

- a.) Additional stations on the bike and or run may be provided for special needs;
- b.) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organising Committee;

15.6 Transition area:

- a.) In the transition area, Technical Officials or Local Organising Committee staff may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes;
- b.) Athletes are allowed to replace their uniforms in the transition area. If the athlete needs to become nude to do it, this action needs to be done inside the tent provided by the Local Organising Committee for this purpose. All the uniforms used by the athlete have to comply with the World Triathlon Competition Rules;
- c.) Wetsuits must be removed in the designated area;
- d.) For the events where the bag drop system is in place, all equipment must be deposited inside the proper bag provided by the Local Organising Committee. The only exception is the bike shoes that may remain attached to the pedals at all times.

15.7 Uniform:

- a.) Front zipper is allowed;
- b.) Zipper can be undone to the point of the end of the breastbone (sternum) during the competition, with the exception of the last 200 metres of the run, when it needs to be zipped up.

15.8 Outside Assistance:

- a.) Medical assistance, food and liquid are permitted at aid stations, special needs stations or at coaches' stations;
- b.) Bike catchers may be provided;
- c.) Bike Mechanic support may be provided at the approved locations and by the approved vehicles;
- d.) The Local Organising Committee may provide helpers to remove wetsuits;
- e.) All other outside assistance is prohibited.

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16. TEAM AND RELAY EVENTS:

16.1 Types of Events:

- a.) World Triathlon may organise Team Events in the distances and categories shown in this table:

Type of competition	
Triathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Triathlon LD	Adding 3 best times
Duathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Duathlon LD	Adding 3 best times
Winter	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Cross Triathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Cross Duathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Aquathlon	3 x Same Gender / 4 x Mixed / 2x2 Mixed Relay
Corporate Triathlon	Corporate

16.2 Definitions:

- a.) **Mixed relay:** A team is composed of 4 athletes: 2 men and 2 women, who will compete in the following order: **man, woman, man, woman** ~~woman, man, woman, man~~. Each of them will cover a complete aquathlon, triathlon, cross triathlon, duathlon, cross duathlon, winter triathlon **or winter duathlon**. The total time for the team is from the start of the 1st team member to the finish of the 4th athlete. Time is continuous and the timing does not stop between athletes. World Triathlon may allow mixed nation teams for specific competitions;

- b.) **2x2 Mixed Relay:** A team is composed of 2 athletes: 1 man and 1 woman, who will compete in the following order: **man, woman, man, woman** ~~woman, man, woman, man~~. Each of them will cover a complete twice aquathlon, triathlon, cross triathlon, duathlon, cross duathlon or winter triathlon. The total time for the team is from the start of the 1st team member to the finish of the second leg of the 2nd athlete. Time is continuous and the timing does not stop between athletes. World Triathlon may allow mixed nation teams for specific competitions;

- c.) **3x relay:** A team is composed of 3 athletes of the same gender. Each of them will cover a complete aquathlon, triathlon, cross triathlon, duathlon, cross duathlon or winter triathlon. The total time for the team is from the start of the 1st team member to the finish

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of the 3rd athlete. Time is continuous and the timing does not stop between athletes. World Triathlon may allow mixed nation teams for specific competitions;

- d.) **Corporate:** A team is composed of 3 athletes regardless of gender. The first athlete will cover the swim segment, the second one the bike segment and the third one the run segment. The total time for the team is from the start of the 1st team member to the finish of the 3rd athlete. Time is continuous and the timing does not stop between athletes. World Triathlon may allow mixed nation teams for specific competitions;
- e.) **Team competition based on the individual results:** The total team time is the addition of the 3 best times of the athletes from the same nation and gender. In case of a tie, the time of the third team member will determine the team result;

16.3 Results:

- a.) When National Federations are allowed to enter more than one team, only the team with the best finishing position will be listed in the results and eligible for awards (medals) and prize money.

16.4 Eligibility:

- a.) The general eligibility rules apply. The minimum age is 15 years.
- b.) Athletes who are competing under World Triathlon flag are not eligible to be included in any team

16.5 Uniform:

- a.) The World Triathlon Guidelines Regarding Authorised Identification apply.

16.6 Team Relay Briefing:

- a.) In case a relay competition is held in conjunction with an individual competition of the same category, both individual and relay information will be included in the same briefing held prior to the first competition according to the timeline specified in 2.7.b;
- b.) In case a relay competition is held independently, a mandatory briefing for all declared competing athletes and 1 reserve athlete per gender will be conducted according to the timeline specified in 2.7.b.

16.7 Team Composition:

- a.) In case a relay competition is held in conjunction with an individual competition of the same category, the team coach will declare all competing athletes and 1 reserve athlete per gender at a given time the day before the competition. All team compositions will be published after this time.
- b.) In case a relay competition is held independently, a coaches briefing will be held prior to the athletes briefing where all competing athletes and 1 reserve athlete per gender must be declared. All team compositions will be published after this time;

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- c.) Teams not submitting the declaration form within the specified time will be removed from the start list;
- d.) Two hours before the competition starts, the coach can communicate to the Head Referee a different team composition and order. These athletes must be listed on the declaration form, otherwise the team composition communicated at the team relay briefing will remain in force.

16.8 Competition Day Check-in:

- a.) All the team members must check in together.
- b.) Team members can use the same bike.

16.9 Transition Area:

- a.) General applicable rules are outlined in chapter 7. Athletes must place equipment already used in the corresponding numbered individual bin provided, exceptions are the bike shoes, which may remain fixed on the pedals.

16.10 Relay Exchange:

- a.) The relay exchange from one team member to another will take place inside the exchange zone, which is 15 meters long;
- b.) The exchange is completed by the in-coming athlete, using their hand to contact the body of the out-going athlete within the relay zone;
- c.) If the exchange occurs unintentionally outside the exchange zone, the team will receive a penalty of 10 seconds, which must be served in the penalty box. If the relay Exchange was done intentionally outside the relay zone, the team will be disqualified.
- d.) If the exchange is not completed, the team will be disqualified;
- e.) Prior to the relay exchange, the athletes will wait in a pre-relay exchange area until the Technical Official tells them to enter the exchange zone.

16.11 Penalties:

- a.) Time penalties are 10 seconds long.
- b.) Infringements due to missing the briefing and/or starting before the official start signal will be served by the first athlete in Transition 1;
- c.) All other time penalties will be penalised with 10 seconds and are to be served at the penalty box. These penalties may be served by any member of the team, who has not yet completed the triathlon event, can be served by any team member who has not yet competing on the day of the event.
- d.) Time penalties will be posted in the notice board of the run penalty box before the deadlines listed below. Notifications posted after these times will be considered invalid.

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(i) Infringements committed during the first leg (except early start) will be notified before the athlete in the second leg finishes the second segment.

(ii) Infringements committed from the first change over to the end of the second leg will be notified before the athlete in the third leg finishes the second segment.

(iii) Infringements committed from the second change over to the end of the third leg will be notified before the athlete in the fourth leg finishes the second segment.

(iv) Infringements committed from the third change over to the end of the first half of the last segment, will be notified before the athlete in the fourth leg gets the half of the last segment.

(v) Infringements committed in the second half of the last segment of the last leg, will be notified immediately and personally to the athlete. It will be served on the spot.

16.12 Finish:

- a.) Only the last team member is allowed to cross the finish line.

16.13 Age-Group Mixed Relay Specific Rules:

a.) Eligibility:

- (i) National Federations are allowed to enter maximum of 10 teams per age category;
- (ii) Each team consists of two women and two men;
- (iii) The general eligibility rules apply. The minimum age is 15 years.
- (iv) Categories will be as the following: 15-19 years (X15), 20-29 years (X20), 30-39 years (X30), 40-49 years (X40), 50-59 years (X50), 60-69 years (X60), 70 and above years (X70). All athletes in the team need to be within the range of the age category of the team.

b.) Results:

- (i) All teams will be listed in the results and eligible for awards (medals).

c.) Uniform:

- (i) The World Triathlon Guidelines Regarding Authorised Identification apply.

d.) Team Relay Briefing:

- (i) A Team Managers briefing will be conducted two days before the competition.

e.) Team Composition Declaration:

- (i) National Federations will enter the teams (without the composition of the team) by the entry deadline.

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- (ii) Ten days before the race, the National Federation will declare the composition of the teams (names of the athletes and order of competition) and a list of names in each of the age categories as reserves for this age category.
 - (iii) The day before the race between 19:00 and 20:00 Age-Group team managers may replace athletes from the teams with athletes from the list of reserves. It is not allowed to move athletes from one team to another.
 - ~~(i) The Team Manager will confirm all competing athletes by entering the team in the World Triathlon online entry system according to the set registration deadlines;~~
 - ~~(ii) Following the registration deadline, the Team Managers may replace online any athlete in any of the teams until the Team Managers briefing. No further changes will be permitted after the start of the Team Managers briefing.~~
- f.) Packet Pick-up:
- (i) One member of the team may pick up the team's race packet at the official competition registration area during a designated time. Packet pick-up will be open on the day before the competition;
 - (ii) The race packets will contain per athlete a minimum of: five (5) official race numbers (one (1) for body, one (1) for bicycle and three (3) for helmet) and four (4) safety pins, numbered swim cap, accreditation pass, athletes' guide, tickets for all of the social functions. Local Organising Committee gifts may be distributed at the same time.
 - (iii) The timing chips will be distributed at the check-in to the Transition Area on the day of the competition.
- g.) Competition Day Check-in:
- (i) All the team members must check in together.
 - (ii) Team members can use the same bike.
- h.) Cycling:
- (i) Drafting will be permitted between athletes from the same gender.
- i.) Relay Exchange:
- (i) Same rules will apply as of 16.10.
- j.) Penalties:
- (i) General Age-Group penalty rules will apply.
- k.) Finish:

(i) Same rules will apply as of 16.12.

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17. PARA TRIATHLON

17.1 General:

- a.) Para triathlon, as per the World Triathlon Constitution, is governed by the World Triathlon Competition Rules. This section contains the rules which affect only para triathlon.

17.2 Para triathlon Sport Classes:

- a.) World Triathlon Para triathlon has implemented an evidence-based classification system to group impairments into sport classes according to the extent of activity limitation they cause the athlete when performing in the sport of para triathlon;
- b.) There are nine (9) sport classes, as defined in Appendix G:
- (i) PTWC1: Most impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment;
 - (ii) PTWC2: Least impaired wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment;
 - (iii) PTS2: Severe impairments. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices;
 - (iv) PTS3: Significant impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (v) PTS4: Moderate impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (vi) PTS5: Mild Impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;
 - (vii) PTVI1: Includes athletes who are totally blind, from no light perception in either eye, to some light perception. One guide is mandatory throughout the race. Must ride a tandem during the bike segment.
 - (viii) PTVI2: Includes athletes who are more severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.
 - (ix) PTVI3: Includes athletes who are less severe partially sighted athletes. One guide is mandatory throughout the competition. Must ride a tandem during the bike segment.

17.3 Para triathlon Medal Events:

- a.) There will be six (6) medal events as follows:

- (i) PTWC: PTWC1 and PTWC2 sport class athletes competing together
- (ii) PTS2;
- (iii) PTS3;
- (iv) PTS4;

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- (v) PTS5;
- (vi) PTVI: PTVI1, PTVI2 and PTVI3 sport class athletes competing together.

~~b.) At the Tokyo 2020 Paralympic Games, athletes from some classes that are not a designated medal event, may attempt to qualify in a higher class.~~

~~(i) Men's sport classes PTS2 and PTS3 will score ranking points for the Tokyo 2020 Paralympic Qualification Rankings of the Men's PTS4 Medal Event, making them potentially eligible to compete in that event;~~

~~(ii) Women's sport classes PTS3 and PTS4 will score ranking points for the Tokyo 2020 Paralympic Qualification Rankings of the Women's PTS5 Medal Event, making them potentially eligible to compete in that event.~~

17.4 Classification:

- a.) Para triathlon Classification Rules can be found in Appendix G;
- b.) All Para triathletes competing at a World Triathlon sanctioned competition must have an international para triathlon classification to ensure they meet the minimal eligibility criteria for competition and are assigned an appropriate sport class. Para triathletes requiring classification will need to:
 - (i) be available to attend an International Classification appointment with a World Triathlon designated Classification Panel prior to the competition;
 - (ii) provide, at time of classification, the "World Triathlon PI Medical Diagnostics Form" or "World Triathlon VI Medical Diagnostics Form" signed by the appropriate medical personnel, a passport sized photo and any other relevant medical documentation.
- c.) Para triathletes competing at an World Triathlon event, where classification is not available, will be informed through their National Federation to submit specific medical documentation to World Triathlon, no later than six weeks before competition, so that a provisional classification can be assigned to them;
- d.) When an athlete's sport class changes, a revision of the past results can be requested. World Triathlon will study each request on a case to case basis and decide whether the relevant competition results need to be modified.

17.5 Eligible Classes and Competition Formats:

- a.) All Para triathletes are allowed to compete in triathlon, duathlon and aquathlon events. Only Para triathletes from sport classes PTS2, PTS3, PTS4 and PTS5 are allowed to compete in winter triathlon, cross triathlon and cross duathlon events;
- b.) All Para triathletes may start all together or grouped in waves. Athletes from the same sport class and gender must start in the same wave;
- c.) The Para triathlon competitions at the Paralympic Games, the World Triathlon Para Championships, the Continental Triathlon Para Championships, World Triathlon Para

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Series and the World Triathlon Para Cups are taking place on Sprint distance will have a time limit of 2 hours;

- d.) In a Duathlon event, a para triathlon competition should be organised at least in two wave starts with a difference of at least one (1) minute. PTWC1 and PTWC2 athletes should start in the first wave and the rest of the athletes in the second wave;
- e.) At the discretion of the technical delegate the competition format may be changed;
- f.) Athletes in different classes may compete together by using the staggered start called “Interval Start System”:

 - (i) In competitions where all classes start together, the relevant compensation time will be added to the final times of the athletes competing in the classes, as follows:

	PTWC1 Men	PTWC2 Men	PTWC1 Women	PTWC2 Women
Sprint triathlon	0:00	+2:59	0:00	+3:42
Sprint duathlon	0:00	+2:42	0:00	+3:21

	PTVI1 Men	PTVI2/PTVI3 Men	PTVI1 Women	PTVI2/PTVI3 Women
Sprint triathlon	0:00	+2:46	0:00	+3:19
Sprint duathlon	0:00	+2:36	0:00	+3:06

* In case a triathlon is modified to a duathlon, duathlon values will be used.

- (ii) In races utilising the “Interval Start System”, the start list should be prepared according to the example shown in Appendix L2;
- (iii) If an athlete is reclassified into a different class following observation, their finishing time will be adjusted according to the designated compensation times;
- (iv) In order to avoid overlapping or issues due to time constraints, the Head Referee may allow a mass start;
- (v) Any protests that are filed regarding the starting order and/or compensation times, shall take place according to the World Triathlon Article. 12., “Protest of Eligibility.”

17.6 Para triathletes’ Briefing:

- a.) Please see the rules at 2.7 b.) regarding the Para triathletes briefing.
- b.) All guides and personal handlers must be registered at the briefing;
- c.) All Para triathletes will receive their race packet following the briefing. The race packet will include:
 - (i) PTWC1 and PTWC2: red, yellow or green swim cap, 3 race number stickers for the helmet, 1 race number sticker for the handcycle, 1 race number sticker for the racing

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- wheelchair, 1 race number sticker for the daily wheelchair, 1 bib number for the athlete and 1 bib number for the personal handler;
- (ii) PTS2, PTS3, PTS4 and PTS5; red, yellow or green swim cap, 3 race number stickers for the helmet, 1 race number sticker for the bike, 3 race number stickers for the prosthesis/aiding devices, 1 bib number for the athlete or 4 sets of body marking, and 1 bib number for the personal handler if authorised;
 - (iii) PTVI1: 1 orange swim cap for the athlete and 1 white swim cap for the guide, 6 race number stickers for the helmets, 1 race number sticker for the bike, 1 bib number or 4 sets of body marking for the athlete and 1 bib number for the guide with the word "GUIDE" written on it.
 - (iv) PTVI2 and PTVI3: 1 green swim cap for the athlete and 1 white swim cap for the guide, 6 race number stickers for the helmets, 1 race number sticker for the bike, 1 bib number or 4 sets of body marking for the athlete and 1 bib number for the guide with the word "GUIDE" written on it.

17.7 Para triathlon Personal Handlers:

- a.) Securing qualified personal handlers shall be the responsibility of the para triathlete, and they should all be identified and receive credentials from the World Triathlon Technical Officials at the Para triathlon Briefing;
- b.) Personal handlers are to be allotted as follows:
 - (i) Up to one (1) personal handler for sport classes PTS2, PTS3, PTS4 and PTS5. The classification process will determine for each athlete the allowance of using one handler in the competitions. The approval for already classified athletes will be done by an Approval Panel composed of:
 - World Triathlon Head of Classification;
 - A member of the World Triathlon Para triathlon Committee;
 - A person designated by the Sport Department.
 - (ii) Up to one (1) personal handler for sport class PTWC;
 - (iii) No personal handlers for sport class PTVI1, PTVI2 and PTVI3 (Guides may act as the personal handler for this sport class).
- c.) Personal handlers are specifically allowed to assist Para triathletes by:
 - (i) Helping with prosthetic devices or other assistive devices;
 - (ii) Lifting Para triathletes in and out of handcycles and wheelchairs;
 - (iii) Removing assists or other equipment at the transition area or at the official wheel station. PTVI1, PTVI2 and PTVI3 guides can help to repair the bike along the whole bike course, without receiving external help;
 - (iv) Repairing bikes and helping Para triathletes with other equipment at the transition area or at the official wheel station. PTVI1, PTVI2 and PTVI3 guides can help to repair the bike along the whole bike course, without receiving external help;

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- (v) Racking the bikes in transition.
- d.) All personal handlers shall be subject to the World Triathlon Competition Rules in addition to further regulations deemed appropriate or necessary by the Head Referee;
- e.) Any action taken by a personal handler, which propels the Para triathletes forward may result in a disqualification;
- f.) One personal handler can assist maximum of one athlete;
- g.) All personal handlers shall be located within two (2) meters of their athletes' transition spot during the competition. Permission from a Technical Official is required in order to move outside that zone.

17.8 Para triathlon Registration:

- a.) Briefing registration:
 - (i) Para triathletes have to sign the attendance list in order to enter the briefing room. At this stage, they must communicate to the Registration Officials whether they will have their own personal handler;
 - (ii) Para triathletes must attend the briefing with their personal handler;
 - (iii) Immediately after the briefing, they will collect their race package and their personal handler will collect the personal handler's t-shirt, as provided by the Local Organising Committee.
- b.) Para triathletes' lounge check in:
 - (i) Para triathletes and personal handlers must check in together;
 - (ii) Personal handlers need to present themselves with the bib number and the official personal handler's t-shirt;
 - (iii) If a Para triathlete is present without his/her personal handler/s, he/she has to wait until the personal handler/s arrive. If the Para triathletes wishes to register on his/her own, then the personal handler/s will not have access to the Field of Play;
 - (iv) Once a personal handler has been registered, they can only be replaced in exceptional circumstances and only after approval by the Technical Delegate;
 - (v) Two Timing chips will be delivered to all athletes during this process;
 - (vi) Equipment (prosthesis, crutches, etc.) for the pre-transition area (must have a race number on it) and will be checked at the Para triathletes' lounge.

17.9 Pre-Transition Area:

- a.) If a pre-transition area exists para triathletes in PTWC1, PTWC2, PTS2, PTS3, PTS4 and PTS5 sport classes are allowed to store their wetsuits in this area. Only personal handlers from athletes racing in the PTWC1 and PTWC2 sport class are allowed to assist their assigned Para triathlete in this area, but cannot propel nor push the athlete forward;

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- b.) All PTWC1 and PTWC2 athletes must transfer in a day chair from pre-transition to transition. The wheelchairs provided by the PTWC1 and PTWC2 Para triathletes for this area must have functional brakes;
- c.) The closest available area to the swim exit area will always be used to line up the PTWC1 and PTWC2 wheelchairs according to their race number;
- d.) There should be a dedicated space in the pre-transition area with numbered chairs from 1-9+0, to set up and display all prosthetic devices/crutches for Para triathletes from the PTS2, PTS3, PTS4 and PTS5 sport classes (if required). PTS2, PTS3, PTS4 and PTS5 athletes must leave their prosthesis or crutches at the chair with the same number as the last digit of their race number. A minimum of two (2) Technical Officials will coordinate the distribution of these equipment devices to the athletes as they exit the water and receive notification of the race number from the Technical Official situated at the water exit. All of the equipment will be lined up in numerical order;
- e.) No athletes' equipment can be left in the pre-transition area, once the athlete exits the pre-transition area. Handler is allowed to carry the equipment of an athlete.
- f.) Adapted cleats and bike shoes with non-exposed cleats - that are mounted on prosthetic legs - are allowed in the pre-transition area, provided that the cleats are covered or enclosed by anti-slip material.
- g.) Para triathletes in PTS2 to PTS5 with an absent lower limb must use a prosthesis or crutches between Pre-Transition and Transition area 1. Hopping on one leg is not permitted from Pre-Transition to Transition area 1.

17.10 Transition Area:

- a.) The Local Organising Committee shall provide a minimum of 16 swim exit assistants at the swim exit area, who will be responsible for assisting the Para triathletes from the swim exit to the pre-transition area. The final number of swim exit assistants shall be determined by the World Triathlon Technical Delegate. Only these persons will be allowed to enter this area. Their training should be supervised by the World Triathlon Technical Delegate;
- b.) During the swim exit, the para triathletes will receive assistance from the swim exit assistants according to their swim cap colours, as follows:
 - (i) Red: Para triathlete needs to be lifted from the swim exit to the wetsuit removal area;
 - (ii) Yellow: Para triathlete needs to be supported to walk/run from the swim exit to the wetsuit removal area;
 - (iii) Green, orange or white: Para triathlete does not need any assistance at the swim exit.
- c.) Swim exit assistants will assist the athletes to the best of their ability in good faith and considering safety as the main principle.
- d.) Bicycles, tandems or handcycles are not allowed from the swim exit to the transition area;

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- e.) All mobility equipment shall remain within each Para triathlete's assigned space in the transition zone. All used swim caps, goggles, wetsuits, swim tethers, helmets in the box;
- f.) Bike shoes must be left in the athlete assigned space in the transition area, before and after the bike segment;
- g.) PTVI1, PTVI2 and PTVI3 positions in the transition area must be the closest to the mount line (women and men), followed by the rest of the sport classes PTS5, PTS4, PTS3, PTS2 and PTWC1 and PTWC2. PTWC1 and PTWC2 Para triathletes are allowed to ride the handcycle inside the transition area;
- h.) Each PTWC1 and PTWC2 para triathlete will have an individual space of 4x2 meters. The athlete, the handlers and all the equipment will be inside this space, during manoeuvres in the transition area.

17.11 Para triathlon Swimming:

- a.) For safety reasons, categories will be presented during the Para triathletes' presentation at competition start in the following order: PTVI1, PTVI2, PTVI3, PTS5, PTS4, PTS3, PTS2, PTWC1 and PTWC2. For safety reasons, PTWC1 and PTWC2 para triathletes should always enter the water after all other Para triathletes are in place;
- b.) The swim start shall be an "in-water" start;
- c.) If the swim portion consists of multiple laps, Para triathletes will not be required to exit the water between laps;
- d.) Artificial propulsive devices including (but not limited to) fins, paddles, or floating devices of any kind are not allowed. All prosthetic and/or orthoses devices are considered propulsion devices except for the approved knee braces. Use of any such devices will result in disqualification;
- e.) Any sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful are not allowed during the swim segment;
- f.) Wetsuit use is determined by the chart below:

Swim length	Wetsuits mandatory below	Maximum stay in water
750 m	18 °C	45 mins
1500 m	18 °C	1h 10 mins
3000 m	18 °C	1h 40 mins
4000 m	18 °C	2h 15 mins

- g.) If any para triathlete completed the swim course within this time limit and is more than 100 meters short of the finish, they shall be removed immediately from the water;

- h.) Wetsuits will not be permitted when the water temperature is 24.6 °Celsius or above;



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- i.) If the water temperature is between 30.1°C and 32.0°C, the maximum stay in water 20 minutes;
- j.) The swim portion may be cancelled, if the official water temperature is higher than 32°C or lower than 15 °C. (Official water temperature is calculated, as indicated in the chart below):
- (i) 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°C, then the adjusted value is to decrease the measured water temperature according to the next chart:

		Air temperature (All values in °C)								
		15	14	13	12	11	10	9	8	7
Water Temperature (All values in °C)	22	18.5	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel
	21	18.0	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel
	20	17.5	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel
	19	17.0	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel
	18	16.5	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel
	17	16.0	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel
	16	15.5	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel
	15	15.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel

17.12 Para triathlon Cycling:

- a.) Para triathlon competitions are draft-illegal events. Winter Triathlon, Cross Duathlon and Cross Triathlon are draft legal events for Para triathletes;
- b.) In para triathlon competitions, the term “bike” used herein shall include bicycles, tandems, or handcycles;
- c.) All bikes shall be propelled by human force. Arms or legs can be used to propel the cycle, but not both. Any violation shall result in disqualification;

- d.) Bike specifications for Para triathlon competitions are outlined in the World Triathlon Competition Rules Section 5.2.

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- e.) Bicycles, tandems, and handcycles must have two independent braking systems. Bicycles and tandems must have an independent brake on each wheel. Both brakes on the handcycles will act on the front wheel;
- f.) Disc brakes are allowed;
- g.) Para triathletes with one upper limb impairment may use a splitter in the braking system and it is not considered as a bike adaptation;
- h.) Protective shields, fairings or other devices, which have the effect of reducing resistance, are not allowed;
- i.) Artificial hand grips and prosthetics can be fixed to the bike or to the athlete's body, but not both simultaneously
- j.) Except for handcycles (PTWC1 and PTWC2), a rider's position shall be supported solely by the pedals, the saddle and the handlebars;
- k.) Para triathletes with a lower limb above the knee amputation or limb deficiency not wearing a prosthesis may use a support/socket for the thigh which is not considered an adaptation requiring approval.
- l.) All requests for impairment adaptations to any bike or handcycle must be submitted by the corresponding National Federation in writing for World Triathlon approval at least one (1) month before the event in which the athlete wishes to compete in, with a clear explanation and a minimum of 5 pictures using the form named "Equipment Adaptation Form" posted under: http://www.triathlon.org/about/downloads_category/paratriathlon. The solicitant will be informed by the World Triathlon on the outcome of the request once the panel has reviewed the information. If accepted, the information will be incorporated to the "Approved Para triathlon Impairment Adaptations on Bicycles" file under the same location;
- m.) The World Triathlon and the World Triathlon Technical Officials shall not be liable for any consequences deriving from the choice of equipment and/or any adaptations used by Para triathlete, nor for any defects it may have, or its non-compliance;
- n.) No bike course shall have a maximum gradient of over 12% at the steepest section;
- o.) If the use of the bib number is mandatory, it must be visible from the back.

17.13 Para triathlon PTWC1 and PTWC2 Swimming:

- a.) Athletes may only use up to 3 bindings made of non-floating material around the legs in any position. The bindings will be 10cm in width, as a maximum;
- b.) The use of knee brace is permitted, provided the equipment provides neither flotation nor propulsion. If a wetsuit is worn, the brace shall be fitted to the outside of the wetsuit. The knee brace can cover half of the leg's surface as a maximum. The length cannot surpass the upper half of the thigh or the bottom half of the calf and has to be holding the knee's area:

- (i) Knee brace specifications:

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- Material: PVC plastic or carbon-fibre with no floatability or propulsion capacity;
 - It cannot have any space or chamber that traps air or any other kind of gas;
 - The thickness is limited to 5mm as a maximum.
- c.) The knee braces have to be approved by the World Triathlon. All requests must be submitted by the corresponding National Federation in writing for World Triathlon approval at least (1) month before the event in which the athlete wishes to compete in, with a clear explanation and a minimum of 5 pictures using the form named “Knee Brace Approval Request Form” posted under the “Documents” section of the World Triathlon website. The National Federation solicitant will be informed by the World Triathlon on the outcome of the request once the panel has reviewed the information. If accepted, the information will be incorporated to the “Approved Knee Braces Catalog file under the same location;
- d.) The use of wetsuit bottoms is always permitted. **5 mm +/- 0.3 mm, thickness applies.**

17.14 Para triathlon PTWC1 and PTWC2 Cycling:

- a.) Para triathletes must use an arm powered (AP) handcycle in a recumbent position;
- b.) Specifications of a recumbent position handcycle are as follows:
- A handcycle shall be an arm powered, three-wheeled vehicle, which conforms to the general principles of the International Cycling Union’s (UCI) construction for bicycles (except that the chassis frame tubes need not be straight). For the seat or backrest construction, the maximum frame tube diameter may exceed the maximum defined by the general principles of UCI;
 - The single wheel may be of a different diameter to the double wheels. The front wheel shall be steerable and driven through a system comprising handgrips and a chain. The handcycle shall be propelled solely through a chainset and conventional cycle drive train, of crank arms, chainwheels, chain and gears, with hand grips replacing foot pedals. It shall be propelled by the hands, arms and upper body only;
 - The Para triathlete must have clear vision. As such, the horizontal of the Para triathlete’s eye line must be above the center of the crank housing/crank set, when he/she is sitting with his/her hands on the handlebars facing forward at full extent, the tip of his/her shoulder blades in contact with the backrest and his/her head in contact with the headrest, when applicable. From this position, conforming measurements are calculated as follows: (#1) The distance from the ground to the centre of the Para triathlete’s eyes and (#2) the distance from the ground to the centre of the crank housing (crank set). Measurement (#1) must be equal or greater than measurement (#2);
 - All handcycles must have a mirror fixed either to the athlete’s helmet or at some point on the front of the bike to ensure rear-view vision is possible;

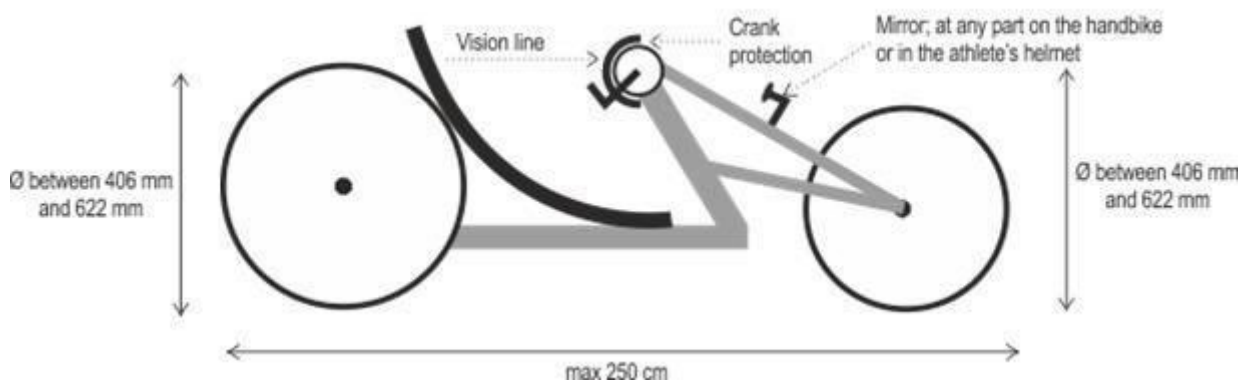
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- (v) The athlete must have the feet positioned in front of the knees during the bike segment;
- (vi) Adjustments to handcycle may not be made during the competition;
- (vii) Wheels of the handcycle may vary in diameter between a (ERTRO) 406 mm minimum and a 622 mm maximum, excluding the tyre. Modified hub attachments may be used if necessary. The width of handcycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the centre of each tyre where the tyres touch the ground;
- (viii) Disc wheels are allowed;
- (ix) Disc brakes are allowed;



- (x) A handcycle shall not measure more than 250 cm in length or 75 cm in width;
- (xi) The shifting device can either be within the extremities of the handlebars, or on the side of the Para triathlete's body;
- (xii) The largest chain ring shall have a guard securely fitted to protect the Para triathlete. This protection shall be made of solid material that is sufficiently robust and covers the chain ring fully over half of its circumference (180°) on the side facing the rider;
- (xiii) Any fillets, or ribs, inserted at joints between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition;
- (xiv) A quick release body harness is permitted;
- (xv) Para triathletes must ensure that their lower limbs have enough support/bracing/foot rest to prevent them from dragging or making contact with the ground during the event;

- c.) The bib number must be placed at the back of the handcycle and will be visible from the back;
- d.) The helmet must be fastened before getting onto the handcycle and it must remain fastened till the finish;

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- e.) Athletes must stop completely at the mount line exiting Transition 1 and at the dismount line on entering Transition 2. Once stopped, the Technical Official will say “Go” and the athlete can continue the competition. The wheelchair is considered correctly stopped if the front wheel stops immediately before the line. If the front wheel stops touching the line or beyond the line, a time penalty will be applied.

17.15 Para triathlon PTWC1 and PTWC2 Running:

- a.) All para triathletes perform the run portion in a “racing wheelchair”;
- b.) The specifications of a “racing wheelchair” (hereafter referred to as “the chair”) are as follows:
- (i) The chair shall have two large wheels and one small wheel;
 - (ii) There should be a brake at the front wheel;
 - (iii) No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm;
 - (iv) The maximum diameter of the large wheel, including the inflated tyre, shall not exceed 70 cm. The maximum diameter of the small wheel, including the inflated tyre, shall not exceed 50 cm;
 - (v) Only one plain, round, hand rim is allowed for each large wheel. No mechanical gears or levers that propel the chair shall be allowed;
 - (vi) Only hand operated, mechanical steering devices will be allowed;
 - (vii) Para triathletes must be able to turn the front wheel manually to the left and right;
 - (viii) No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres;
 - (ix) It will be the Para triathlete’s responsibility to ensure the wheelchair conforms to all the above rules and no event shall be delayed while adjustments are made to the chair;
 - (x) Para triathletes must ensure that their lower limbs have enough support/bracing to prevent them from dragging or making contact with the ground during the event;
 - (xi) Para triathletes shall wear the approved bike helmet at all times while seated in the chair.
- c.) Propulsion by any other method except the Para triathlete pushing on the wheels or push-rims will result in disqualification;
- d.) It is forbidden to draft off a motorbike or vehicle and blue cards will be used to inform the athletes. Drafting the motorbike or vehicle drafting zone (penalties outlined in 5.6):

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- Motorbike draft zone: the draft zone behind a motorbike will be 15 meters long.
 - Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle.
- e.) A Para triathlete attempting to overtake another Para triathlete carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The Para triathlete being overtaken has the responsibility not to obstruct or impede the passing Para triathlete once the front wheel(s) of the passing chair is ahead of his/hers;
- f.) PTWC1 and PTWC2 athletes will be judged as finished, the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line;
- g.) The bib number will be placed at the back of the wheelchair and visible from the back;
- h.) No run course shall have a maximum gradient of over 5% at the steepest section.

17.16 Para triathlon PTS2, PTS3, PTS4 and PTS5 Running:

- a.) Athletes with a lower limb deficiency are permitted to use a prosthesis on that limb only to ensure both legs are balanced and to allow for symmetrical movement during competition. The effective need/use of prostheses, orthoses or other special adaptive equipment must be **approved** ~~confirmed~~ during the classification evaluation and/or evaluated by the Classification Advisory Group;
- b.) The use of running blades is only allowed as long as they are mounted on a **prosthesis** ~~prosthetic leg~~;
- c.) Athletes will wear a bib number or four sets of body decals, which will be visible from the front.

17.17 Para triathlon PTVI1, PTVI2 and PTVI3:

The following additional rules apply to all visually impaired (PTVI1, PTVI2 and PTVI3) para triathletes and their guides:

- a.) General:
- (i) No guide dogs will be allowed at any time;
 - (ii) Each athlete must have a guide of the same gender and nationality. Both athlete and guide will hold a licence from the same National Federation;
 - (iii) Each athlete is allowed a maximum of one (1) guide during each competition;
 - (iv) An athlete cannot have a guide until a period of twelve (12) months has passed since his/her last sprint or standard distance elite triathlon World Triathlon event or any elite triathlon event recognized by World Triathlon on sprint or standard distance.
 - (v) All guides must comply with minimum age requirements as per the World Triathlon Competition Rules Appendix A;

- (vi) In the event of an injury or illness, and upon presentation of a medical certificate, a guide may be replaced up to 24 hours before the official start of the competition. No changes will be allowed after this deadline;
- (vii) Guides are not allowed to pull or push the athletes in order to gain unfair advantage;
- (viii) Athlete and guide shall not be more than 1.5 meters apart during the swim segment and no more than 0.5 meters apart during any other segment of the competition;
- (ix) Guides may not use paddleboards, kayaks, etc. (on the swim portion) or bicycles, motor bicycles, etc., (on the run portion) or any other mechanical means of transport;
- (x) All PTV11 athletes must wear blackout goggles throughout the entire competition. Swim blackout goggles may be removed only once the athlete and guide have reached their bike position in Transition area 1. The bike/run blackout glasses must be used from Transition area 1 until the athlete and guide cross the finish line. Both the blackout goggles and glasses will be checked at registration and the athlete must ensure they do not allow light to enter through the main patched or painted area, nose piece, sides or bottom;
- (xi) Athletes and guides are subject to World Triathlon Anti-Doping Rules.

b.) Swimming:

- (i) Each athlete must be tethered to their own guide during the swim;
- (ii) At no time may a guide propel, pull or push the para triathlete with any part of their own body in order to gain an unfair advantage;
- (iii) The guide must swim next to the athlete within a maximum separation distance of 1.5m from the athletes' head to the guide's head. The tether must be elastic rope with bright or reflective colour and up to 80 cm long measured with no tension. It can be fixed at any point of the athletes' body.

c.) Cycling:

- (i) All para triathletes and guides must use a tandem bicycle. The specifications of the tandem bicycle are as follows:
 - A tandem is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the pilot. Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains; the maximum sizes will be 2.70 meters long and 0.5 meters wide;
 - Any additional strengthening tubes may slope to suit the physical sizes of the riders.

d.) Running: info@intertranslations.com

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- (i) Each athlete must be tethered during the run to his/her guide. The tether shall be made from non-elastic material and not store energy and/or offer a performance gain to the athlete.
- (ii) The athlete may use an elbow lead during the run. The guide-runner is not allowed to push, pull or otherwise propel athletes in order to gain an advantage at any stage during a competition. A guide-runner may assist an athlete who has tripped or fallen to regain his/her footing and/or orientation as long as such assistance does not provide any advantage to the athlete towards his/her running direction.
- (iii) As the athlete crosses the finish line, the guide must be beside or behind the para triathlete but not further apart than the required 0.5 meters maximum separation distance.
- (iv) Free Leading zones: for safety reasons, contact is allowed 10 meters before and after an aid station, a sharp turn, penalty box, transition area swim exit, pre-transition area or any other section of the run course determined by the Technical Delegate and indicated at the athlete's briefing;

17.18 Outside assistance:

- a.) Technical Delegates may determine areas or sections of the course where para triathletes may receive assistance, what assistance may be provided and the instructions and conditions applicable.

17.19 Hygiene:

- a.) It is mandatory for all para triathletes, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter bag at all times. This includes during training, competition and classification.

17.20 Approval panels:

- a.) Decisions on bike adaptations or brace approval will be made by a panel composed of:
 - (i) A World Triathlon Technical Committee member;
 - (ii) A representative of the World Triathlon Sport Department;
 - (iii) A member of the World Triathlon Para triathlon Committee;
- b.) The decisions of the Approval Panel can be appealed to the World Triathlon Tribunal. This appeal does not suspend the decision of the Approval Panel, but rather the decision will stay in place during the time the World Triathlon Tribunal takes to make a decision on the appeal.

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18. WINTER TRIATHLON AND WINTER DUATHLON

18.1 Definition:

a.) Winter Triathlon and Winter Duathlon may take place in two different formats:

(i) Winter Triathlon:

- 3 segments: Running, mountain biking and cross-country skiing;
- 6 segments: Running, mountain biking and cross-country skiing repeated continuously twice.

(ii) S3 Winter Triathlon: Running, skating and cross-country skiing

(iii) Winter Duathlon:

- 6 segments: Running and cross-country skiing repeated continuously three times.

~~Running, mountain biking and cross-country skiing, named as Winter Triathlon;~~

~~Running, skating and cross-country skiing, named S3 Winter Triathlon.~~

b.) All segments of the competition will be preferably on snow or ice. The run and bike segment can also take place on a different surface.

18.2 Official Training and Course Familiarisation:

a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the Local Organising Committee. Athletes and coaches may attend these official training and familiarisation sessions;

b.) Conduct on competition days: Athletes are not allowed to warm up or do any familiarisation on the course while a competition is in progress.

18.3 Running:

a.) Running shoes are mandatory on the running segment. This rule is not applicable to Age-Group athletes;

b.) Running shoes with spikes are allowed.

18.4 Mountain Biking:

a.) The minimum tyre diameter is 26 inches and maximum is 29 inches. The minimum cross section is 1.5 inch;

b.) Front and rear wheels may have different diameters;

c.) The bike segment of winter triathlon competitions is laid out as a cross-country course over snow or ice, following normal roads or paths;

d.) Athletes are allowed to push or carry the bike over the course;

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- e.) Drafting is allowed. For safety reasons there may be no passing zones on the course. Lapped athletes will not be removed from the competition;
- f.) Clip-ons are not allowed;
- g.) Traditional road handlebars are forbidden;
- h.) Athletes must bring their own tools and parts and must carry out their own repairs;
- i.) Spiked tyres are allowed provided that the spikes are shorter than 5 mm. measured from the tyre surface.
- j.) Traditional MTB bar ends are authorised. Ends must be plugged.

18.5 Skiing:

- a.) Testing of equipment (skis) is allowed prior to the competition on specially marked tracks, or on the competition-course, if announced by the Technical Officials;
- b.) Athletes cannot be accompanied by team members, team managers or other pacemakers on the course, during the competition;
- c.) Athletes are allowed to change one ski and both poles;
- d.) Athletes may ski using their preferred technique;
- e.) **Technical Delegate may determine that the classic style is mandatory in specific areas; Specified zones may have restrictions to classic style or double poling;**
- f.) Wearing the bike helmet during the ski segment is not allowed. However, due to the effect of cold temperatures on mobility, wearing a helmet could be authorised by the Technical Delegate;
- g.) Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible;
- h.) **The last straight (50-100 meters) will be the finish chute. This zone is normally separated into corridors to avoid the athletes impeding other athletes progress . They must be clearly marked and highly visible but the markings must not interfere with the skis. The corridors should be as long as possible. The number, width and length of corridors will be determined by the Technical Delegate; In the finish chute (30-50m), freestyle skiing may be forbidden. Double poling may be mandatory and prepared tracks for classic technique must be used. This provision will be announced at the athletes' briefing;**
- i.) **In the finish chute, athletes are not allowed to change from one corridor to another, except to overtake;**
- j.) Athletes cannot remove their skis until at least 10 meters past the finish line. The last ski check will take place after this time;
- k.) Ski shoes are mandatory in the cross-country ski segment. This rule is not applicable to Age-Group athletes.

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18.6 Skating:

- a.) All types of skates, including Nordic blades, are allowed;
- b.) Athletes are not allowed to change any of the skates;
- c.) Once a request to pass is made by an athlete, the athlete being passed must move to the side as soon as possible;
- d.) Athletes will wear helmets, as outlined in Competition Rules 5.2 g).

18.7 Transition Area:

- a.) Skiing inside the transition area is forbidden;
- b.) Athletes must put on and take off their running shoes and skates within the transition area, in the athletes' own space. If a "Nordic blades changing zone" is provided, athletes may choose to put the Nordic blades on there;
- c.) In the transition area, Technical Officials may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be equal for all athletes;
- d.) 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 or when they put the skates on, until after they have placed their bike on the rack at the finish of the bike leg or when they takes the skates off;
- e.) A "Nordic blades changing area" may be created by the side of the edge of the ice;
- f.) A littering zone will be placed after the "ski placing line" where the athletes can discard the shoe covers.

18.8 Coaches' Station:

- a.) Coaches will have a designated space available on the bike segment in order to supply athletes with their own food and beverages.

18.9 Special Needs Station:

- a.) Additional stations on the bike and or run may be provided for special needs;
- b.) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organising Committee;
- c.) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.
- d.) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The athletes is responsible to carry out their own repairs.

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18.10 Finish Definition:

- a.) An athlete will be judged as “finished,” the moment the tip of the front ski boot crosses a vertical line extending from the leading edge of the finish line.

18.11 Weather conditions:

- a.) The competition will be cancelled when the air temperature is lower than -18 °C.

19. CROSS TRIATHLON AND DUATHLON

19.1 General:

- a.) Cross Triathlon consists of swimming, mountain biking (MTB) and cross-country running;
- b.) Cross Duathlon consists of cross-country running, mountain biking (MTB) and cross-country running.

19.2 Distances:

- a.) The distance of Cross Triathlon is outlined in Appendix A;
- b.) The distance of Cross Duathlon is outlined in Appendix A;
- c.) The course should have demanding hills and challenging technical aspects. A 5% tolerance margin will be accepted for the distance of the bike course, provided it has been approved by the Technical Delegate.

19.3 Official Training and Familiarisation:

- a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the Local Organising Committee. Athletes and coaches may attend these official training and familiarisation sessions;
- b.) Conduct on competition days: Athletes are not allowed to warm up or do any course familiarisation while a competition is in progress.

19.4 Mountain Biking:

- a.) The minimum tyre diameter is 26 inches and maximum is 29 inches. The minimum cross section is 1.5 inch;
- b.) Front and rear wheels may have different diameter;
- c.) Studded and/or slick tyres are allowed;
- d.) Athletes are allowed to push or carry the bike over the course;
- e.) Drafting is allowed for same gender and also different gender athletes. For safety reasons there may be no passing on the course.
- f.) Lapped athletes will not be removed from the competition;

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- g.) Clip-ons are not allowed;
- h.) Traditional road handlebars are forbidden;
- i.) Traditional MTB bar ends are authorised. Ends must be plugged.
- j.) Athletes must bring their own tools and parts and must carry out their own repairs;

19.5 Transition Area:

- a.) See all reference in Competition Rules, section 7;

19.6 Running:

- a.) Spike shoes are allowed.

19.7 Coaches Stations:

- a.) Coaches will have a designated space available on the bike and run segments in order to supply athletes with their own food and beverages.

19.8 Special Needs:

- a.) Additional stations on the bike and or run may be provided for special needs;
- b.) Any items given out at these stations will be the handed out by volunteers supplied by the Local Organising Committee;
- c.) If these stations are not provided no items may be provided by any other person, otherwise this will be considered outside assistance.
- d.) A Repair Zone may be provided on the bike section where athletes will have the opportunity to leave special tools and spares provided they are correctly packed and labelled. The athlete is responsible to carry out their own repairs.

20. COMPETITION IN QUALIFYING ROUND FORMAT

20.1 General:

- a.) An event in Qualifying Round Format consists of several rounds with a number of heats each qualifying athletes to the next round and eventually finishing with a final to determine a winner.

20.2 Rounds:

- a.) The rounds will be called semi-finals and final;
- b.) An event will have two rounds;
- c.) Semi-finals and finals will have 30 athletes as a maximum. The number of semi-finals will be as follows:

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Athletes entered	Semi-finals
Less than 30	No semi-finals, direct final
31 to 60	2 semi-finals (15 to 30 athletes each)
61 to 90	3 semi-finals (20 to 30 athletes each)
91 to 120	4 semi-finals (22 to 30 athletes each)
121 to 150	5 semi-finals (24 to 30 athletes each)

20.3 Qualification to final:

- a.) Every semi-final will qualify a fixed number of athletes for the final. Additionally, a number of athletes will qualify from semi-final heats, based on fastest times:

Athletes entered	Semi-finals	By position in the semi-final	By time
31 to 60	2	14	2
61 to 90	3	9	3
91 to 120	4	7	2
More than 121	5	5	5

- b.) Athletes from different heats and with the same time (in seconds), which are tied in the last qualifying position, will all qualify, increasing the number of athletes qualified for the next round;
- c.) In case there are less finishing athletes from a semi-final than the fixed number, the remaining spots will be filled from the other semi-final heats, based on the fastest times;
- d.) Athletes who have not qualified for the final will be sorted by time. In case of athletes withdrawing from the final, replacement will be made by the first athlete who has not qualified. The replacement will happen if the number of athletes in the final drops down to 30 athletes. (a random selection will be made from those athletes who have the same time). The deadline for the replacements will be when registration opens.
- e.) In case where an event has a B final, the best 30 athletes from the semi-finals who have not qualified for the A final, will be sorted according to their times and will qualify to the B final. B final will only be held if a minimum 10 athletes qualify for it.

20.4 Distribution of athletes in the semi-finals:

- a.) The Technical Delegate will distribute the athletes as follows:
- (i) If there are not any applicable ranking, the athletes will be distributed among the heats in order to have the same number of athletes per semi-final (some semi-finals can

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have one more athlete than others). The athletes from the same National Federation will be distributed among the heats following the same principle;

- (ii) If a ranking is applicable, the ranked athletes will be distributed according to the chart below and the non-ranked athletes will fill the remaining spots by applying the principle of assigning a similar number of athletes from the same National Federation to every heat, and keeping all the heats of equal size.

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Chart: Distribution of ranked athletes among the semi-finals:

Semi-final 1	Semi-final 2	Last Semi-final (-1)	Last Semi-final
1			
	2		
		3	
			4
			5
		6	
	7		
8			
9			
	10		
		11	
			12
			13
		14	
	15		
16			
17			
etc...			

Note: The number reflects the ranking order

20.5 Numbering:

- a.) The numbers in the final will be assigned as first criteria according to the positions in the semi-finals. The second criteria will be the time in the semi-final, the third, the World Triathlon Points List position, and the fourth a random apportionment.

20.6 Results:

- a.) The overall results of the event will be the results of the final round.
- b.) If the event is included in the ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:

- (i) To the DNF athletes in the final, according to their times in the semi-finals;



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- (ii) To the DNS athletes in the final according to their times in the semi-final;
- (iii) If the event does not have a B final: The athletes who did not qualify for the final, will have points allocated according to their times in the semi-finals. If the event has B final: The results from the B final will determine their points.
- (iv) DSQ athletes will not earn any points.

20.7 Prize money:

- a.) Prize money distribution will follow the general rules (Appendix I) and the preceding paragraph if necessary.

21. EVENT IN TIME TRIAL QUALIFYING ROUND FORMAT

21.1 General:

- a.) An event in Time Trial Qualifying Round Format consists of two competitions, the first one (qualifier) conducted as a time trial with athletes starting individually one by one, and the second one (final) conducted as a mass start event, in which the participants are the best ranked in the time trial competition;
- b.) The result of the event is the result of the final.

21.2 Rounds:

- a.) An event will have two rounds;
- b.) The rounds will be called qualifier and final;
- c.) The qualifier will be a time trial with a draft-illegal bike segment, and the final will be mass start with a draft legal bike segment. In both qualifier and final competitions, athletes must use draft legal bikes and bike equipment.
- d.) The Technical Delegate will determine the time interval between the start of each athlete in the time trial qualifier, which can be between 15 seconds and 3 minutes.
- e.) The final will have 30 athletes. The Head Referee will decide, according to the available technological resources, if a tie will be declared for two or more of the athletes. In this case, the final may have more than 30 athletes.

21.3 Qualification to final:

- a.) The athletes with the best 30 times in the qualifiers will qualify for the final.
- b.) Athletes who have not qualified for the final will be placed according to their time in the qualifiers. In case of athletes withdrawing from the final, replacement will be made by the next fastest athlete who has not qualified. The replacement will only happen if the number of athletes in the final drops down below 30 athletes. The deadline for the replacements will be when registration opens.

- c.) In case where an event has a B final, the athletes with the best 30 times from the qualifier, who have not qualified for the A final, will be sorted according to their times and will qualify to compete in the B final.

21.4 Numbering and distribution of athletes in the qualifier:

- a.) Race numbers will be allocated to the athletes as regulated in the Competition Rules 2.10.
- b.) Athletes will start one by one starting by the highest number in decreasing order.
- c.) In case of athletes not showing up to the start or if any race number is not assigned, the start sequence will follow as if there was an athlete competing in the time allotted to this unused number.
- d.) The start list will be created following this model:

Race number	First Name	Last Name	NF	Start Time
102	Grzegorz	Zgliczynski	POL	09:00:00
101	Andrew	Farrell	USA	09:00:30
100	Todd	Martin	AUS	09:01:00
99	Gervasio	Da Silva	BRA	09:01:30

21.5 Qualifier start system:

- a.) Start system outlined in World Triathlon Competition Rules 4.9 will apply.

21.6 Race number allocation in the final:

- a.) The race numbers in the final will be assigned as first criteria according to the time in the qualifier. The lowest time in the qualifier will receive number 1 in the final. Tied athletes will be numbered randomly.

21.7 Results:

- a.) The overall results for the event will be the results of the final round. Awards, and prize money will be distributed accordingly;
- b.) If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:
- (i) To the DNF athletes in the final, according to their times in the qualifier;
- (ii) To the DNS athletes in the final according to their times in the qualifier;
- (iii) If the event does not have a B final: The athletes who did not qualify for the final will have points allocated according to their times in the qualifier. If the event has B final: The results from the B final will determine their points;
- (iv) DSQ athletes will not earn any points.

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22. AQUABIKE

22.1 General

- a.) Aquabike consists of Swimming, Transition area 1, Cycling and Transition Area 2 and a short run to finish;
- b.) The final short run is to connect the transition area to the finish gantry. It will be as short as possible and never longer than 1 km;
- c.) Aquabike events will be organised only for Age-Group categories;
- d.) Aquabike may be included in the program of an event, which includes a triathlon race. Aquabike will have the same swim and bike distances as the triathlon programmed in the same event;
- e.) Aquabike may happen as a stand alone event on the distances indicated in Appendix A.

22.2 Distance

- a.) 1500m swim followed by 40km bike, mirroring the distance of the Standard Distance Triathlon events in which the aquabike is included;
- b.) From 1900 meter swim and longer followed by 80 km bike or longer, mirroring the distance of the Long Distance Triathlon event in which the aquabike is included.

22.3 Specific Rules

- a.) General rules, specific rules and rule exceptions applicable to the triathlon event from which the aquabike event is attached are applicable also for the aquabike event.
- b.) Rules applicable to triathlon are applicable to aquabike in case of stand alone events.

22.4 Finish

- a.) Athletes will finish the competition at the finish line located at the end of the bike course. The finish occurs at the instant that the tyre of the front wheel meets the vertical plane rising from the starting edge of the finishing line. The time registered in this point is the final time.

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APPENDICES

APPENDIX A: COMPETITION DISTANCES AND AGE REQUIREMENTS

TRIATHLON:

	Swim	Bike	Run	Minimum age required
2x2 Mixed relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15
3x Same gender relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15
4x Team relay (Distances per leg)	250m to 300m	5km to 8km	1.5km to 2km	15
Super Sprint Distance	250m to 500m	6.5km to 13km	1.7km to 3.5km	15
Sprint Distance	Up to 750m	Up to 20km	Up to 5km	16
Standard Distance	1500m	40km	10km	18
Middle Distance	1900m to 2999 m	80km to 90km	20km to 21km	18
Long Distance	3000m to 4000m	100 km to 200km	40 km to 42.2km	18

DUATHLON:

	Run	Bike	Run	Minimum age required
2x2 Mixed relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15
3x Same gender relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15
4x Team relay (Distances per leg)	1.5km to 2km	5km to 8km	0.75km to 1km	15
Sprint Distance	5km	20km	2.5km	16

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Standard Distance	5 km	30 km	5 km	18
	5km to 10 km	30km to 40 km	5 km	18
Middle Distance	10km to 20km	60km to 90km	10km	18
Long Distance	10 km to 20km	120 km to 150km	20 km to 30km	18
	10 km to 20km	120 km to 150km	20 km to 30km	18

AQUATHLON:

	Run	Swim	Run	Minimum age required
2x2 Mixed Relay (distances per leg)	1.25km	500m	1.25km	15
2x2 Mixed Relay. Cold waters. (distances per leg)		500m	2.5km	15
3x Same gender relay (Distances per leg)	1.25km	500m	1.25km	15
3x Same gender relay. Cold waters (Distances per leg)		500m	2.5km	15
4x Mixed relay (Distances per leg)	1.25km	500m	1.25km	15
4x Mixed relay. Cold waters (Distances per leg)		500m	2.5km	15
Sprint Distance	1.25km	500m	1.25km	16
Sprint Distance (cold waters)		500m	2.5 km	16
Standard Distance	2.5km	1000m	2.5km	16
Standard Distance (cold waters)		1000m	5km	16
Long Distance	5km	2000m	5km	18
Long Distance (cold waters)	10km	2000m	10km	18

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WINTER TRIATHLON & DUATHLON:



Winter Triathlon	Cross-Country Run	Mountain Bike	Cross-Country Ski	Minimum age required
2x2 Mixed relay. (Distances per leg)*	1 km	2 km	2 km	15
3x Same gender relay (Distances per leg)	2 to 3 km	4 to 5 km	3 to 4 km	15
4x Mixed relay (Distances per leg)	2 to 3 km	4 to 5 km	3 to 4 km	15
Sprint Distance	3 to 4 km	5 to 6 km	5 to 6 km	16
Sprint Distance (Run + Bike + Ski + Run + Bike + Ski) Distances per segment*	2 km	3 km	3 km	16
Standard Distance	7 to 9 km	12 to 14 km	10 to 12 km	18
Standard Distance (Run + Bike + Ski + Run + Bike + Ski) Distances per segment*	4 km	6 km	6 km	18
Standard distance specific for AGs	5 km	10 km	10 km	18

(*) +/- 10 %

S3 Winter Triathlon	Run	Skating	Cross-Country Ski	Minimum age required
Standard Distance	4 to 6 km	10 to 14 km	7 to 9 km	16

Winter DUATHLON	Cross-Country Run	Cross-Country Ski	Minimum age required
2x2 Mixed relay. (Distances per leg)*	1 km	2 km	15
Sprint Distance (Run + Ski + Run + Run + Ski) Distances per segment*	2 km	3 km	16

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Sprint distance specific for AG (Run + Ski)	6 km	9 km	16
Standard Distance (Run + Ski + Run + Ski + Run + Ski)	4 km	6 km	18
Distances per segment*			
Standard distance specific for AG (Run + Ski)	12 km	18 km	18

(*) +/- 10 %

CROSS TRIATHLON:

	Swim	Mountain Bike	Cross-Country Run	Minimum age required
Team Relay	200m to 250m	4km to 5km	1.2km to 1.6km	15
Sprint Distance	500m	10km to 12km	3km to 4km	16
Standard Distance	1000m to 1500m	20km to 30km	6km to 10km	18

CROSS DUATHLON:

	Cross-Country Run	Mountain Bike	Cross-Country Run	Minimum age required
Team Relay	1.2km to 1.6km	4km to 5km	0.6km to 0.8km	15
Sprint Distance	3km to 4km	10km to 12km	1.5km to 2km	16
Standard Distance	6km to 8km	20km to 25km	3km to 4km	18

AQUABIKE:

	Swim	Bike	Minimum age required
Standard Distance	1500m	40km	18
Middle Distance	1500m to 3000m	80km to 90km	18
Long Distance	3000 to 4000 m	100 90 to 200 km	18

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 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
 ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
 ΤΗΛ. 2109225000



APPENDIX B: COMPETITION 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 World Triathlon Competition Rules and submitted to the Head 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.)

<input type="checkbox"/>	Protest Concerning the Course
<input type="checkbox"/>	Protest Against Another Athlete or a Technical Official
<input type="checkbox"/>	Protest Concerning Eligibility
<input type="checkbox"/>	Protest Concerning Timekeeping
<input type="checkbox"/>	Protest Concerning Discrimination

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΜΑΧΗΤΩΝ 2 ΠΕΙΡΑΙΑ Τ.Κ. 185 41
ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
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Witness Details (2):

Name of Witness 1:	
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Name of Witness 2:			
Rule(s) Violated:		Time of Incident:	

Where did the violation occur? (Define location. If required, use additional paper and draw a diagram.)			
Who was involved in the Violation?			
How did the Violation occur (brief statement explaining alleged violation)?			
Signature of Protester:		Date:	

Part 2 Official use only

Protest Fee \$50 USD attached	Yes <input type="checkbox"/> No <input type="checkbox"/>
Competition Jury / Appeal Panel Members (Names) and tick box to indicate if it was a 3 person jury or 5 person. <input type="checkbox"/> 3 person jury <input type="checkbox"/> 5 person jury	1.
	2.
	3.
	4.
	5.
Competition Jury / Appeal Panel action: ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΣΑ: 18705 ΤΗΛ:210 92 25 000 ΗΛΕΚ.Δ/ΝΣΗ: info@Intertranslations.com	INTERTRANSLATIONS MON.A.E. ΙΝΤΕΡΤΡΑΝΣΛΕΙΣΙΟΝΣ ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε. ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ ΤΗΛ. 2109225000



Competition Jury / Appeal Panel Chair's Name:	
Signature:	
Time, Date Protest received:	
Time, Date Protest processed:	
Amount of fee withheld/refunded:	

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APPENDIX C: COMPETITION APPEAL FORM

APPEAL FORM

Part 1: To be completed by the appellant:

Appeals must be filed and signed by the appellant under the conditions outlined in the World Triathlon Competition Rules, and submitted to the Technical Delegate. An appeal is a request for a review of a decision made by the Head Referee. This is the first level of appeal and will be heard by the Competition Jury. All appeals must be accompanied with a cheque or cash for \$50 USD or equivalent amount.

Event Name:		Event Date:	
Event Location:		Time Appeal Submitted:	
Name of Appellant:		Race Number:	
Country of Appellant:		Email:	
Address of Appellant:			
	(street address)	(City and Postal Code)	
Telephone (home):		Telephone (mobile):	
Reason for penalty received:		Type of penalty received (DSQ, Suspension):	
Was the penalty confirmed by the Head Referee?	Yes <input type="checkbox"/> No <input type="checkbox"/>		

Type of Appeal: (Check one box only.)	
<input type="checkbox"/>	Appeal against the Head Referee's ruling on a Violation Report
<input type="checkbox"/>	Appeal against the Head Referee's ruling on a Protest:

Specific Location on the Course: ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΑΣ ΑΜΔΣΑ: 18705 ΤΗΛ:210 92 25 000 ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com	INTERTRANSLATIONS MON.A.E. ΙΝΤΕΡΤΡΑΝΣΛΕΙΪΟΝΣ ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε. ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ ΤΗΛ. 2109225000
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Name and Number of Race Official(s) / Athlete(s)/ Spectator(s) if Known	
Description of the Incident (Use additional paper if required)	

Witness Details (2):

Name of Witness 1:	
Name of Witness 2:	

Date:

Signature of Appellant:

Part 2 Official use only

Appeal Fee \$50 USD attached	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is this Appeal to reverse a Competition Jury / Appeal Panel decision?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If 'Yes', attach Competition Jury / Appeal Panel Decision and action(s) and Head Referee's decision and action(s).	
Competition Jury / Appeal Panel Members (Names) and tick box to indicate if it was a 3 person jury or 5 person. <input type="checkbox"/> 3 person jury <input type="checkbox"/> 5 person jury	1.
	2.
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Competition Jury / Appeal Panel Action:	

Competition Jury / Appeal Panel Chair's Name:	
Signature:	
Time, Date Appeal Received:	
Time, Date Appeal processed:	
Amount of fee withheld/refunded:	

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APPENDIX D: DEFINITIONS

Age	The age of the athlete on the 31st of December of the year of the competition.
Age-Group Team Managers Briefing	Meeting with the Age-Group team manager and coaches in which they are informed by the Technical Delegate about all the specifications of the event.
Aid/Outside Assistance	Any kind of material support or personal assistance received by the athlete. Depending on its nature, it may be allowed or forbidden.
Ambush Marketing	Deliberately using the opportunity of live television and media photographers to expose the sponsor logos larger than the approved sizes, and/or equipment or objects not provided by Local Organising Committee or World Triathlon.
Appeal	A request to the Competition Jury of an event or the World Triathlon Tribunal for a review of the decision of the Head Referee/Competition Jury. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to the World Triathlon Tribunal independently.)
Appeal Panel	The Appeal Panel consists of a member of the World Triathlon Technical Committee, the World Triathlon Sport Department and the Technical Delegate of the event or if such not available the representative of the LOC for appeals to be dealt with after the medal ceremonies, but before 48 hours after the end of the competition. It is held responsible to determine the eligibility of the protest or appeal, to hear and to rule on all appeals against decisions handed down through the Head Referee, including decisions on protests.
Appellant	An athlete submitting an appeal.
Aquabike	Multisport which combines swim and cycle in two segments: the first segment is swimming and finishing with cycling.
Aquathlon	Multisport which combines swim and run in three segments: the first segment is run, followed by swimming and finishing with running.
Assistance	Any attempt by an unauthorised or unofficial source to help or to stabilise an athlete.
Assistant Chief Technical Official	Responsible to the Chief Technical Official for coordinating the employment of the Technical Officials assigned to his/her competition course segment or area.
Athletes	Registration for and compete in events
Athletes' Briefing	Meeting with the athletes in which they are informed by the Technical Delegate about all the specifications of the event.
Bag Drop System	Conducting transitions by:

	<p>Taking a pre-prepared bag containing all equipment to be used in the next segment;</p> <p>Changing the equipment in the designated area;</p> <p>Put all the used equipment into the same bag and drop it at the designated spot.</p>
Bicycle	<p>The bicycle is a human powered vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain. Bicycles are also referred to as bikes.</p>
Bike catchers	<p>Local Organising Committee personnel located after the dismount line, who take the bikes from the athletes and deliver them to the location from where the athletes can collect them after the competition.</p>
Blocking	<p>The deliberate impeding or obstructing the progress of one athlete by another. An athlete on the bike course, who is not keeping to the appropriate side of the road.</p>
Blue card	<p>Card, which is used to inform athletes when being penalised for drafting infringement during the cycling segment.</p>
Charge	<p>The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.</p>
Check in	<p>Control established at the entrance of the athletes lounge and at the entrance of the transition area, before the competition. In both places a time of admission is set by the Technical Delegate.</p>
Chief Technical Official	<p>Appointed by the Technical Delegate and is responsible for the control and coordination of the deployment of Technical Officials.</p>
Clean Start	<p>All the athletes start after the horn. The competition continues.</p>
Coaches meeting	<p>Meeting with the coaches in which they are informed by the Technical Delegate about all the specifications of the event.</p>
Competition	<p>Single and continuous sport action from start to finish. Most cases it fits within the definition of Race, except the semi-final/final or the time trial qualifying format.</p>
Competition Jury	<p>The Competition Jury appointed and chaired by the Technical Delegate. It is held responsible to determine the eligibility of the protest or appeal, to hear and to rule on all appeals against decisions handed down through the Head Referee, including decisions on protests.</p>
Conflict of interest	<p>A set of circumstances that creates a risk that professional judgement or actions regarding a primary interest will be unduly influenced by a second interest.</p>
Continent	<p>Each of the five geographical divisions established in World Triathlon: The Americas, Asia, Europe and Oceania.</p>

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 ΑΦΜ: 971854701 - ΔΟΥ: ΠΕΙΡΑΙΑ
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Continental Technical Officials (CTOs)	The Level 2 Technical Officials certified by World Triathlon.
Course	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.
Crawling	The action by an athlete of bringing three or more limbs in contact with the ground, either together or in any sequence, to enable forward propulsion.
Cycling Segment	Part of the competition course over which it has been defined in the Athletes' Briefing the bike is to be ridden, walked or carried within distinctive lane boundaries. The bike course commences from the Mount Line and concludes at the Dismount Line.
Development Regional Cup	Event sanctioned by World Triathlon or any of the Continental Confederations, where World Triathlon may allow the participation of athletes only from certain predefined National Federations.
Dismount Before The Dismount Line	An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules.
Dismount Line	A designated line at the entrance of the transition area from the bike course before which athletes are to dismount their bikes fully and proceed to the bike racks. The Dismount Line will normally extend for the width of the entrance to the transition area and be identified by flags/line/Technical Official, or combinations thereof.
Disqualification	A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the competition as a whole, and the athlete's results will appear as DSQ.
Draft Zone Bicycle	Zone defined by an athlete during the cycling segment which is extended to the whole width of the road and 10 meters long in the standard and shorter events and 12 meters long in middle and long distance events.
Draft Zone Motorbike	Zone defined by a motorbike during the cycling segment which is extended to the whole width of the road and 15 meters long.
Draft Zone Vehicle	Zone defined by a vehicle during the cycling segment which is extended to the whole width of the road and 35 meters long.
Drafting	To enter in a drafting zone and not complete the overtake in 20 seconds for triathlon and long distance events or 25 seconds for triathlon and long distance events.
Duathlon	A triathlon which combines cycle and run in three segments the first segment is running, followed by cycling and finishing with running.

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Early start	When an athlete's foot crossed the vertical plane of the start line, before the start signal.
Elite Athlete	Elite athletes are those competing in elite competitions. Athletes competing in World Triathlon Elite competitions. They are limited to compete in the same multisport and in the same distance during the same calendar year. This Elite condition is synonymous to Pro condition used by various commercial organisations.
Elite competitions	Competitions in which elite specific rules are applied. The age limit is determined only by the distance.
Event	Group of Races of the same category usually happening on the same day or on the following days (i.e.: World Championship, Continental Cup).
Event Organisers Manual (EOM)	A document which has been developed to ensure the implementation of consistently high global event management and marketing standards.
Event-weekend	The days when an event is taking place, which may include days other than Saturday and Sunday.
Expulsion	An athlete penalised by expulsion will not be permitted, during his or her lifetime, to take part in any World Triathlon sanctioned event, or any event sanctioned by one of its member associations (National Federation) affiliated with the World Triathlon.
Festival	Group of different multisport events happening in a short period of time (up to ten days) at the same location.
Field of Play (FOP)	The course on which the competition will take place, the start and pre start areas, the finish and post finish areas, the aid stations, the wheel stops, the penalty boxes, the ceremony area and the briefing area. Usually the field of play is separated from the public by a clear boundary. Portions of the World Triathlon event will take place.
Field of Play Decision	The application and interpretation of the World Triathlon Competition Rules by Technical Officials and/or Competition Jury.
Final	Last round of an event in qualifying round format. The final decides the winner and the medallist of the event.
Finisher	An athlete who completes the entire competition course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).
Force Majeure	Action of the elements, strike, lockout or other industrial disturbance, war, blockade, public order or authority, want of food, fire, flood, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions, embargo, freight embargo, significant transportation delay or any other, event which is not reasonably within the control of the party affected.

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Incapable Athlete	An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another athlete.
Indecent Exposure	The willful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female athlete, the willful complete uncovering of one or both nipples.
Inland Water	Lakes, lochs, canals and rivers up to the point the tide affects them in terms of changes to their level.
Interference	A deliberate block, charge or abrupt motion, which impedes another athlete.
International Technical Officials (ITOs)	The Level 3 Technical Officials certified by World Triathlon.
Invalid Start	Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.
Last Biker – First Runner Scenario	This occurs when the bike and run courses are partly common, and the first runner reaches the point where both courses merge and there are still bikers on the course before this point.
Leg	In the relay a leg is one athlete's triathlon race.
Local Organising Committee (LOC)	The organising entity of a World Triathlon event.
Medal Events (Para triathlon)	A competition, which may include athletes from one or more sport classes competing for the same medals.
Mount After The Mount Line	An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules.
Mount Line	A designated line at the exit from the transition area onto the bike course or after which athletes are to mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit of the transition area and be identified by flags/line/Technical Official, or combinations thereof.
National Federation (NF)	National triathlon governing body affiliated with World Triathlon.
National Federation Quota	The maximum quota allocated to a National Federation in a specific competition.
National Technical Officials (NTOs)	The Level 1 Technical Officials certified by the National Federation.
Overtake	On the bike course, when the leading edge of the front wheel of the overtaking bike moves in front of the leading edge of the front wheel of

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	the bike being overtaken. An athlete can pass another athlete only on the appropriate side.
Pack	Two or more athletes with overlapping draft zones.
Panel	A temporary or permanent body composed by minimum three (3) people representing pre-defined stakeholders, which takes decisions or makes proposals in specific tasks.
Pass	When one athlete's bike draft zone overlaps another athlete's bike draft zone, makes continual forward progress through that zone and overtakes within a maximum period of 20 seconds. An athlete can pass another athlete only on the appropriate side.
Penalty	The consequence on an athlete, who is assessed by a World Triathlon Technical Official to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.
Penalty box	An area on the bike course or the run course, set aside for the implementation of a time penalty for a rule infringement/violation.
Prosthesis	An artificial device used to replace a missing body part.
Protest	A formal complaint against the conduct of another athlete or a race official, or against the conditions of the competition.
Race	A competition or group of competitions, which determine a winner, the medals and a result list. In the case of Para triathlon, this is named as "Medal Event" (i.e.: elite men's race, 50-54 women).
Head Referee	A Technical Official, who is responsible to the Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials. Technical Delegate appoints the Head Referee.
Red card	Card, which is used to inform athletes about disqualification.
Region	Group of National Federations, from the same or different continents, linked by geographical or cultural reasons.
Registration	Point of control established at the entrance of athletes briefing and coaches meeting. Attenders to these meetings will sign the attendance list.
Results	The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.
Right of Way	When an athlete has established a lead position and pursues a desired course within the limits of the World Triathlon Competition Rules
Round	One event in the competition with qualifying format. One event in the competition has two rounds: semi-final and final
Run Course	Part of the competition course, which has been defined at the Athletes' Briefing where the athlete is to run or walk within distinctive lane

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	boundaries. In triathlons and aquathlons, the run course commences at the exit from the transition area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the transition area; the second run course commences at the exit from the transition area and concludes at the Finish Line.
Sanction	A permit issued by the National Federation for the conduct of an event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of National Federation operating requirements to provide the greatest potential for the conduct of a safe and fair event.
Sea and Transition Water	Ocean, seas and the part of the river affected by the tides, including river mouths, deltas, estuaries and rias.
Segment	A stage of competition. E.g.: A triathlon competition consists of 5 segments: swim, transition 1, bike, transition 2 and run.
Semi-final	Preliminary round of an event in qualifying round format. The semi-finals determine the athletes qualified to the final.
Smart Helmet	Bike helmet with a built-in sound system covering or not covering the ears.
Sorted Waiting List	A list of athletes not yet included in the start list, ordered according to the specific qualification criteria.
Sport Class	Para triathlon sport class is a category defined by World Triathlon in which athletes are categorised in reference to an activity limitation resulting from impairment.
Sportsmanship	The behaviour of an athlete during competition. Sportsmanship is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.
Standard Bridge Piece	A rigid piece of plastic or metal, which joins both sides of the handlebar clip-on at the ends and is commercially available.
Start List	A list of athletes approved to compete in a competition.
Start Wave	A group of athletes starting together at the same time. A start wave can include different races (i.e.: different Para triathlon Sport Classes, or different Age-Groups), but also a race can be split into different Start Waves (i.e.: Age-Group 20-24A and Age-Group 20-24B).
Stop and Go	Penalty consists of stop, correct the fault and continue the competition.
Suspension	Penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by World Triathlon or its member associations (where determined) affiliated with World Triathlon.

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	For any suspension because of a doping violation, the athlete will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by World Triathlon, the length of the suspension will be determined by the World Triathlon Tribunal.
Swim Course	Part of the competition course over which it has been defined in the Athletes' Briefing that the athlete is to swim within distinctive lane boundaries. In triathlons and aquathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the transition area.
Technical Delegate	A Technical Official, who is qualified by World Triathlon, and responsible for ensuring all aspects of the World Triathlon Competition Rules and World Triathlon Event Organisers' Manual are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the Technical Delegate will be the Chair of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.
Technical Official	A member of the joint team of International Technical Officials (ITOs), Continental Technical Officials (CTOs) and National Technical Officials (NTOs) at a World Triathlon event.
Time Penalty	Penalty consists of stopping at the penalty box for a certain time. Early start time penalty is served in T1 instead of at the penalty box.
Torso	The human body excluding the neck, the head and the limbs.
Transition Area	A location within a defined boundary, which is not a part of the swim course, the bike course or the run course and within which each athlete is allocated an area for the storage of individual items of clothing and equipment.
Triathlon	A sport of individual or team character and motivation, which combines swimming, cycling and running skills in continuum.
Valid Start with Early Starters	Start in which few athletes started before the signal. Early starters will receive a time penalty in Transition 1.
Venue	All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, including without limitation spectators' area, VIP areas, transition area, finish area and all other areas under control of Local Organising Committee.
Violation	A rule or regulation which results in a penalty.
Waiting List	A list of athletes not yet included in the start list before the creation of the start list.

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Warning	A caution issued by a Technical Official to an athlete during the course of a competition. The purpose of a warning is to alert the athlete of the potential for a rule violation to occur and to promote a proactive attitude.
Winter Triathlon	Multisport which combines different winter sports. It may have two different formats, either starting with running on snow, followed by cycling on snow and finishing with cross country skiing, or starting with snowshoeing followed by skating on ice and finishing with cross country skiing.
World Triathlon	The world governing body of triathlon, duathlon, aquathlon, winter triathlon and all other related multisport, a non-profit corporation domiciled and residing at Maison du Sport International, Av de Rhodanie 54, CH-1007 Lausanne, Switzerland.
World Triathlon Competition Rules	The document that contains all the rules and regulations that govern fair and safe competitions.
World Triathlon Members	The National Federations and Continental Confederations affiliated to World Triathlon.
World Triathlon Rules	The World Triathlon Event Organisers' Manual (latest edition), World Triathlon Competition Rules, World Triathlon Constitution and By-Laws, World Triathlon Guidelines Regarding Authorised Identification, World Triathlon Anti-Doping Rules and WADA Code, World Triathlon Athletes' Agreement, World Triathlon Qualification Criteria, World Triathlon Ranking Criteria and any other rules adopted and amended by World Triathlon from time to time and available for consultation via the download section of the World Triathlon's official website www.triathlon.org .
Yellow card	Card, which is used to inform athletes about infringements which may result in warning, time penalty or stop and go.

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APPENDIX E: WORLD TRIATHLON GENERAL QUALIFICATION RULES AND PROCEDURES

1. General:

- 1.1. The general procedures and rules of qualification are outlined below.
- 1.2. The specific Qualification Criteria for all World Triathlon and Continental Events are outlined in the World Triathlon website under the following link:
https://www.triathlon.org/about/downloads/category/qualification_criteria;
- 1.3. The specific Ranking Criteria for World Triathlon and Continental Confederations are outlined in the World Triathlon website under the following link:
https://www.triathlon.org/about/downloads/category/ranking_criteria;

2. Start Lists and Waiting Lists management procedures:

- 2.1. This section affects all World Triathlon events, except those specifically excluded. Such exclusion is indicated in the specific Qualification Criteria. The specific Qualification Criteria also sets:
 - b.) The National Federations' quota (*);
 - c.) The Host National Federation's quota (*);
 - d.) The extended National Federations' quota (*);
 - e.) The extended Host National Federation's quota (*);
 - f.) The quota excess at the discretion of the invitation panel;
 - g.) ~~The day of the start list's creation;~~
 - h.) ~~The number of substitutions allowed per National Federation;~~
 - i.) ~~The last day the National Federation can request substitutions;~~
 - j.) ~~The last day the National Federation can communicate withdrawals without penalty;~~
 - k.) ~~The maximum number of invitations to be allocated;~~
 - l.) ~~The day of the invitation panel meeting.~~

(*) These quotas may be reduced as the result of the application of penalties.

- 2.2. ~~National Federations may include athletes in the waiting list at any moment; Athletes are entered to the Waiting List 33 days before the first day of a given event by the National Federations. Athletes are sorted according to the following priority criteria:~~

- 2.3. ~~Start list will be created the first Tuesday before 30 days before the event, unless indicated differently in the specific Qualification Criteria;~~

- a.) ~~All athletes entered in the waiting list will be sorted as follows;~~

- (i) ~~First by World Triathlon Ranking, or the priority indicated in the Qualification Criteria;~~

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(ii) Then Athletes without World Triathlon Ranking points. They are sorted as one per National Federation in alphabetical order of the IOC country code, starting with the host National Federation. Once one athlete of every National Federation is on the Waiting List, a second one is included to the Waiting List, with the same principles as above. Then a third athlete, and so on;

b.) The number of athletes equal to the size of the start list minus five will be moved to the start list, provided that the inclusion of the specific athlete does not result in the National Federation quota or the Host National Federation quota exceeded.

c.) If applicable, at the same time, waiting lists are created with the athletes not included in the start list, following the same order as above.

2.4. Athletes entered to the Waiting List after this moment will be allocated the last positions according to the time of entry.

~~2.4. Start list will be created 32 days before the first competition day, unless indicated differently in the specific Qualification Criteria;~~

~~2.5. Athletes are approved from this sorted Waiting List to the Start List according to the order in it, provided that the inclusion of the specific athlete does not result the exceeding of the National Federation quota or the Host National Federation quota;~~

2.5. Those athletes exceeding the quota are tagged with the indication of "Exceeds the National Federation quota";

~~2.6. The maximum number of athletes approved to the Start List are indicated in the specific Qualification Criteria, minus the number of invitations to be allocated. No more athletes are approved in the start list till the invitation process is completed. (This point does not apply to para triathlon events) until 28 days before the event, when the invitation panel decision happens;~~

2.7. Till Friday after the creation of the start list: 30 days before the first day of competition of a given event;

- a.) National Federations may request substitutions;
- b.) National Federations may request withdrawals without penalty;
- c.) National Federations may request invitations.

2.8 Saturday after the creation of the start lists 28 days before the first day of competition of a given event invitations are awarded as outlined below in section 7 of this Appendix;

2.9. The start positions not filled by the invitation panel are filled by the next eligible athlete on the start list.

2.10. Following to the procedure above, when one National Federation withdraws an athlete not tagged with "Exceeds the NF quota", the tag on the first athlete from the same National Federation will be automatically removed;

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2.11. Vacancies in the Start List are filled by the next eligible athlete in the sorted Waiting List. A vacancy in the Start List may happen as consequence of a withdrawal or because the low number of entries;

2.12. When all the athletes in the Waiting List are tagged with “Exceeds the NF quota” and there is a vacancy in the Start List, the first athlete will be approved. The acceptance of athletes exceeding the National Federation or Host National Federation quota follows the order of one athlete per National Federation, according to their positions in the sorted Waiting List. Once all affected National Federations have one exceeding athlete in the Start List, a second one is moved to the start list, etc.;

2.13. No athletes will be admitted in the wait list from 48 hours before the Athletes’ Briefing;

2.14. Vacancies from 24 hours before the Athletes’ Briefing will be filled with athletes from the waiting list who are present at the briefing.

3. Actions taken as consequence of withdrawals:

3.1. Actions taken applicable to the athletes in case of wait list exists and not all athletes in it are tagged as excess: start lists does not include athletes exceeding National Federations’ quota:

- a.) Athletes withdrawing from a competition after 13.00 GMT on Monday before the event, are removed from all the start and waiting lists of the events in the next 30 days counted from the day of the withdrawal;
- b.) The athlete is not approved to compete in any competition on the same weekend of the competition he/she withdraws and on the following one;
- c.) The penalty of that following weekend may be avoided by the use of a “joker” as described below.

3.2. Actions taken applicable to the National Federations:

- a.) National Federations withdrawing athletes from the start list during the period between the scheduled day for invitations 30 days before the first day of competition and the athletes’ briefing, will receive a penalty consisting in a reduction of the National Federation quota in future World Triathlon events as outlined in the following tables:

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WTCS, World Cups and Continental Championships	
Withdrawals (per gender)	Quota reduction (per gender)
1	0
2-3	1
4-5	2
6 or more	3

Continental Cups and Junior Continental Cups	
Withdrawals (per gender)	Quota reduction (per gender)
1	0
2-3	1
4-6	2
7-10	3
11-15	4
16 or more	5

Para triathlon events	
Withdrawals (both genders, all classes)	Quota reduction (applicable to all classes and both genders)
1-3	0
4-6	1
7 or more	2

b.) Athletes missing the briefing, without previous notice, are added to those withdrawn from the competition by the National Federation.

c.) Also athletes missing the briefing and missing the competition are added to determine the total numbers of athletes withdrawing from a competition.

d.) The quota reductions are cumulative, if generated in different events on the same weekend or in events which their penalty times overlap.

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- e.) All National Federation will have a minimum quota of one (1) on an event, even if the accumulated penalties would eliminate all athletes of the National Federation from an event.
- f.) Monday after the event, the number of withdrawals per National Federation per gender are calculated and the reduction of the quotas are announced to the National Federations affected. The events affected by this reduction will be as the following:
- (i) World Triathlon Championship Series: The next two WTCS events which Start List are to be produced;
 - (ii) World Triathlon Cups / Continental Championships: The next two events which Start List are to be produced;
 - (iii) Para triathlon events: The next two para triathlon events which Start List are to be produced;
 - (iv) Continental Cups: The events of which Start List are to be produced in the next 30 days;
 - (v) Junior Continental Cups: The next two Junior Continental Cups which Start List are to be produced.
- g.) Fair and unexpected withdrawals may happen. In order not to penalise National Federations because of them, NFs can use the "jokers". A number of unexpected withdrawals without being penalized because last minutes issues are considered by the "jokers".
- h.) The number of "jokers" per National Federation depends on the number of participations of each National Federation over the previous years as follows:

Number of "Jokers"	National Federation
10	AUS, CAN, ESP, JPN, MEX, USA
8	BEL, BRA, CHN, FRA, GBR, GER, ITA, NED, NZL, RUS, SUI
6	ARG, AUT, CHI, CZE, ECU, HUN, ISR, KAZ, KOR, POL, POR, RSA
4	COL, CRC, EST, HKG, IRL, LUX, MAR, NOR, PHI, SVK, SWE, TPE, UKR
2	BLR, CUB, DEN, ROU, TUR, UZB
1	All other National Federation

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4. "Jokers":

4.1. The use of one joker means:

- a.) To reduce by one the reduction of the quotas, **or**
- b.) To give to the penalised athletes the possibility to compete in the second weekend after the withdrawal.

~~4.2. The quota reductions are cumulative, if generated in different events on the same weekend or in events which their penalty times overlap;~~

4.2. National Federations have to announce the use of the joker within 48 hours of the announcement of the reduction of the quota;

~~4.3. All National Federation will have a minimum quota of one (1), even if the accumulated penalties would eliminate all athletes of the National Federation from an event.~~

5. Numbering:

5.1. Events will be numbered on the previous Monday by 13:00 GMT according to the criteria indicated in World Triathlon Competition Rules, section 2.10. Athletes admitted in the start list after the numbers are assigned, will receive the next highest number.

6. Exceptional conditions:

- 6.1. Non-Asian athletes will not be admitted in the elite competitions of the Asian Triathlon Continental Championships. For other Asian Championships, non-Asian athletes will be admitted if the competition is not full, with the same quota limitations as the Asian National Federations. These admissions will be approved 10 days before the event;
- 6.2. Non-European athletes will not be admitted in the elite competitions of the European Sprint Triathlon Continental Championships. For other European Championships, non-European athletes will be admitted if the competition is not full, with the same quota limitations as the European National Federations. These admissions will be approved 10 days before the event;
- 6.3. African-, American- and Oceania Continental Championships will be open to athletes from any continent if the race is not full, with the same quota limitations as the National Federations of the host continent. These admissions will be approved 10 days before the event.

7. Invitations:

7.1. **Friday after the creation of the start list 28 days** (unless outlined differently in the specific Qualification Criteria) Invitation Panel will have to opportunity to award as much invitations as vacancies are which is at least five invitations before the first competition day Invitation Panel will award 5 (unless outlined differently in the specific Qualification Criteria) invitations based on the tests, but not limited to it,

7.2. Invitation requests must be emailed by the respective National Federation to entries@triathlon.org, info@intertranslations.com

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- 7.3. The Invitation Panel cannot extend the National Federation quotas indicated in specific Qualification Criteria;
- 7.4. The Invitation Panel is composed of following members for World Triathlon events:
- The World Triathlon Secretary General or designate;
 - A representative of the World Triathlon Sport Department;
 - A representative of World Triathlon Development.
- 7.5. The Invitation Panel is composed of following members for Continental events:
- The Secretary General of the Continental Confederation or designate;
 - A representative of the World Triathlon Sport Department;
 - A representative of World Triathlon Development.

8. Substitutions:

- 8.1. National Federations are allowed to substitute athlete(s) in any event;
- 8.2. The names of both athletes involved in the substitution must be emailed to entries@triathlon.org;
- 8.3. Substitutions are only allowed up to **Friday after the creation of the start list, 30 days prior to the first competition day**;
- 8.4. The replacement athlete will take the position of the replaced athlete, **no matter if the replaced athlete is in the start or waiting list**. The replaced athlete will be removed from the competition;
- 8.5. **Replaced athletes may be entered in the waiting list again and will be considered a late entry.**
- 8.6. The number of substitutions per gender per event are as the following:
- One (1) substitution – World Triathlon Championship Series, U23 World Championships;
 - Two (2) substitutions – Triathlon World Cup, Multisport Events, Continental Championships;
 - Three (3) substitutions – Triathlon Continental Cups, Junior Continental Cups, Regional Championship and Development Regional Cups.
 - One (1) substitution per **gender medal event** on all Para triathlon Events.

9. Late withdrawal:

- 9.1. Athletes present at the Athletes' Briefing, but are forced to withdraw from the competition due to a last minute illness or injury, as proven by a certificate from a medical doctor with the approval of the Medical Delegate, will not be penalised;
- 9.2. In the event of lack of Medical Delegate, the Technical Delegate may consult with the Event Medical Director;

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- 9.3. Athletes will be excused to go to the briefing following an examination by the Medical Delegate or in the absence of the Medical Delegate, by the Event Medical Director as proven, will not be penalised.
- 9.4. They will be marked as DNS and the next eligible athlete will be added to the start list;

10. Procedures on events happening the same weekend.

10.1. Hierarchy of the events

a.) Events in the same weekend will be classified according with this hierarchy

1. World Triathlon Championship Finals
2. World Triathlon Championship Series
3. World Championships Elite
4. World Championships U23
5. World Triathlon Cup
6. Arena Games Triathlon Finals
7. Continental Championships Elite
8. Continental Championships U23
9. World Championships Junior
10. Continental Triathlon Cup
11. Arena Games Triathlon Series
12. Continental Championships Junior
13. Regional Championships
14. Development Regional Cup

b.) In case that there will be more than one event from the same hierarchy level, those will be sorted first by multisport in the following order: Triathlon, Long Distance Triathlon, Duathlon, Long Distance Duathlon, Winter Triathlon, Aquathlon, Cross Triathlon, Cross Duathlon, then by continent in the following order: Europe, America, Asia, Oceania, Africa.

10.2. Athletes entered in two or more events:

a.) Athletes included in the start list of a higher hierarchy level event will be removed from the start or waiting list of the lower hierarchy level events.

b.) Athletes included in the wait list of a higher hierarchy level event and in the start list of a lower hierarchy level event will remain in the wait list of the higher hierarchy level event. In case of approval, the previous point will apply.

c.) Athletes included in the wait list of both events will remain in both waiting lists, in case of approval, previous points will apply.

d.) Substitutions: The replacement athlete in one event will be removed from start or waiting lists of the events in the same weekend as per 8.5 can be re-entered again as late entry. The replaced athlete will follow the procedures in the previous points, depending on the list - start or waiting- the athlete is placed after the substitution.

APPENDIX F: WORLD TRIATHLON GUIDELINES REGARDING AUTHORISED IDENTIFICATION

1. Overview:

- 1.1. To compete in World Triathlon Events, athletes must comply with the World Triathlon Guides Regarding Authorised Identification and the reference to the Uniform at 2.8 of the Competition Rules;
- 1.2. The images on this document are reproducing a typical triathlon uniform. For winter triathlon and, in some cases, in triathlon, duathlon and aquathlon, the long sleeves and lower leg covering are allowed. This appendix applies in the same way for all the cases:

2. Purpose:

- 2.1. Provide a clean and professional image of our sport to local and global spectators and media;
- 2.2. Provide sponsors with reasonable space for viable exposure;
- 2.3. Provide a framework for enabling World Triathlon member National Federations and athletes to have a mutually beneficial relationship with respect to rights and responsibilities, as per Section 12.

3. General Requirements:

- 3.1. Uniforms will be completely clean of any logos or images other than those described below;
- 3.2. Logos will be measured on a flat surface when the athlete is not wearing the uniform. The "World Triathlon Logo Measurement Template" will be used to measure the logo sizes;
- 3.3. There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, spirits and products containing any substance on the WADA Prohibited List;
- 3.4. There must be a minimum clearance space of 1.5cm around all marks including:
 - a.) The World Triathlon logo;
 - b.) The family name;
 - c.) The country code;
 - d.) All sponsor logos.

4. Uniform Colour and Design:

- 4.1. Uniforms must be in the colours chosen by the National Federation as the following:

- a.) Elite: World Triathlon Championship Finals, World Triathlon Championship Series, Continental Championships and World Triathlon Multisport Championships events;
- b.) Junior, U23: World Triathlon Championships and Continental Championships;
- c.) Para triathlon: World Triathlon Para Championships, World Triathlon Para Series and Continental Championships;
- d.) Youth: Continental Championships.

- 4.2. For all other World Triathlon Events the uniform colours have no restrictions;

- 4.3. The colour and design of the uniform and podium apparel must be distinct to that country and must be approved by World Triathlon in advance;
- 4.4. Country uniforms must have a distinct look, however the design requirements should not impact on technical requirements athletes might have due to body shape or size;
- 4.5. The approval process for the uniform colour and design is outlined in Appendix F. The goal of the approval process is to ensure countries do not have the same uniform colour and design;
- 4.6. For Elite athletes, World Triathlon reserves the right to establish a specific rule till 30th of January of the given calendar year, regarding the colour of the uniform of the actual leader of World Triathlon Championship Series has to wear:

Diagram 1: Location of sponsor spaces



5. Family Name and Country Code:

- 5.1. The family name (not applicable for Age-Group athletes) and the NOC country code must be placed on the upper front of the uniform and also on the buttocks. The initial of the first name may be added before the family name: athletes with the same family name are encouraged to add the initial of the first name. The representation of both the family name and country code must meet the following criteria:

a.) Font Type:

- (i) The font type must be "Arial".
- (ii) Letters for the family name and country code must be in upper case, unless the name is a surname in which case lower case letters should be used following the first capital letter. Symbols such as '-.' and space are considered as characters (See Diagram 2: Family Name Layout).

b.) Colour:

- (i) If the uniform is a dark colour, the letters must be white. If the uniform is a light colour, the letters must be black.
- c.) Position:
- (i) Front: The position on the front is below the World Triathlon logo and Sponsor Spaces B and F. The athlete's family name is above the country code and Sponsor Space A;
 - (ii) Back: The position on the back is below the waistline so that it is clearly visible when the athlete is on the bike. The athlete's family name is above the country code;
 - (iii) Height: The family name and the country code must be 5cm in height, regardless of the number of letters in the name;
 - (iv) Width: The length for the family name is a minimum of 12cm and a maximum of 15cm. A family name with few letters must still be a minimum length of 12 cm. (See Diagram 2: Family Name Layout) The width for the country code must be 6cm to 10 cm;



6. World Triathlon Logo

6.1. The official World Triathlon logo will appear on the upper right shoulder.

6.2. It will conform the proportion of the official World Triathlon logomark and logo type.

6.3. The horizontal dimension will be 4cm;

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- 6.4. The white version should be applied to dark coloured uniforms, the blue version should be applied to light coloured uniforms (see this appendix 6.5, 6.6, Diagram 3);
- 6.5. Click [here](#) for the print version of the World Triathlon logo:

Diagram 3. World Triathlon Logo Layout 4 cm



- 6.6. Diagram 3 above shows the correct layout for the World Triathlon Logo:
 - a.) World Triathlon White:
 - b.) World Triathlon Blue:
 - (i) Pantone 2728C;
- 6.7. The Elite individual World Champions are allowed to add below the World Triathlon Logo the design element of the WTCS recognizing this honour. Graphic details will be published separately.

7. Sponsor Spaces:

- 7.1. Sponsor Space A:
 - a.) This space is directly below the country code (See Diagram 1. Sponsor Logos: size and space);
 - b.) The maximum height is 20cm;
 - c.) The maximum length is 15cm;
 - d.) Up to 3 sponsor logos may be positioned in this space;
 - e.) The athlete may have 1, 2 or 3 logos in this space. Each of the logos must represent a different sponsor.
- 7.2. Sponsor Space B:
 - a.) This space is for the manufacturer of the uniform or for another sponsor;
 - b.) The maximum height is 4cm;
 - c.) The maximum length is 5cm;

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- d.) The space must be on the left hand shoulder of the uniform – not the middle.
- 7.3. Sponsor Spaces C: side panels:
- Sponsor logos may appear on the side panel;
 - The maximum width is 5cm;
 - The maximum length is 15cm;
 - Only one sponsor logo is allowed on each side and it must be the same sponsor logo;
 - This space must be visible from the side of the body. If, due to the athlete body, this space is partly visible from the front, it has to be visible also from the back;
- 7.4. Sponsor Space D: lower front:
- The maximum height is 4cm;
 - The maximum length is 5cm;
 - This space can be on the lower left or right side of the uniform but not both.
- 7.5. Sponsor Space E: upper back:
- One logo of any sponsor may appear above the family name on the back;
 - The maximum height is 10cm;
 - The maximum length is 15cm;
- 7.6. Sponsor Space F: upper front:
- One logo of any sponsor may appear above the family name on the front;
 - The maximum height is 5cm;
 - The maximum length is 15cm.

8. Wetsuits:

- Only the wetsuit manufacturer's logo may appear on the wetsuits;
- The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit;
- If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm²;
- Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.

9. Arm covers:

- Arm covers must be plain or match the national uniform without any logos.

10. Temporary Tattoos:

- Athletes are not allowed to place any temporary tattoo, other than the race numbers and logos provided by World Triathlon, on their body during World Triathlon Events.

11. Podium apparel:

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11.1. All the sponsor spaces and design colours indicated in this document apply as well to the podium apparel.

12. Specific rules for PTVI Sport Class:

12.1. The uniform of the Guide must comply with the rules above and use the same sponsors' logos and spaces as on the Para triathlete's uniform;

12.2. The uniform of the Guide must display the word "GUIDE" in the Family Name space;

12.3. The font type must be "Arial", the height 5cm and the width 12 cm.

13. Rights and responsibilities:

	World Triathlon Championship Series (Elite) World Triathlon Championship Finals (Elite) World Triathlon Championships Continental Triathlon Championships World Triathlon Multisport Championships Continental Triathlon Multisport Championships World Triathlon Para Series	All World Triathlon and Continental events not specified in this table
Uniform Colour and Design	As per the catalogue	To be agreed in good faith between Athlete and National Federation
Family Name	Optional for Age-Group athletes Mandatory for all other categories	
Country Code	Mandatory as per World Triathlon Competition Rules	
World Triathlon Logo	Mandatory as per World Triathlon Competition Rules	
Sponsor Spaces A to F	To be agreed in good faith between Athlete and National Federation	

WORLD TRIATHLON COMPETITION UNIFORM APPROVAL PROCESS

1. Overview:

1.1. This process is part of the World Triathlon Guides Regarding Authorised Identification and is a specific addition to the World Triathlon Competition Rules.

2. Purpose:

2.1. The process was created to regulate the World Triathlon's approval of the design of each National Federation's competition uniform to be used by their athletes in all World Triathlon competitions according to the World Triathlon Guides Regarding Authorised Identification.

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3. General Requirements:

- 3.1. Every National Federation uniform has to be different from any other National Federation uniform, according to the World Triathlon Guides Regarding Authorised Identification. The difference will be significant to avoid confusion between two different National Federations;
- 3.2. Artistic or creative elements are acceptable provided that the World Triathlon Competition Rules are followed. Specifically, if the design contains recognisable commercial logos or trademarks which exceed the surface limits, it will not be approved;
- 3.3. The same design applies to all types of uniforms: men, women, triathlon style, duathlon style, summer, winter, etc.
- 3.4. Every National Federation can request the approval of one different uniform design for every different multisport. Two uniform options can be requested for the Age-Group athletes, indicating which is the 1st option and which is the 2nd option. However, all athletes from the same National Federation, competing in the same event, will wear the National Federation's same distinctive design.

4. Timeline for Approval:

- 4.1. National Federations will submit a proposed design of their Competition Uniform for the following year, according to these specifications:
 - a.) A pattern provided by World Triathlon will be used;
 - b.) Sponsor spaces and dimensions, as outlined in the World Triathlon Guides Regarding Authorised Identification. The athlete's family name and National Federation code positions (front and back) and dimensions of both;
 - c.) The position and dimensions of the World Triathlon logo. The colour(s) used in the design, including the pantone. The proposed design may be submitted in .jpg .pdf, png or .tif format;
 - d.) Once approved, the Uniform approval is extended till the National Federation must seek approval for a new design.

5. Approval:

- 5.1. World Triathlon will inform each National Federation in writing about the approval or disapproval of their National Federations uniform if the design is:
 - a.) Compliant with all the World Triathlon Guides Regarding Authorised Identification;
 - b.) Distinct from other National Federation designs.
- 5.2. If the request is not approved World Triathlon will:
 - a.) Ask the National Federation for a new design if the submitted one did not comply with the World Triathlon rules, or;
 - b.) Ask the National Federations that submitted similar requests to agree to modifying their proposed designs in order to have different uniforms;
 - c.) If the National Federations do not get an agreement, World Triathlon will decide on which National Federation's proposed design according to the following priorities:
 - (i) The National Federation that used the proposed uniform in the past will be given preference;

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- (ii) If both National Federations are proposing new uniforms, a draw will be conducted to choose which National Federation will use the submitted design and which National Federation(s) will have to submit a new one.
- 5.3. World Triathlon will produce an electronic catalogue of approved National Federation's competition uniforms. This catalogue will be updated monthly;
- 5.4. Requests for uniform approval received will be considered on a monthly basis. National Federations requesting approval will choose designs that are different from those already approved.

6. Approval Panel:

- 6.1. All decisions on uniform approval will be made by a panel composed of:
 - a.) A member of the World Triathlon Technical Committee;
 - b.) A representative of the World Triathlon Sport Department;
 - c.) A representative of the World Triathlon Marketing Department;
- 6.2. The decisions of the Approval Panel can be appealed to the World Triathlon Tribunal. This appeal does not suspend the decision of the Approval Panel, but rather the decision will stay in place during the time the World Triathlon Tribunal takes to make a decision on the appeal.

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APPENDIX G: PARA TRIATHLON CLASSIFICATION RULES

The Para triathlon Classification Rules can be found in the World Triathlon website under the following link: https://www.triathlon.org/about/downloads/category/competition_rules

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APPENDIX H: PRIZE MONEY BREAKDOWN

1. Introduction:

- 1.1. The Prize Money Percentages were created to provide a fair and equitable formula to distribute prize money to athletes;
- 1.2. If a World Triathlon Event Organiser wants to modify these percentages, they must request a rule exception. If the modification is approved, it must be posted on the World Triathlon event's web page and on www.triathlon.org;
- 1.3. The amount and depth of prize money must be equal for women and men.

2. Percentages:

- 2.1. The table below shows the five basic prize money percentages and the applicable based on the total amount on a World Triathlon Event;
- 2.2. For an easy tool to calculate the prize money percentage based on the event prize money, please visit www.triathlon.org:

	TOP 20 (150 001 USD and more overall prize money)	TOP 15 50 001–150 000 USD overall prize money)	TOP 10 (10 001 –50 000 USD overall prize money)	TOP 5 (3 001 –10 000 USD overall prize money)	TOP 3 (3 000 USD and less overall prize money)
1.	23.00%	25.00%	25.00%	30.00%	50.00%
2.	18.00%	20.00%	20.00%	25.00%	30.00%
3.	14.00%	15.00%	15.00%	20.00%	20.00%
4.	10.00%	10.00%	10.00%	15.00%	
5.	8.00%	7.00%	8.00%	10.00%	
6.	6.00%	6.00%	7.00%		
7.	4.00%	5.00%	6.00%		
8.	3.00%	3.00%	4.00%		
9.	2.30%	2.25%	3.00%		
10.	1.90%	1.75%	2.00%		
11.	1.60%	1.50%			
12.	1.40%	1.25%			
13.	1.20%	1.00%			
14.	1.10%	0.75%			
15.	1.00%	0.50%			
16.	0.90%				
17.	0.80%				
18.	0.70%	ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ			
19.	0.60%	ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΣΑ: 18705 ΤΗΛ:210 92 25 000			
20.	0.50%				

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APPENDIX I: WORLD TRIATHLON RELATED MULTISPORTS

- Triathlon
- Long Distance Triathlon (including Middle Distance)
- Aquathlon
- Duathlon
- Long Distance Duathlon (including Middle Distance)
- Winter Triathlon
- Cross Triathlon
- Cross Duathlon
- Indoor Triathlon
- Aquabike

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APPENDIX J: WORLD TRIATHLON EVENTS AND WORLD TRIATHLON EVENT CATEGORIES

WORLD TRIATHLON EVENTS	WORLD TRIATHLON EVENT CATEGORIES
World Championships World Triathlon Championship Series World Triathlon Championship Finals World Series World Cup Continental Championships Continental Cup Continental Cup Premium Continental Cup Final Development Regional Cup Regional Championships	Elite U23 Junior Youth Para triathlon Age-Group Team Relay

World Triathlon Events	Categories
World Championships. Triathlon Standard Distance	U23, Age-Group
World Championships. Triathlon Sprint Distance	Junior, Age-Group, Para triathlon
World Championships. Triathlon Super Sprint Distance	Age-Group
World Championships. Triathlon Mixed Relay	Elite, U23 & Junior (combined), Age-Group
World Championships. Triathlon Long Distance	Elite, Age-Group, Para triathlon
World Championships. Duathlon Standard Distance	Elite, U23, Age-Group
World Championships. Duathlon Sprint Distance	Junior, Age-Group, Para triathlon
World Championships. Duathlon Mixed Relay	Elite, Junior.
World Championships. Duathlon Long Distance	Elite, Age-Group, Para triathlon
World Championships. Duathlon Middle Distance	Elite, Age-Group, Para triathlon
World Championships. Winter Triathlon.	Junior, U23, Elite, Age-Group, Mixed Relay, Para triathlon PTS2, PTS3, PTS4 and PTS5
World Championships. Aquathlon.	Junior, U23, Elite, Age-Group, Para triathlon
World Championships. ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ: 07388370-ΔΟΥ: ΠΕΙΡΑΙΑΣ ΑΜΔΑ: 18705 ΤΗΛ: 210 92 25 000 ΗΛΕΚ.Δ/ΣΗ: info@intertranslations.com	Junior, U23, Elite, Age-Group, Mixed Relay, Para triathlon, PTS2, PTS3, PTS4, PTS5
World Championships. Aquabike	Age-Group

World Championship Series. Triathlon. (Standard or Sprint or Super Sprint)	Elite, Para triathlon
World Championship Final. Triathlon.	Elite
World Cup. Triathlon. (Standard or Sprint or Super Sprint)	Elite, Para triathlon
World Cup. Winter Triathlon	Elite
World Series. Duathlon (Both Standard or Long)	Elite
World Series. Long Distance Triathlon	Elite
Continental Championships. Triathlon Standard distance	Elite, U23, Age-Group
Continental Championships. Triathlon Sprint Distance	Elite, U23, Junior, Age-Group, Para triathlon
Continental Championships. Triathlon Long Distance.	Elite, Age-Group, Para triathlon.
Continental Championships. Triathlon Mixed Relay	Elite, Junior, Youth, Clubs.
Continental Championships. Duathlon Standard Distance.	Elite, U23, Age-Group
Continental Championships. Duathlon Sprint Distance	Elite, U23, Junior, Age-Group, Para triathlon
Continental Championships. Duathlon Mixed Relay	Elite, Junior
Continental Championships. Duathlon Long Distance.	Elite, Age-Group, Para triathlon.
Continental Championships. Winter Triathlon	Junior, U23, Elite, Age-Group, Mixed Relay, Para triathlon PTS2, PTS3, PTS4 and PTS5
Continental Championships. Aquathlon.	Junior, U23, Elite, Age-Group, Para triathlon
Continental Championships. Cross Triathlon.	Junior, U23, Elite, Age-Group, Mixed Relay, Para triathlon PTS2, PTS3, PTS4 and PTS5
Continental Cup (All distances and all Multisports)	Elite
Continental Tour events	Elite
Junior Continental Cup. Triathlon	Junior

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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 (l)
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)
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 b.) (ii)
4. Using abusive language or behaviour toward any official;	- DSQ and report to the World Triathlon Tribunal for possible suspension	2.1 a.) (vi) 2.1 a.) (v)
5. Using unsportsmanlike behaviour;	- DSQ and report to the World Triathlon Tribunal for possible suspension	2.1 a.) (i)
6. Blocking, charging, obstructing, or interfering the forward progress of another athlete;	- Unintentionally: warning and amend - Intentionally: DSQ	4.1 (e) 5.1 (a) i 7.1(f)
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 favourable positions, is not a violation;	- Unintentionally: warning and amend - Intentionally: DSQ	4.1 (e)
8. 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	2.2

	- If not: DSQ	
9. Refusing to follow the instructions of Technical Officials or race officials;	- DSQ	2.1 (a) iv
10. 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;	- Warning and amend - If not corrected: DSQ	2.9 (b)
11. Wearing bib number during the swim segment when wetsuits are forbidden;	- Warning and amend - If not corrected: DSQ	2.9 c.) (ii)
12. 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 not corrected: Time penalty	2.1 a.) (xi)
13. Using illegal, dangerous or unauthorised equipment to provide an advantage or which will be dangerous to others.	- Warning and amend - If not corrected: DSQ and removed from competition	2.1 a.) (ii) 5.2 k.)
14. Violating competition-specific traffic regulations;	- Unintentionally: Warning and amend if possible - If not corrected or intentionally: DSQ	2.1 a.) iv 5.1 b.) (i)
15. Contrived or intentional ties by elite, U23, junior and youth athletes, or Para triathletes in World Triathlon sanctioned events;	- DSQ	2.11 f.) (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 not corrected: 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 shoulder and/or clothing covering any part of the legs below knee, when not allowed;	- Warning and amend - If not corrected: DSQ	2.8 c.) iii, iv, v
19. Not covering the arms during the competition for weather conditions;	- Before the competition: Warning and amend - If not corrected: DSQ and removed from competition	2.8 c.) v

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20.	In Middle and Long Distance events, wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;	- Warning and amend - If not corrected: DSQ	15.7 (b)
21.	In Middle and Long Distance events, wearing a uniform with front zipper undone during the last 200m of the run;	- Warning and amend	15.7 b.)
22.	Displaying any kind of demonstration of political, religious or racial propaganda;	- Warning and amend - If not: DSQ and removed from competition	2.1 a.) (x)
23.	Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	2.5 n.)
24.	Participating when not eligible;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	2.5 3.8
25.	Repeated intentional violations of World Triathlon Rules;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	3.8
26.	Drug abuse;	- Penalties will apply according to the WADA rules	2.3
27.	For an unusual and violent act of unsportsmanlike behaviour;	- DSQ, removed from competition and inform World Triathlon Tribunal for a possible suspension	3.8
28.	Compete with a bare torso.	- Warning and amend - If not corrected: DSQ	5.1 a.) (ii) 6.1 a.) (iv)
29.	Indecent exposure or nudity;	- Warning and amend - If not corrected: DSQ	7.1 m.)
30.	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;	- DSQ of both athletes	2.2 b.)
31.	Gain unfair advantage from any vehicle (excluding official triathlon vehicles)	- DSQ	2.1 a.) (x)
32.	Not stopping in the next penalty box being obliged to do so;	- DSQ	3.6 (a)

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33.	Warming up on the course while another competition is in progress;	- Warning and amend - If not corrected: DSQ	
34.	Competing under suspension;	- DSQ, removed from competition and reported to the World Triathlon Tribunal for extending suspension or expulsion.	2.5 b.)
35.	Carrying out ambush marketing in the award ceremony;	- Forfeit the prize money earned in the event.	2.1 a.) (ix)
36.	Intentionally missing a technological fraud test after being selected;	- DSQ, removed from competition, and report to World Triathlon Tribunal for potential suspension	
37.	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 a.) 5.2 j.) (i)
38.	Using any device distracting the athlete from paying full attention to their surroundings;	- Warning and amend - If not corrected: DSQ	2.1 a.) (xiv)
39.	An athlete physically assists the forward progress of another athlete;	- DSQ of both athletes	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 briefings in Triathlon/Para triathlon or World Triathlon/Para triathlon 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)

START		
RULES	PENALTIES	REFERENCE
43. Starting before the starter's signal.	- Time penalty	4.7 f.) 4.9 m.)
44. Starting in a wave earlier than the one the athlete is assigned to;	- DSQ	4.7 h.) 4.9 n.) 4.11 g)
45. Not moving forward before touching the water;	- Time penalty	4.7 b.)
46. To change the start position once selected;	- Warning and amend - If not corrected: DSQ	4.5 b.)
47. To block more than one start positions;	- Warning and amend - If not corrected: DSQ	4.5 b.)

SWIM		
RULES	PENALTIES	REFERENCE
48. Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below knee, in a non-wetsuit swim;	- Warning and amend - If not corrected: DSQ	4.12 (b) iii
49. Not wearing the official swim cap from the time of the line-up;	- Intentionally: Warning and amend - If not corrected: DSQ	4.12 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;	- Warning and amend - If not corrected: DSQ and removed from competition;	4.12 d.) (iv)
53. Athletes wearing branded swim cap visible any time from the athletes' line-up till Transition 1;	- Before the competition: Warning and amend - During the competition:	4.12 a.) (iv)

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 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
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	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite Draft-illegal and Para triathlon: Time penalty - Elite Draft Legal: Time penalty 	
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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 b.) 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 p.)
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 a.)
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 i.)
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 c.)
60. Marking of position in transition area;	<ul style="list-style-type: none"> - Warning and amend <p>If not corrected, marking and objects used for marking purposes will be removed and athlete will not be notified</p>	7.1 d.)

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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.	Interfering with another athlete's equipment in the Transition Area;	- Age-Group: Warning and amend - Elite and Para triathlon: Time penalty	7.1 g.)

BIKE			
RULES	PENALTIES	REFERENCE	
63.	Not wearing helmet during bike familiarisation and/or official bike training sessions;	- To be excluded from the specific session	5.2 g.) (ii)
64.	Make forward progress without the bike, during the bike segment;	- Warning and amend - If not: DSQ	5.1 a.) (iii)
65.	Drafting in a draft-illegal competition on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) 5.6 e.)
66.	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;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) vi 5.6 e.)
67.	Re-passing by an overtaken athlete prior to dropping out of the draft zone on sprint and standard distance events;	- 1st offence: Drafting time penalty - 2nd offence: DSQ	5.5 c.) (vi) 5.6 e.)
68.	Drafting in a draft-illegal competition on middle or long distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) 5.6 f.)
69.	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 middle and long distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) (vi) 5.6 f.)

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70.	Re-passing by an overtaken athlete prior to dropping out of the draft zone on middle and long distance events;	- 1st and 2nd offences: Drafting time penalty - 3rd offence: DSQ	5.5 c.) (vi) 5.6 f.)
71.	Drafting off a different gender athlete in draft legal events;	- 1st offence: Warning and amend - 2nd offence DSQ	5.5 b.)
72.	Drafting off an athlete being in a different lap;	- Warning and amend - If not: DSQ	5.5 b.)
73.	Drafting off a vehicle or motorbike in a draft-illegal competition;	- Warning and amend - If not corrected: Drafting time penalty	5.5 b.)
74.	Drafting off a vehicle or motorbike in a draft-legal competition;	- Warning and amend - If not corrected: DSQ	5.5 b.)
75.	Blocking in a draft-illegal competition;	- Time penalty - If not: DSQ	5.7
76.	Blocking in a draft-legal Age-Group competition;	- Time penalty - If not: DSQ	5.7
77.	Wearing the helmet unfastened or insecurely fastened, during the bike segment;	- Age-Group: Warning and amend - Elite and Para triathlon: Time penalty - If not corrected: DSQ and removed from competition	5.2 g.) (iv)
78.	Take off the helmet on the bike course, even if stopped;	- Warning and amend - If not corrected: DSQ	5.2 g.) (iv)
79.	Not wearing a helmet during the bike segment;	- DSQ and removed from competition	5.2 g.) (iv)
80.	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 a.) (iv)
81.	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 not corrected: DSQ	3.6 d.) (iii)
82.	Athletes using the restroom while serving a penalty in the bike penalty box;	- Penalty paused	3.6 d.) (iv)
83.	Making adjustments to equipment or performing any type of maintenance while serving a penalty;	- Warning and amend - If not corrected: DSQ	3.6 d.) (iv)

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84. Dangerous riding during the bike segment.	- Time penalty - If intentionally repeated: DSQ and removed from competition	5.1 b.) (iii)
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RUN AND SKI		
RULES	PENALTIES	REFERENCE
85. Crawl during the running segment;	- DSQ and removed from competition	6.1 a.) (iii) 6.3 a.)
86. Running together and/or taking pace from other athlete/s that is/are one or more laps ahead. (Applicable to Elite, U23, Junior, Youth athletes and Para triathletes);	- Warning and amend - If not corrected: DSQ	6.1 a.) (viii)
87. 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 not corrected: DSQ	6.1 (a) vii 18.5 b)
88. Run or ski wearing a helmet;	- Warning and amend - If not corrected: DSQ	6.1 a.) (v) 18.5 f.)
89. To use posts, trees or other fixed elements to assist manoeuvring curves;	- Time penalty	6.1 a.) (vi)
90. Being accompanied by any non-competing person in the finish chute.	- DSQ	6.3 b.) 18.5. b.)
91. Not use classic style where mandatory	- First offence Time penalty, - Second offence DSQ	18.5. e.)
92. Changing corridors in the finish chute, impeding the progress of other athletes.	- DSQ	18.5. i.)

TEAM RELAY SPECIFIC		
RULES	PENALTIES	REFERENCE
93. One or more members in a standard relay event, entering the first team member after the briefing has started or not attending the briefing;	- 10 seconds time penalty for the team served in Transition by the first team member	18.5. b.)

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94.	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.)
95.	Team relay exchange completed outside of the exchange zone;	- Time penalty	16.10 c.)
96.	Team relay exchange not completed, or intentionally completed outside the changing zone;	- DSQ	16.10 c.) 16.10 d.)

PARA TRIATHLON SPECIFIC			
RULES	PENALTIES	REFERENCE	
97.	Para triathletes who use catheters or other urinary diversion devices, have spillage during training, competition or classification;	- Warning and amend - If not corrected: DSQ	17.19 a.)
98.	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 not corrected: DSQ	17.9 f.)
99.	Para triathlete without a temporary, review or confirmed class status according to the regulated timelines;	- DSQ	17.4
100.	Para triathlete competes wearing or using any prostheses or special adaptive equipment which are not officially approved;	- Warning and amend - If not corrected: DSQ	17.16 a.) 17.12 l.) 17.8 b.) (vi)
101.	Para triathletes using unprotected sharp objects, screws, prosthetic liners, or prosthetic devices that can be harmful;	- Warning and amend - If not corrected: DSQ and removed from competition	17.11 e.)
102.	Para triathlete's classification is considered Not Completed (CNC);	- Removed from the start list	See Classification Rules - part 3
103.	Para triathlete who have been classified as non-eligible for a para triathlon competition;	- Removed from the start list	See Classification rules - part 5

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104. Para triathlete fails to attend scheduled classification session;	<ul style="list-style-type: none"> - Reasonable explanation: Give second chance - If not: Removed from the start list 	See Classification rules – part 6
105. Para triathlete who is intentionally misrepresenting his/her skills and/or abilities;	<ul style="list-style-type: none"> - First offence: DSQ - Second offence: DSQ and report to World Triathlon Tribunal for potential suspension or expulsion 	See Classification rules – part 8
106. Guides and personal handlers, who have not registered at the athletes' briefing;	<ul style="list-style-type: none"> - Access to the FOP removed 	17.6 b.)
107. Personal handler not carrying the special credentials which were given by the LOC/World Triathlon;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ the Para triathlete that he/she is handling 	17.7 a.)
108. Para triathlete receiving help from more personal handlers that he/she has registered;	<ul style="list-style-type: none"> - DSQ 	17.7 b.)
109. Any action taken by the personal handler which propels the para triathlete forward;	<ul style="list-style-type: none"> - DSQ the Para triathlete that he/she is handling 	17.7 e.)
110. Personal handler repairing a Para triathlete's bike in an area other than the athletes' transition spot or the wheel station during the competition;	<ul style="list-style-type: none"> - DSQ 	17.7 c.) (iv) 17.7 g.)
111. Para triathletes' equipment in the pre-transition area which haven't been registered;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ 	17.8 b.) (vi)
112. Personal handlers' present in the pre-transition area from PTS2, PTS3, PTS4 and PTS5;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ the athlete that they are handling 	17.9 a.)
113. 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;	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ 	17.9 g.)
114. PTWC1 and PTWC2 para triathletes doing the transition outside the individual spot	<ul style="list-style-type: none"> - Time penalty 	17.10 h.)
115. PTWC1 and PTWC2 athletes not stopping completely at the transition and at the dismount lines or continue before the Technical Official say "Go";	<ul style="list-style-type: none"> - Time penalty 	17.10 h.)

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116.	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.)
117.	Para triathletes leaving equipment in pre-transition after exiting it;	- Warning and amend - If not corrected: Time penalty	17.9 e.)
118.	PTVI1, PTVI2 and PTVI3 athletes competing with a guide who is not complying with the requirements;	- DSQ	17.17 a.) (iv) (v)
119.	PTVI1, PTVI2 and PTVI3 athletes not be tethered during the swim or the run;	- Warning and amend - If not corrected: DSQ	17.17 b.) (i) 17.17 d.) (i)
120.	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	17.7 b.) (ii)
121.	PTVI1, PTVI2 and PTVI3 athletes paced, led or being more than 0.5m away from their guide, during the after the swim exit;	- First offence: Time penalty - Second offence: DSQ	17.17 a.) (viii) 17.17 d.) (ii)
122.	PTVI1, PTVI2 and PTVI3 athletes pulled or pushed by the guide;	- DSQ	17.17 a.) (vii) 17.17 b.) (ii)
123.	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 a.) (viii) 17.17 d.) (ii)
124.	Para triathlete enters the Field of Play with a guide dog;	- Warning and amend - If not corrected: DSQ	17.17 a.) (i)
125.	PTVI1 athletes not wearing blackout goggles or glasses during the applicable segments;	- DSQ	17.17 a.) (x)

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APPENDIX L: RESULTS AND START LIST SAMPLES

The Results and Start List samples can be found on the World Triathlon website.

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APPENDIX M: ATHLETE'S AGREEMENT

The Athletes Agreement is outlined in the World Triathlon website under the following link:
https://www.triathlon.org/about/downloads/category/athletes_agreement

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APPENDIX N: TECHNOLOGICAL FRAUD

1. Location and time:

- 1.1. For any event, the technological fraud check will take place at the time that the athletes' bicycles are checked (athletes' lounge or transition zone).
- 1.2. Ideally two tents should be provided by the LOC (one of them can be without walls).
- 1.3. Prior to the competition, there will be random selections among the athletes. Post-competition tests can take place on targeted athletes according to their performance.

2. Personnel involved:

- 2.1. One or two World Triathlon accredited bike check officials should be part of the process.
- 2.2. A qualified bike mechanic should be provided by the LOC. The bike mechanic should be very familiar with the types of bicycles that are being used at the particular competition and be able to disassemble the bike and reassemble the bike within a short period of time.

3. Process:

- 3.1. The selected athlete will be asked to move his/her bicycle to the 1st tent. The World Triathlon accredited bike check official will explain the process to the athlete, perform a visual check and scan the bicycle including the frame and the wheels.
- 3.2. In case of low readings, the athlete and bicycle will be released.
- 3.3. In case high readings, if available, the second accredited bike check official will be asked to verify the results. If still high reading, the athlete will be asked to move his/her bike to the closed tent. In case of high reading and there is no second accredited bike check official available, the athlete will be asked to move his/her bike to the closed tent.
- 3.4. World Triathlon may use any available technology to check the athletes' bicycles.
- 3.5. In the closed tent, along with the World Triathlon accredited bike check official, the World Triathlon Head Referee has to be present (or any other official assigned by the Head Referee to represent her/him) and the bike mechanic. This tent has to be closed from any public/media view.
- 3.6. The athlete will be given the tools to remove the seat post and the chain wheel axle. Alternatively, the athletes' representative can remove the above equipment for them. If the athlete or his/her representative is not willing to remove the above equipment, he/she has to sign a waiver for any damages to the bicycle during removal by a World Triathlon approved bike mechanic.
- 3.7. The bike mechanic or the athlete will remove the chain wheel axle. If a motor exists, the athlete will be referred to the Head Referee for a decision. The Head Referee will disqualify the athlete and refer the case to the World Triathlon Tribunal for possible further penalties.
- 3.8. If the athlete refuses to sign a waiver, the case will be considered as a missed test and as such the Head Referee will disqualify the athlete and refer the case to the World Triathlon Tribunal for possible further penalties.
- 3.9. The athlete is not allowed to compete on another bicycle at any World Triathlon event until the case is closed or during the time of a possible suspension.

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APPENDIX P: NON-TRADITIONAL OR UNUSUAL BIKE APPROVAL PROCESS

1. The manufacturer should provide a product description (with illustrative pictures) about the bike frame to be approved.
2. The manufacturer should declare that the frame (in all available/sold frame sizes) fulfils all the criteria of the actual bike safety standards, at the moment the ISO 4210:2015. This declaration should be part of the document package submitted for approval.
3. The manufacturer should demonstrate the compliance with ISO 4210:2015 standard of the frame with a test report issued by an independent third-party laboratory conducting consumer product safety and compliance testing in the field of mechanical testing and accredited to the requirements of EN/ISO/IEC 17025. Test reports should be provided about all available/sold frame sizes (like 48/50/52 etc.) These test reports should be part of the document package submitted for approval.
4. The certification about the compliance with EN/ISO/IEC 17025 of the accredited test laboratory should be part of the document package submitted for approval.
5. The approval panel will study these documents and will take a decision on the acceptance of the request.

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APPENDIX Q: PPE – PRE PARTICIPATION EVALUATION

1. The PPE should consist of:
 - 1.1. Answer the Medical Questionnaire: this questionnaire is strictly confidential and must be given to the responsible team doctor before the medical examination. The medical questionnaire will be available to be downloaded from the World Triathlon website.
 - 1.2. Physical Examination: by the doctor following the IOC recommendations published in the “Lausanne Recommendations” about the Sudden Cardiovascular Death in Sport Consensus.
 - a.) Cardiac auscultation:
 - Rate/rhythm
 - Murmur : systolic/diastolic
 - Systolic click
 - b.) Blood Pressure
 - c.) Radial and Femoral Pulses
 - d.) Marfan stigmata
 - 1.3. A 12 lead rest electrocardiogram (ECG). Doctor to look for anomalies in rhythm, conduction or repolarisation.
 - 1.4. Each National Federation must send one letter/certificate at the beginning of each season, signed by the National Federation representative, confirming that all athletes as outlined in 2.4.c have undertaken the PPE, who will enter in a World Triathlon event in the specific calendar year. This letter will have to be submitted manually, otherwise athletes from the specific National Federation will not be admitted to any World Triathlon event.

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APPENDIX R: COMPETITION RULES FOR ELIMINATOR FORMAT

1. Definition:

- 1.1 The Eliminator format is a race that consists of two or three triathlons - or other multisport races - happening one after the other, with a short recovery time between them. There will be a maximum of 30 athletes at the start of the first race and a defined number of last athletes will be eliminated at the end of every race.
- 1.2 If there are more than 30 athletes entered, a preliminary qualification phase will be held. As an alternative, the selection of the 30 athletes may be made from the result of a previous competition or based on a ranking. The Eliminator format will be used as the Final phase.
- 1.3 The distances of each of the races, including every round of the Eliminator, will be a Super Sprint.
- 1.4 Triathlon or other multisport competitions may be organised by using the Eliminator format.

2. Preliminary phase:

- 2.1 In case that there will be admitted more than 30 athletes in the event a preliminary phase can be organised as one of the following options:
 - a.) Super Sprint Time Trial Qualifying event (may be scheduled for the same or previous day of the Final phase):
 - (i) Athletes with the 30 best times will qualify for the Final phase. In case of a tie involving the 30th position, all tied athletes will progress to the Final phase.
 - b.) Super Sprint Qualifying event (may be scheduled the same or previous day of the Final phase). Schema with Repechage waves (extended schedule):
 - (i) 31- 40 athletes:
 - Two Qualifying waves (up to 20 athletes each). The top 10 athletes of each qualify for the Final.
 - One Repechage wave involving up to 20 remaining non-qualified athletes. The top 10 athletes from the Repechage qualify for the Final. The athletes in the Repechage wave keep their race numbers and their position in the Transition Area from the Qualifying waves. Athletes' introduction order will be according to the **World Triathlon** ranking or any other applicable ranking.
 - (ii) 41 - 50 athletes:

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- Two Qualifying waves (up to 25 athletes each). The top 10 athletes from each qualify for the Final.
 - One Repechage wave involves up to 30 remaining non-qualified athletes. The top 10 athletes from the Repechage qualify for the Final. The athletes in the Repechage wave keep their race numbers and their position in the Transition Area from the Qualifying waves. Athletes' introduction order will be according to their current World Triathlon Ranking or any other applicable.
- (iii) 51 - 60 athletes:
- Two Qualifying waves (up to 30 athletes each). The top 10 athletes from each qualify for the Final.
 - Two Repechage waves involving up to 20 remaining non-qualified athletes from each qualifying wave. The athletes will race against the same athletes as in the previous qualifying waves and keep their position in the Transition Area. Athletes introduction order will be according to their race number. The top 5 athletes from each Repechage wave qualify for the Final.
- (iv) 61 - 70 athletes:
- Three Qualifying waves (up to 23 or 24 athletes each). The top 8 athletes of each qualify for the Final.
 - Two Repechage waves of up to 46 remaining non qualified athletes each. The top3 athletes from each Repechage wave qualify for the Final. The athletes will be ranked according to their finishing time from the Qualifying waves and will be distributed equally according to the Qualifying event rules. Athletes' introduction order will be according to their current World Triathlon Ranking or any other applicable.
- c.) Schema without Repechage waves (compact schedule):
- (i) In case of two Qualifying waves, the top 15 athletes from each wave qualify for the Final.
- (ii) In the case of three Qualifying waves, the top 10 athletes from each wave qualify for the Final.
- (iii) In the case of four Qualifying waves, the top 7 athletes from each wave, plus the fastest 2 times from all the waves, qualify for the Final.
- d.) The TD may determine other models, which may or may not include the Repechage waves and may adjust the models above depending on the number of athletes entered.
- e.) In any case of a tie in the preliminary phase, the tied athletes will progress to the Final and the number of athletes will be adjusted as needed.
- f.) Any event in any of the above may be determined as a Qualifying event.
- g.) World Triathlon Ranking (or any other ranking) may be used as an alternative, or in case of cancellation or impossibility of holding or completing the Qualifying event.

- h.) The Preliminary phase will determine:
 - (i) The 30 athletes qualified for the Final phase.
 - (ii) The order (by time) of the non-qualified athletes in order to fill any vacancies among the qualified athletes and award ranking points if applicable.

3. Final phase :

- 3.1 The Final phase of the Eliminator format includes two or three rounds of Super Sprint triathlons - preferably with the distance of 300m swim + 6km bike + 1.5km run. (+/- 10%) - occurring one after the other with a short recovery time between them.
- 3.2 The start of the first round of the Final phase must be scheduled no earlier than 90 minutes after the end of the last waves of the Preliminary phase of the same gender.
- 3.3 Athletes will be numbered according to the results of the Preliminary phase. Refer to section 20.5 of the World Triathlon Competition Rules.
- 3.4 The next round will start within 30 minutes of the start of the previous round. The Technical Delegate may modify this time according to the local conditions.
- 3.5 Athletes will be eliminated at the Finish line only.

Eliminator with 2 rounds	Progress by round
1st round finish line	15 progress

Eliminator with 3 rounds	Progress by rounds
1st round finish line	20 progress
2nd round finish line	10 progress

- 3.6 In case of a tie during the final phase, the tied athletes will progress to the next round and the number of athletes will be adjusted as needed.
- 3.7 Athletes that are DSQ, DNF and DNS are not eligible to progress.
- 3.8 Equipment:

- a.) Athletes may check-in to the Transition Area one bike and any equipment needed for the first round.
- b.) In case additional equipment is required for the following rounds, athletes may manage those during the time between rounds.
- c.) Spare wheels will not be allowed in the Transition Area.
- d.) Spare wheels may be checked-in to the Wheel Station adjacent to the Transition Area.

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- e.) Warm-up or any other non-competition equipment must be deposited in the Athletes Lounge prior to each start (the Technical Delegate may modify this according to the local conditions).

3.9 Specific rules for the Final phase:

a.) Transition Area:

- (i) Upon the start of any round, everything must be in the dedicated box, except:
- Cycling shoes, if already mounted on the pedals.
 - Bike helmet, if placed on the bike.
 - Glasses, if placed on the bike or on the helmet.
 - Running shoes, if placed within the athlete's space in the Transition Area.

- b.) Penalties: must be served during the same round that the infringement happened.

c.) After finish/before next start:

- (i) Athletes progressing to the next race are allowed to return to the Transition Area. They may reorganise their own space, including but not limited to repairing the bike or replacing wheels.
- (ii) Eliminated athletes are not allowed to return to the Transition Area between rounds. Their equipment is both checked out and moved to the Athletes Lounge by Technical Officials.

- d.) The Transition Area, the pre-start area and the path connecting the two areas are only accessible to the athletes competing in the next round and the Technical Officials.

- e.) Coaches may assist their athletes in the Athletes Lounge.

- f.) Athletes must be ready for line-up three minutes before the next start. Those missing will be placed in the last positions of the line-up. No further athletes will be admitted to the start line less than 30 seconds before the start.

- g.) Field of Play decisions of the Technical Officials and Head Referee are considered final in the Final phase, with the exception of the last round. Disqualified athletes will not progress to the next round. This may result in the next athlete(s) crossing the finish line progressing to the next round. For disqualifications or penalties happening in the last round, the usual appeal/protest process applies.

- h.) If any athlete who has qualified for the next round communicates to the Head Referee his/her withdrawal up to five minutes before the start, the first non-qualified athlete in the previous round will be allowed to compete.

- i.) These athletes' progressions may be modified by the Technical Delegate in case less than 30 athletes compete

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j.) Athletes eliminated will be informed by the Head Referee or the Finish Technical Official at the finish line.

k.) Race interrupted:

(i) In case the race is interrupted with no possibility to restart, the results of the race will be as follows:

• If the race is interrupted during the first stage, the result of the race will be done by sorting the athletes:

(i) First: those qualified directly from the qualifiers, according to the times in the qualifiers

(ii) Second: those qualified from the repechage according to the times in the repechage.

• If the race is interrupted during the second or third stage, the positions from the last timing point will determine the positions for the athletes competing in that moment. For those eliminated, or DNF the positions by the finish of the last stage completed will determine their positions

4. Overall results:

4.1 Results will be created as follows:

a.) Athletes crossing the finish line will be ranked according to their times at the finish line of the specific round. If more than one athlete is marked DNF or LAP, those who completed the most laps should be listed first. If several athletes are marked DNF or LAP on the same lap, athletes should be listed according to their times at the previous timing point with the fastest first.

b.) The athletes from previous rounds will be ranked according to the same principles.

c.) The athletes from the Preliminary phase will be ranked after those in the Final phase according to the times obtained.

d.) Disqualified athletes will not have any rank.

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APPENDIX S: COMPETITION RULES FOR ARENA GAMES TRIATHLON FORMAT

1. Introduction:

- a.) This section has been created for outlining the specific rules and regulations applied to the Arena Games Triathlon Series and Arena Games Triathlon Finals. If not specified, the generic competition rules of World Triathlon are applied.

2. Qualification:

- a.) The specific Qualification Criteria for the Arena Games Triathlon events are outlined in the World Triathlon website under the following link:

https://www.triathlon.org/about/downloads/category/qualification_criteria

3. Ranking:

- a.) The specific Ranking Criteria for the Arena Games Triathlon events are outlined in the World Triathlon website under the following link:

https://www.triathlon.org/about/downloads/category/ranking_criteria

4. Event Format:

- a.) Arena Games Triathlon Series event - option 1:

i. Heats:

1. 8 athletes per Heat x 2 Heats
2. 2 Stages (Swim - Bike - Run / Swim - Bike - Run)
3. Pursuit starts for the last stage based on the time difference after the first stage. The athlete with the fastest time, will start first.
4. Athletes ranked 1-3 per Heat qualify for the Final.
5. The next fastest two athletes across both Heats also go into the Final. If there is a tie in the 8th position, a draw must take place among the athletes affected.

ii. Final:

1. 8 athletes
2. 3 Stages (Swim - Bike - Run // Run - Bike - Swim // Swim - Bike - Run)
3. Pursuit starts for the last stage based on the accumulated time after the first and second stage. The athlete with the fastest time, will start first.

- b.) Arena Games Triathlon Series event - option 2:

i. Heats:

4. 10 athletes per Heat x 2 Heats
5. 2 Stages (Swim - Bike - Run / Swim - Bike - Run)
6. Pursuit starts for the last stage based on the time difference after the first stage. The athlete with the fastest time, will start first.
7. Athletes ranked 1-4 per Heat qualify for the Final.

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8. The next fastest two athletes across both Heats also go into the Final. If there is a tie in the 10th position, a draw must take place among the athletes affected.

ii. Final:

1. 10 athletes
2. 3 Stages (Swim - Bike - Run // Run - Bike - Swim // Swim - Bike - Run)
3. Pursuit starts for the last stage based on the accumulated time after the first and second stage. The athlete with the fastest time, will start first.

c.) Arena Games Triathlon Finals - option 1:

i. Heats:

1. 10 athletes per Heat x 3 Heats
2. 2 Stages (Swim - Bike - Run // Swim - Bike - Run)
3. Pursuit starts for the last stage
4. Athletes ranked 1-2 per Heat qualify for the Final
5. Athletes ranked 3-7 per Heat go into Repechage
6. The next fastest five athletes across all Heats also go into Repechage. If there is a tie in the 20th position, a draw must take place among the athletes affected.

ii. Repechage:

1. 10 athletes per Heat x 2 Heats
2. 2 Stages (Swim - Bike - Run // Swim - Bike - Run)
3. Pursuit starts for the last stage
4. The top 2 qualify for the Final

iii. Final:

1. 10 athletes
2. 3 Stages (Swim - Bike - Run // Run - Bike - Swim // Swim - Bike - Run)
3. Pursuit starts for the last stage

d.) Arena Games Triathlon Finals - option 2:

i. Heats:

1. 15 athletes per Heat x 2 Heats
2. 2 Stages (Swim - Bike - Run // Swim - Bike - Run)
3. Pursuit starts for the last stage
4. Athletes ranked 1-5 per Heat qualify for the Final
5. Athletes ranked 6-10 per Heat go into Repechage
6. The next fastest five athletes across both Heats also go into Repechage. If there is a tie in the 15th position, a draw must take place among the athletes affected.

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ΑΜΔΣΑ: 18705
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ii. Repechage:

1. 15 athletes

2. 2 Stages (Swim - Bike - Run // Swim - Bike - Run)
3. Pursuit starts for the last stage
4. The top 5 qualify for the Final

iii. Final:

1. 15 athletes
2. 3 Stages (Swim - Bike - Run // Run - Bike - Swim // Swim - Bike - Run)
3. Pursuit starts for the last stage
- 4.

5. Timing & Results:

- a.) Times and rankings recorded by the Esports Platform shall determine the winner, all placing and the time applicable to each athlete for those competitions that finish with a discipline on the esports platform.
- b.) Automatic Equipment shall be used to determine the winner, all placing and the time applicable to each lane for the competitions finishing with a real-life swim.
- c.) The results of a competition shall be considered provisional until all performance verification processes have completed, and the time limit for any appeal/ protest to be raised has elapsed.

6. Technical Officials:

- a.) World Triathlon will appoint one Head Referee to each Arena Games event.
- b.) Technical Delegates will not be appointed to this type of competition.
- c.) The number of technical officials to be determined by the Head Referee and cannot be less than four (4).
- d.) The composition of the Competition Jury will consist of one representative from World Triathlon being the chair, one representative from Super League Triathlon and one representative from the host National Federation.
- e.) Appeal / protest can happen at any moment but they will be discussed at the end of the phase (Heat / Repechage / Final). The procedures and the timelines to be followed are similar to any other event.

7. Equipment:

- a.) Cycling and running segments of the Arena Games events are being held on cycling and running esports platforms. A cycling/running esports platform is a software that, when coupled with certain hardware, allows individuals to participate in cycling/running competitions. The cycling/running esports platform must at minimum provide a form of continuous feedback to the participants as to their progress within the competition as related to other participants.

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- b.) The esports platform provider is responsible for taking all reasonable steps to ensure that the software used is free from any defects that may interrupt the running of the event or otherwise produce an unfair result.
- c.) Before the start, or after the conclusion of any competition, any equipment used by an athlete may be subject to inspection by the Head Referee in order to verify the athlete's performance and the accurate measurement of the equipment.
- d.) Athletes will compete on identical equipment (trainers/smart bikes, treadmills) provided by the LOC of the competition. Only trainers and smart bikes with a manufacturer claimed power reading accuracy of +/- 2% or better shall be permitted.
- e.) All equipment provided by the LOC for the cycling and running segments must be identical. No athlete must gain any advantage from the physical or virtual equipment that is assigned to him/her through the LOC or esports platform.
- f.) The LOC must follow any required manufacturer's specifications on maintaining the accuracy of the equipment including but not limited to conducting a spin down, zeroing or other calibration or offset procedure for power meters or smart trainers immediately prior to a competition.
- g.) Unless explicitly specified in the event specific regulations for a competition, athletes must compete using the equipment provided by the LOC that is necessary to record and transmit the athletes performance data. This includes but is not limited to smart trainers or smart bikes, treadmill, cadence sensor, heart rate monitors and other equipment as deemed necessary. To avoid interference with any of the official equipment athletes must not use any of their own wireless transmitting devices such as wireless head units, power meters or others.
- h.) An athlete's weight, height and any other such data used to calibrate equipment or the Event Platform shall be measured not more than 180 minutes before the start of a competition. Such measurements shall be measured when clothed in a Trisuit without shoes. Any athlete who misses the measurement process will be removed from the start list.
- i.) Trisuits:
- i. The Trisuit that the athletes are using, need to match the virtual avatar
 - ii. Trisuit will be provided by the LOC
 - iii. The Trisuit will have a pre-selected color (identical for each athlete) with World Triathlon and Arena Games Triathlon logo.
- j.) Support team:
- i. National Federation's Quota: Every National Federation has a support team quota of one coach and one team medical.
- k.) Athletes' briefing
- i. For the Arena Games Triathlon Series and the Arena Games Triathlon Finals, there is one single Athletes Briefing for female and male elite athletes. This briefing will be held at 18:00 local time one (1) day prior to the first elite competition day.

8. Competition:

a.) General:

- i. Each stage will start exactly on time as scheduled.
- ii. The athlete should not have any contact with the screens used.
- iii. Time penalties for each discipline will be served at the earliest convenience, in most cases a time penalty will be served at the bike station or the run station, the only time this will not occur is when the swim is the last segment of a stage, when this occurs you will be stopped during the segment to serve the penalty.
- iv. Swim early starts will result in athletes being stopped after the first segment for 5 seconds. No early start is possible in other formats.
- v. Eliminations: Athletes not finishing in time for the start of the next stage will be eliminated.
- vi. No helmets are required on the bike.
- vii. Athletes must swim in their designated swim lane, cycle on their designated bike trainer, run on their designated treadmill. Failure to do so will result in disqualification.
- viii. Spitting will result in immediate disqualification from the competition.

b.) Stage starting with bike or run segment:

- i. Athletes will be required to start from a standing position.
- ii. 60 seconds before the start of the stage the Head Referee will announce "Attention Athletes, 60 seconds to go" and show a countdown on the big screen in the arena.
- iii. 30 seconds before the start of the stage the Head Referee will announce "30 seconds to go"
- iv. 20 seconds before the start of the stage the LOC will fade out the music in the arena.
- v. 15 seconds before the start of the stage the Head Referee will give a whistle signal.
- vi. At this point athletes must stop running or pedalling
- vii. Approximately 10 seconds before the start the Head Referee will give the command: "Athletes, on your mark" -> Strictly no movement is allowed after this signal. If not, the athlete will be disqualified.
- viii. The competition will start with a start horn signal over the speaker system.
- ix. IMPORTANT: The start horn is the only valid start signal. Countdown from the eplatform is only orientative and not official.

c.) Swim:

- i. The athletes will be swimming a distance of 200m
- ii. Start off the starting block platform
- iii. There will be timing touchpads (or any other dedicated timing device) at end of 50m length
- iv. Any part of the swimmer must touch the wall upon completion of each pool length. Upon the finish of the swim segment the swimmer must touch the touchpad or any other dedicated device of the automatic officiating equipment. If not, a 5 second penalty will apply @ [intertranslations.com](mailto:info@intertranslations.com)
- v. The athletes must get out of their lane. They are not allowed to exit from the side of the pool. If not, the athlete will be disqualified.

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ΛΕΩΝ ΚΑΡΑΪΣΚΑΚΗ 10
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- vi. In case of an open water swim, the swim timing may be captured with a different process that will be communicated to the athletes in advance.
- d.) Transition:
- i. There is a transition box for each athlete by the start/end of each segment.
 - ii. Athletes must place all equipment used for the discipline into the transition box of that segment. Failure to do so will result in a 5 second penalty.
 - iii. Swim Caps and Swim Goggles must be placed in the Transition Box at Swim Start/exit
 - iv. Running Shoes must be placed in the Transition Box at the Treadmill.
 - v. Athletes must not run with your running shoes from treadmill to bike station.
 - vi. Athletes must cycle with their cycling shoes. Platform pedals are not allowed.
 - vii. Athletes must not carry swim caps with them - instead they must take them out of the transition box at swim start.
 - viii. Athletes are allowed multiple pairs of shoes, multiple pairs of swim caps in the transition box.
 - ix. Athletes are responsible to have all equipment ready in time for the next stage (shoes at treadmill, elastic bands set up for the bike, swim cap at swim start, etc.)
- e.) Transition from one segment to another:
- i. The athletes must use only the designated path to their position.
- f.) Run:
- i. Athletes will be running on a self-powered curved treadmill. This means they will adjust speed by simply running faster / running slower.
 - ii. They will be running around 1km on a virtual designated course.
 - iii. Screens mounted to the treadmill will show their progress in the competition.
 - iv. Barefoot running is not allowed
 - v. The run section is finished when the athletes' virtual avatar has reached the virtual finish line.
- g.) Bike:
- i. Athlete's bike will be mounted to a Smart Trainer. identical equipment will be used for all athletes.
 - ii. Screens in front of each bike will show the progress in the segment.
 - iii. Bike course will be a virtual designated course of around 3 to 4 km.
 - iv. The bike segment is finished when the virtual avatar crosses the virtual finish line
 - v. Drafting is allowed. Normal draft function will be enabled in the software.
- h.) Exceptional conditions:
- i. If a technical failure occurs that is outside of the control of the Athletes (e.g., Software or Hardware related but not Bike related) then the following rules will be applied:
 - 1. If a technical failure occurs that impacts the stage will continue and impacted athletes will receive the same time as the last athlete finishing the stage. These athletes will be allowed to continue to the next stage.

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2. If 4 or more athletes are impacted due to a technical failure, the segment that all athletes are on will be stopped. The times recorded after the previous segment will be the results of this stage. If the stage is stopped during the first segment, no time will be added from this stage. Times recorded on the last completed segment of the stage will be the result of the stage. If the technical failure happened in the first segment, the stage is cancelled.

9. Athletes' assignments in the Heats and lane allocation.

a.) Arena Games Triathlon Series:

If 8 lanes pool, 16 athletes competing in 2 Heats and 1 Final

Heat 1	Heats 2	Lanes
Best ranked	2nd ranked	Lane 4
4th ranked	3rd ranked	Lane 5
5th ranked	6th ranked	Lane 3
8th ranked	7th ranked	Lane 6
9th ranked	10th ranked	Lane 2
12th ranked	11th ranked	Lane 7
13th ranked	14th ranked	Lane 1
16th ranked	15th ranked	Lane 8

Final	Lanes
Winner Heat 1	Lane 4
Winner Heat 2	Lane 5
2nd Heat 1	Lane 3
2nd Heat 2	Lane 6
3rd Heat 1	Lane 2
3rd Heat 2	Lane 7
Next fastest time	Lane 1
2nd next fastest time	Lane 8

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(* In case there is a tie in any positions a draw will be conducted

b.) **Arena Games Triathlon Series:**

If 10 lanes pool, 20 athletes competing in 2 Heats and 1 Final

Heat 1	Heat 2	Lanes
Best ranked	2nd ranked	Lane 4
4th ranked	3rd ranked	Lane 5
5th ranked	6th ranked	Lane 3
8th ranked	7th ranked	Lane 6
9th ranked	10th ranked	Lane 2
12th ranked	11th ranked	Lane 7
13th ranked	14th ranked	Lane 1
16th ranked	15th ranked	Lane 8
17th ranked	18th ranked	Lane 0
20th ranked	19th ranked	Lane 9

Final	Lanes
Winner Heat 1	Lane 4
Winner Heat 2	Lane 5
2nd Heat 1	Lane 3
2nd Heat 2	Lane 6
3rd Heat 1	Lane 2
3rd Heat 2	Lane 7
4th Heat 1	Lane 1
4th Heat 2	Lane 8
Next fastest ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΕΛΛΗΤΟΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 40 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΣΑ: 18705	Lane 0
2nd next fastest ΗΛΕΚ.ΑΝΣΗ ΤΗΛ: 210 92 25 000 info@intertranslations.com	Lane 9

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(* In case there is a tie in any positions a draw will be conducted

c.) **Arena Games Triathlon Finals:**
10 lanes pool, 30 athletes competing in 3 Heats, 2 Repechages and 1 Final

Heat 1	Heat 2	Heat 3	Lanes
Best ranked	2nd ranked	3rd ranked	Lane 4
6th ranked	5th ranked	4th ranked	Lane 5
7th ranked	8th ranked	9th ranked	Lane 3
12th ranked	11th ranked	10th ranked	Lane 6
13th ranked	14th ranked	15th ranked	Lane 2
18th ranked	17th ranked	16th ranked	Lane 7
19th ranked	20th ranked	21th ranked	Lane 1
24th ranked	23th ranked	22th ranked	Lane 8
25th ranked	26th ranked	27th ranked	Lane 0
30th ranked	29th ranked	28th ranked	Lane 9

Repechage 1	Repechage 2	Lanes
3rd Heat 1	3rd Heat 2	Lane 4
3rd Heat 3	4th Heat 1	Lane 5
4th Heat 2	4th Heat 3	Lane 3
5th Heat 1	5th Heat 2	Lane 6
5th Heat 3	6th Heat 1	Lane 2
6th Heat 2	6th Heat 3	Lane 7
7th Heat 1	7th Heat 2	Lane 1
7th Heat 3	Next fastest time	Lane 8
2nd next fastest time	3rd next fastest time	Lane 0
4th next fastest time	5th next fastest time	Lane 9

(* In case there is a tie in any positions a draw will be conducted

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Final	Lanes
Winner Heat 1	Lane 4
Winner Heat 2	Lane 5
Winner Heat 3	Lane 3
2nd Heat 1	Lane 6
2nd Heat 2	Lane 2
2nd Heat 3	Lane 7
Winner Repechage1	Lane 1
Winner Repechage2	Lane 8
2nd Repechage1	Lane 0
2nd Repechage2	Lane 9

(*) In case there is a tie in any positions a draw will be conducted

- d.) **Arena Games Triathlon Finals:**
15 lanes pool, 30 athletes competing in 2 Heats, 1 Repechages and 1 Final

Heat 1	Heat 2	Lanes
Best ranked	2nd ranked	Lane 7
4th ranked	3rd ranked	Lane 6
5th ranked	6th ranked	Lane 8
8th ranked	7th ranked	Lane 5
9th ranked	10th ranked	Lane 9
12th ranked	11th ranked	Lane 4
13th ranked	14th ranked	Lane 10
16th ranked	15th ranked	Lane 3
17th ranked	18th ranked	Lane 11
20th ranked	19th ranked	Lane 2
21th ranked	22th ranked	Lane 12

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24th ranked	23th ranked	Lane 1
25th ranked	26th ranked	Lane 13
28th ranked	27th ranked	Lane 0
29th ranked	30th ranked	Lane 14

Repechage	Lanes
6th Heat 1	Lane 7
6th Heat 2	Lane 6
7th Heat 1	Lane 8
7th Heat 2	Lane 5
8th Heat 1	Lane 9
8th Heat 2	Lane 4
9th Heat 1	Lane 10
9th Heat 2	Lane 3
10th Heat 1	Lane 11
10th Heat 2	Lane 2
Next fastest time	Lane 12
2nd next fastest time	Lane 1
3rd next fastest time	Lane 13
4th next fastest time	Lane 0
5th next fastest time	Lane 14

(*) In case there is a tie in any positions a draw will be conducted

Final	ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΤΗΛ: 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΑΣ ΑΜΔΣΑ: 18705	Lanes
Winner Heat 1	ΤΗΛ:210 92 25 000	Lane 7
Winner Heat 2	ΗΛΕΚΤΡΟΝΙΚΗ: info@intertranslations.com	Lane 6

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2nd Heat 1	Lane 8
2nd Heat 2	Lane 5
3rd Heat 1	Lane 9
3rd Heat 2	Lane 4
4th Heat 1	Lane 10
4th Heat 2	Lane 3
5th Heat 1	Lane 11
5th Heat 2	Lane 2
Winner Repechage	Lane 12
2nd Repechage	Lane 1
3rd Repechage	Lane 13
4th Repechage	Lane 0
5th Repechage	Lane 14

(*) In case there is a tie in any positions a draw will be conducted

10. Overall results

a.) Arena Games Triathlon Series:

If 8 lanes pool, 16 athletes competing in 2 Heats and 1 Final

- i. 1st to 8th, according to the results of the Final phase.
 1. DNFs will be ranked in the last positions according to the times in Heats
 2. DSQs will not be ranked
- ii. 9th to 16th according to the times in Heats
 1. If DSQ in the Final, this group will be 8th to 15th etc.
 2. DNFs in the Heats will not be ranked.
 3. DSQs will not be ranked

b.) Arena Games Triathlon Series event:

If 10 lanes pool, 20 athletes competing in 2 Heats and 1 Final

- i. 1st to 10th, according to the results of the Final phase.
 1. DNFs will be ranked in the last positions according to the times in Heats

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2. DSQs will not be ranked
- ii. 11th to 20th according to the times in Heats
 1. If DSQ in the Final, this group will be 10th to 19th etc.
 2. DNFs in the Heats will not be ranked.
 3. DSQs will not be ranked
- c.) **Arena Games Triathlon Finals:**
10 lanes pool, 30 athletes competing in 3 Heats, 2 Repechages and 1 Final
 - i. 1st to 10th, according to the results of the Final phase:
 1. DNFs will be ranked in the last positions according to the times in Heats
 2. DSQs will not be ranked
 - ii. 11th to 26th according to the times in Repechages:
 1. If DSQ in the Final, this group will be 10th to 25th etc.
 2. DNFs will be ranked in the last positions according to the times in Heats.
 3. DSQs will not be ranked.
 - iii. 27th to 30th according to the times in the Heats:
 1. If DSQ in the Repechages or Final, this group will be 26th to 29th etc.
 2. DNFs will not be ranked.
 3. DSQs will not be ranked.
- d.) **Arena Games Triathlon Finals:**
15 lanes pool, 30 athletes competing in 2 Heats, 1 Repechage and 1 Final
 - i. 1st to 15th, according to the results of the Final phase:
 1. DNFs will be ranked in the last positions according to the times in Heats
 2. DSQs will not be ranked
 - ii. 15th to 25th according to the times in Repechages:
 1. If DSQ in the Final, this group will be 14th to 24th etc.
 2. DNFs will be ranked in the last positions according to the times in Heats.
 3. DSQs will not be ranked.
 - iii. 26th to 30th according to the times in the Heats:
 1. If DSQ in the Repechages or Final, this group will be 25th to 29th etc.
 2. DNFs will not be ranked.
 3. DSQs will not be ranked.

11. Terminology

- a.) Series Title: Arena Games Triathlon World Championship Series powered by Zwift
- b.) Events: Arena Games Triathlon "CITY" powered by Zwift

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- c.) Descriptive: The first Esports Triathlon World Championships
- d.) Series Winner: Arena Games Triathlon World Champion
- e.) Tiers:
 - i. Munich, London: Series Event
 - ii. Singapore: Final
- f.) Competition: the whole race at a single location.
- g.) Competition is divided in phases: Heats, Repechage, Final
- h.) Phases are divided in stages
- i.) Stages variations: Swim + Bike + Run or Run + Bike + Swim
- j.) Stages are divided in segments: Swim, Bike and Run.

12. Prize Money

- a.) The prize money for the Arena Games Triathlon events are outlined in the World Triathlon website under the following link:
https://triathlon.org/about/downloads/category/prize_money_information

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Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου

Εγκρίθηκαν από το Εκτελεστικό Συμβούλιο της Διεθνούς Ένωσης Τριάθλου τον Δεκέμβριο του 2021

Πράσινη επισήμανση – προστέθηκε τον Δεκέμβριο του 2021

Γαλάζια επισήμανση – προστέθηκε τον Ιανουάριο του 2022

Κόκκινη επισήμανση – προστέθηκε τον Δεκέμβριο του 2021

Οι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου (World Triathlon) αποτελούν το κύριο έγγραφο που βρίσκεται στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου στην ηλεκτρονική διεύθυνση www.triathlon.org. Το διαδικτυακό έγγραφο λειτουργεί ως το επίσημο (εξουσιοδοτημένο) έγγραφο αναφοράς και τηρείται με βάση τις εξουσιοδοτημένες τροποποιήσεις σύμφωνα με τις συστάσεις της Τεχνικής Επιτροπής της Διεθνούς Ένωσης Τριάθλου και έχει εγκριθεί από το Εκτελεστικό Συμβούλιο της Διεθνούς Ένωσης Τριάθλου.

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Για γενικές πληροφορίες σχετικά με τη Διεθνή Ένωση Τριάθλου επισκεφτείτε την ηλεκτρονική διεύθυνση www.triathlon.org

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1. ΕΙΣΑΓΩΓΗ

1.1 Στόχος:

- α) Η Διεθνής Ένωση Τριάθλου είναι ο μοναδικός φορέας διοίκησης που είναι υπεύθυνος για τους Κανόνες Συναγωνισμού για το τρίαθλο, το δίαθλο και άλλα σχετικά πολυαθλήματα. Ο πλήρης κατάλογος των αθλημάτων που υπάγονται στη δικαιοδοσία της Διεθνούς Ένωσης Τριάθλου περιλαμβάνεται στο Παράρτημα Α και το Παράρτημα Ι.
- β) Η Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου (World Triathlon TC) διασφαλίζει ότι οι τεχνικές παράμετροι των συναγωνισμών της Διεθνούς Ένωσης Τριάθλου είναι υψίστης ποιότητας.
- γ) Οι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου καθορίζουν τη συμπεριφορά των αθλητών κατά τη διάρκεια των αγώνων της Διεθνούς Ένωσης Τριάθλου. Όταν δεν διευκρινίζεται στους Κανόνες συναγωνισμού, οι κανόνες της Διεθνούς Ομοσπονδίας Κολύμβησης (FINA), της Διεθνούς Ένωσης Ποδηλασίας (UCI), της Διεθνούς Ένωσης Ομοσπονδιών Στίβου (IAAF), της Διεθνούς Ομοσπονδίας Σκι (FIS), της Διεθνούς Παραολυμπιακής Επιτροπής Κολύμβησης, της Διεθνούς Παραολυμπιακής Επιτροπής Στίβου και της Διεθνούς Παραολυμπιακής Επιτροπής Σκανδιναβικού Σκι θα ισχύουν για τα συγκεκριμένα τμήματα, εκτός εάν η Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου εκδώσει διαφορετική απόφαση.
- δ) Το Εγχειρίδιο για τους Διοργανωτές Αγώνων (EOM) της Διεθνούς Ένωσης Τριάθλου και τα σχετικά έγγραφα του καθορίζουν τα πρότυπα ασφάλειας και υλικοτεχνικής υποστήριξης για τις Εθνικές Ομοσπονδίες (NF) και τις Τοπικές Οργανωτικές Επιτροπές (LOC).
- ε) Το Πρόγραμμα Πιστοποίησης Υπευθύνων επί Τεχνικών Θεμάτων της Διεθνούς Ένωσης Τριάθλου θέτει τα πρότυπα για την πιστοποίηση των υπευθύνων επί τεχνικών θεμάτων της Διεθνούς Ένωσης Τριάθλου.
- στ) Θα υποδεικνύεται με σαφήνεια πότε ένας κανόνας ισχύει για έναν συγκεκριμένο διαγωνισμό.

1.2 Στόχος:

- α) Οι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου αποσκοπούν στα εξής:
 - (i) Να δημιουργήσουν μια ατμόσφαιρα αθλητικού πνεύματος, ισότητας και ευγενούς άμιλλας.
 - (ii) Να παράσχουν ασφάλεια και προστασία.
 - (iii) Να δώσουν έμφαση στην εφευρετικότητα και την επιδεξιότητα χωρίς να περιορίζεται η ελευθερία δράσης του αθλητή.
 - (iv) Να προωθήσουν τον αθλητισμό και να έχουν αποκτήσει αθέμιτο πλεονέκτημα.
- β) Οι ορισμένοι κανόνες που ορίζονται στους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου παρέχονται στο Παράρτημα Δ. Οποιαδήποτε δυσκολία στην

ερμηνεία ή την εφαρμογή των Κανόνων Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου πρέπει να αναφέρεται στην Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου.

1.3 Γλώσσα και επικοινωνία:

- α) Η επίσημη γλώσσα των διοργανώσεων της Διεθνούς Ένωσης Τριάθλου είναι η αγγλική:
 - (i) Οι Εθνικές Ομοσπονδίες είναι υπεύθυνες για την παροχή υπηρεσιών μετάφρασης από/προς την αγγλική για τους αθλητές τους.
 - (ii) Οι Τοπικές Οργανωτικές Επιτροπές θα επικοινωνούν τουλάχιστον στην αγγλική, ακόμη και αν χρησιμοποιείται παράλληλα άλλη γλώσσα.

1.4 Τροποποιήσεις:

- α) Οι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου θα προσαρμοστούν για άλλους σύγχρονους αγώνες πολλαπλών αθλημάτων, οι οποίοι εμπίπτουν στη δικαιοδοσία της Διεθνούς Ένωσης Τριάθλου.
- β) Δεν πρέπει να επιτρέπεται σε έναν αθλητή να αποκτήσει πλεονέκτημα που δεν προβλέπεται από κάποιον κανόνα ή να συμπεριφέρεται με επικίνδυνο τρόπο. Για την εφαρμογή αυτού του περιορισμού, κάθε παράβαση που σχετίζεται με τους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου συνεπάγεται μια κύρωση. Οι υπεύθυνοι επί τεχνικών θεμάτων βασίζονται στις αποφάσεις τους στο κατά πόσον έχει αποκτηθεί πλεονέκτημα που δεν προβλέπεται από τους κανόνες.
- γ) Οι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου θα ισχύουν στους διεθνείς αγώνες που διοργανώνονται από τις Εθνικές Ομοσπονδίες που συνδέονται με τη Διεθνή Ένωση Τριάθλου.

1.5 Εξαιρέσεις:

- α) Οι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου ισχύουν για όλες τις διοργανώσεις που εγκρίνονται από τη Διεθνή Ένωση Τριάθλου και πρέπει να εφαρμόζονται από τον εντεταλμένο τεχνικό αντιπρόσωπο κατά περίπτωση. Όταν οι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου έρχονται σε διένεξη με τους νόμους της δικαιοδοσίας στην οποία θα διεξαχθεί η διοργάνωση, οι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου υπερισχύουν των νόμων της δικαιοδοσίας στο πλαίσιο της ασυμφωνίας. Οι αθλητές πρέπει να ενημερώνονται για τις συνέπειες αυτών των νόμων όσο το δυνατόν νωρίτερα και το αργότερο πριν από την έναρξη της διοργάνωσης.
- β) Εξαιρέσεις για ειδικές περιστάσεις σε μια συγκεκριμένη διοργάνωση μπορούν να ληφθούν μόνο από τη Διεθνή Ένωση Τριάθλου με προηγούμενη έγκριση. Το αίτημα εξαίρεσης Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου πρέπει να υποβληθεί εγγράφως 30 ημέρες πριν από τη διοργάνωση στην Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου. Το αίτημα εξαίρεσης Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου πρέπει να υποβληθεί εγγράφως μόνο από τον εντεταλμένο τεχνικό αντιπρόσωπο.
- γ) Εξαιρέσεις για ειδικές περιστάσεις σε έναν συγκεκριμένο αθλητή μπορούν να ληφθούν μόνο από τη Διεθνή Ένωση Τριάθλου με προηγούμενη έγκριση. Το αίτημα εξαίρεσης Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου πρέπει να υποβληθεί εγγράφως

30 ημέρες πριν από τη διοργάνωση στην Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου από τον εντεταλμένο τεχνικό αντιπρόσωπο της Εθνικής Ομοσπονδίας στην οποία έχει υποβληθεί ή υποβάλλεται το αίτημα.

- δ) Η Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου μπορεί να συμμετέχει σε διαβουλεύσεις με άλλες επιτροπές της Διεθνούς Ένωσης Τριάθλου, άλλες επιτροπές ή αρμόδιους φορείς.
- ε) Για οποιοσδήποτε εξαιρέσεις από τους κανόνες που σχετίζονται με διοργανώσεις που έχουν εγκριθεί από τη Διεθνή Ένωση Τριάθλου αλλά δεν διεξάγονται στο πλαίσιο του αγωνιστικού συστήματος της Διεθνούς Ένωσης Τριάθλου ή οποιασδήποτε από τις Ηπειρωτικές Συνομοσπονδίες, θα δημιουργηθεί μια μόνιμη επιτροπή με έναν εκπρόσωπο από κάθε έναν εκ των τριών φορέων: Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου, προσωπικό της Διεθνούς Ένωσης Τριάθλου, κάτοχο δικαιωμάτων διοργάνωσης. Η τελική πρόταση της επιτροπής θα υποβληθεί στην Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου για έγκριση.

1.6 Ειδικό κανονισμό:

- α) Ο τεχνικός αντιπρόσωπος μπορεί να εγκρίνει την προσθήκη ειδικών κανονισμών για έναν συγκεκριμένο αγώνα, υπό την προϋπόθεση ότι:
 - (i) Κάθε επιπλέον ειδικός κανονισμός δεν θα έρχεται σε διένεξη με άλλους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου.
 - (ii) Κάθε επιπλέον ειδικός κανονισμός θα διατίθεται σε γραπτή μορφή και θα ανακοινώνεται κατά την ενημέρωση των αθλητών.
 - (iii) Κάθε επιπλέον ειδικός κανονισμός και οι λόγοι για τη συμπερίληψή του θα γνωστοποιούνται στην Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου μία εβδομάδα πριν από την ημέρα διεξαγωγής της διοργάνωσης. Η Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου μπορεί να ακυρώσει τη συμπερίληψη ενός επιπλέον ειδικού κανονισμού μόνο με εντολή του Εκτελεστικού Συμβουλίου της Διεθνούς Ένωσης Τριάθλου.

1.7 Πνευματική ιδιοκτησία:

- α) Οι διοργανώσεις της Διεθνούς Ένωσης Τριάθλου αποτελούν αποκλειστική ιδιοκτησία της Διεθνούς Ένωσης Τριάθλου, η οποία κατέχει όλα τα σχετικά δικαιώματα, όπως ενδεικτικά τα δικαιώματα οργάνωσης, εκμετάλλευσης, μετάδοσης και αναπαραγωγής των αγώνων της Διεθνούς Ένωσης Τριάθλου. Αυτά τα δικαιώματα περιλαμβάνουν οποιονδήποτε τύπο ψηφιακών μέσων, είτε πρόκειται για φωτογραφίες είτε για βίντεο, τα οποία καταγράφονται εντός των ορίων του αγωνιστικού χώρου, ανεξάρτητα από την ιδιοκτησία της συσκευής με την οποία γίνεται η καταγραφή. Όλα τα προσωπικά δεδομένα του αθλητή που συμμετέχει σε οποιαδήποτε διοργάνωση της Διεθνούς Ένωσης Τριάθλου και τα δεδομένα προσωπικών πληροφοριών αποκλειστικά της Διεθνούς Ένωσης Τριάθλου αποτελεσμάτων, αποτελούν αποκλειστική ιδιοκτησία της Διεθνούς Ένωσης Τριάθλου.

1.8 Μη εξουσιοδοτημένη ή μη προσθήκες:

- α) Η μη εξουσιοδοτημένη εξαίρεση ή προσθήκη ενός κανόνα συναγωνισμού θα αποτρέψει

την έγκριση μιας διοργάνωσης και θα ακυρώσει μια έγκριση που έχει ήδη χορηγηθεί για μια διοργάνωση. Αυτό θα μπορούσε να οδηγήσει σε νομικές επιπλοκές, ιδίως σε περίπτωση ατυχημάτων κατά τη διάρκεια της διοργάνωσης και σε επακόλουθα αιτήματα έγκρισης από τις Εθνικές Ομοσπονδίες ή/και τις δημοτικές αρχές για τη χρήση δρόμων και υδάτινων διαύλων. Οι ασφαλιστικές αρχές έχουν επίσης προειδοποιήσει ότι οι αξιώσεις που υποβάλλονται υπό αυτές τις συνθήκες μπορεί να θεωρηθούν άκυρες.

1.9 Επικαιροποίηση κανόνων:

- α) Οι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου μπορεί να τροποποιούνται κατά καιρούς από την Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου κατά την κρίση της, με την έγκριση του Εκτελεστικού Συμβουλίου της Διεθνούς Ένωσης Τριάθλου. Οποιαδήποτε αλλαγή στους κανόνες πρέπει να γνωστοποιείται εγγράφως στις συνεργαζόμενες Εθνικές Ομοσπονδίες τουλάχιστον 30 ημέρες πριν τεθεί σε ισχύ, εκτός εάν το Εκτελεστικό Συμβούλιο της Διεθνούς Ένωσης Τριάθλου λάβει διαφορετική απόφαση. Οι επικαιροποιημένοι Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου θα δημοσιεύονται στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου (www.triathlon.org).

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2. ΣΥΜΠΕΡΙΦΟΡΑ ΑΘΛΗΤΩΝ

2.1 Γενική συμπεριφορά:

- α) Στο τρίαθλο και τα άλλα συναφή πολυαθλήματα της Διεθνούς Ένωσης Τρίαθλου συμμετέχουν πολλοί αθλητές. Οι τακτικές συναγωνισμούς αποτελούν μέρος της αλληλεπίδρασης μεταξύ των αθλητών. Οι αθλητές οφείλουν:
- (i) Να συμπεριφέρονται πάντα με ευγενή άμιλλα.
 - (ii) Να είναι υπεύθυνοι για την προσωπική τους ασφάλεια και την ασφάλεια των άλλων.
 - (iii) Να γνωρίζουν, να κατανοούν και να ακολουθούν τους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τρίαθλου, οι οποίοι διατίθενται από τις Εθνικές τους Ομοσπονδίες και αναρτώνται στον ιστότοπο www.triathlon.org.
 - (iv) Να τηρούν τους κανονισμούς κυκλοφορίας και τις οδηγίες των υπεύθυνων στελεχών του αγώνα.
 - (v) Να συμπεριφέρονται στους άλλους αθλητές, τα υπεύθυνα στελέχη του αγώνα, τους εθελοντές και τους θεατές με σεβασμό και ευγένεια.
 - (vi) Να αποφεύγουν τη χρήση υβριστικής γλώσσας.
 - (vii) Να ενημερώνουν έναν υπεύθυνο επί τεχνικών θεμάτων μετά την αποχώρησή τους από τον συναγωνισμό. Αν δεν το πράξουν αυτό, μπορεί να οδηγηθούν σε αναστολή.
 - (viii) Να συναγωνίζονται χωρίς να δέχονται βοήθεια από άτομα εκτός του προσωπικού της διοργάνωσης και των υπεύθυνων στελεχών του αγώνα.
 - (ix) Να αποφεύγουν τη χρήση μάρκετινγκ ενέδρας (ambush marketing).
 - (x) Να αποφεύγουν κάθε είδους επίδειξη πολιτικής, θρησκευτικής ή φυλετικής προπαγάνδας.
 - (xi) Να μην απορρίπτουν σκουπίδια ή εξοπλισμό γύρω από τον αγωνιστικό χώρο, εκτός εάν πρόκειται για σαφώς καθορισμένα σημεία, όπως σταθμοί βοήθειας ή σημεία απόρριψης σκουπιδιών. Όλα τα αντικείμενα πρέπει να παραμένουν στην κατοχή του αθλητή και να επιστρέφονται στο σημείο μετάβασης.
 - (xii) Να μην επιχειρούν να αποκτήσουν αθέμιτο πλεονέκτημα από οποιοδήποτε εξωτερικό μέσο ή αντικείμενο.
 - (xiii) Να ακολουθούν την προβλεπόμενη πορεία.
 - (xiv) Να μην χρησιμοποιούν καμία συσκευή που αποσπά την προσοχή του αθλητή από το περιβάλλον. **Οι αθλητές πρέπει να χρησιμοποιούν τηλέφωνα, εσύρτηρα ρολόγια και φορητούς πομπόετες, με τέτοιο τρόπο ο οποίος να αποσπά την προσοχή**

κατά τη διάρκεια του αγώνα. Ο ορισμός του «τρόπου που αποσπά την προσοχή» περιλαμβάνει, ενδεικτικά, την πραγματοποίηση ή λήψη τηλεφωνικών κλήσεων, την αποστολή ή λήψη γραπτών μηνυμάτων, την αναπαραγωγή μουσικής, τη χρήση μέσων κοινωνικής δικτύωσης, τη λήψη φωτογραφιών ή την επικοινωνία μέσω φορητού πομποδέκτη. Η χρήση οποιασδήποτε συσκευής επικοινωνίας με αυτόν τον τρόπο κατά τη διάρκεια του συναγωνισμού θα έχει ως αποτέλεσμα τον αποκλεισμό του αθλητή.

- Οι αυτόνομες φωτογραφικές μηχανές, οι φωτογραφικές μηχανές τηλεφώνου και οι βιντεοκάμερες απαγορεύονται, εκτός εάν έχει παραχωρηθεί άδεια από τη Διεθνή Ένωση Τριάθλου ή από τον κάτοχο άδειας της διοργάνωσης. Εάν παραχωρηθεί κατάλληλη άδεια, εναπόκειται στην ευθύνη του αθλητή να ενημερώσει τον επικεφαλής διαιτητή για την άδεια αυτή πριν από την έναρξη του αγώνα. Οι αθλητές που εμφανίζονται με μη εγκεκριμένη φωτογραφική μηχανή, φωτογραφική μηχανή τηλεφώνου ή βιντεοκάμερα θα αποκλείονται.

(xv) **Να βεβαιώνονται ότι ο εξοπλισμός που θα χρησιμοποιηθεί στον αγώνα πληροί τα πρότυπα ασφαλείας και είναι σε καλή κατάσταση.**

2.2 Εξωτερική βοήθεια:

- α) Η βοήθεια που παρέχεται από το προσωπικό της διοργάνωσης ή τους υπευθύνους επί τεχνικών θεμάτων επιτρέπεται, αλλά περιορίζεται στην παροχή ποτών, προϊόντων διατροφής, μηχανικής και ιατρικής βοήθειας, κατόπιν έγκρισης του τεχνικού αντιπροσώπου ή του επικεφαλής διαιτητή. **Ο επικεφαλής διαιτητής μπορεί να εγκρίνει τη διαπιστευμένη υποστήριξη της ομάδας για την επισκευή ελαστικών που έχουν αποσυμπιεστεί ή την αντικατάσταση τροχών, εάν το περιστατικό συμβεί πριν από την άφιξη του πρώτου αθλητή στο σημείο μετάβασης 1.** Οι αθλητές που συναγωνίζονται στην ίδια αγωνιστική διαδικασία μπορούν να βοηθήσουν ο ένας τον άλλο με διάφορα στοιχεία, όπως ενδεικτικά, διατροφικά προϊόντα και ποτά μετά από ένα σταθμό βοήθειας, αντλίες, σωληνοειδή ελαστικά, εσωτερικούς σωλήνες και kit επισκευής διατρήσεων.
- β) **Οι αθλητές δεν επιτρέπεται να παρέχουν βασικό αγωνιστικό εξοπλισμό σε άλλους αθλητές που συμμετέχουν στην ίδια αγωνιστική διαδικασία, ενώ ο αγώνας βρίσκεται σε εξέλιξη. Συγκεκριμένα, τα αντικείμενα που δεν επιτρέπεται να παρέχονται σε άλλους αθλητές περιλαμβάνουν, ενδεικτικά, ολόκληρα ποδήλατα, σκελετούς ποδηλάτων, τροχούς και κράνη. Η ποινή για αυτήν την παραβίαση θα είναι ο αποκλεισμός και των δύο αθλητών. Οι αθλητές επιτρέπεται να παρέχουν σε άλλους αθλητές που συμμετέχουν στην ίδια αγωνιστική διαδικασία άλλα στοιχεία εξοπλισμού, υπό την προϋπόθεση ότι ο προσφέρων αθλητής μπορεί να συνεχίσει τον αγώνα του.**
- γ) Ένας αθλητής δεν επιτρέπεται να βοηθήσει φυσικά την πρόοδο ενός άλλου αθλητή σε οποιοδήποτε τμήμα του αγώνα. Αυτό θα έχει ως αποτέλεσμα τον αποκλεισμό και των δύο αθλητών.

2.3 Κατάχρηση ναρκωτικών ουσιών

- α) Οι αθλητές **απαγορεύεται να τηρούν τους Κανόνες κατά του doping της Διεθνούς Ένωσης Τριάθλου.**
- β) Όλοι οι αθλητές και οι συνοδοί είναι υπεύθυνοι για την εξοικείωσή τους με τους Κανόνες

κατά του ντόπινγκ της Διεθνούς Ένωσης Τριάθλου, συμπεριλαμβανομένων των ιατρικών εξετάσεων και των ελέγχων ντόπινγκ, των υποχρεώσεων ελέγχου, των δικαιωμάτων, των ευθυνών και των διαδικασιών, των ποινών και των διαδικασιών προσφυγής, καθώς και των απαγορευμένων ουσιών και μεθόδων.

- γ) Η Διεθνής Ένωση Τριάθλου εφαρμόζει του Κανόνες κατά του ντόπινγκ της Διεθνούς Ένωσης Τριάθλου και τηρεί τους κανόνες που ορίζονται από τον Κώδικα του Παγκόσμιου Οργανισμού Αντιντόπινγκ (WADA).

2.4 Υγεία:

- α) Το τρίαθλο και τα άλλα συναφή πολλαθλήματα της Διεθνούς Ένωσης Τριάθλου είναι επίπονα. Για να μπορούν να συναγωνιστούν, οι αθλητές πρέπει να βρίσκονται σε άριστη φυσική κατάσταση. Η υγεία και η ευεξία τους είναι υψίστης σημασίας. Κατά τη συμμετοχή του σε έναν αγώνα, οι αθλητές δηλώνουν ότι είναι υγιείς και ότι έχουν την κατάλληλη φυσική κατάσταση για να ολοκληρώσουν τον αγώνα.
- β) Τα χρονικά όρια για το σκέλος της κολύμβησης, το σκέλος της ποδηλασίας και τον συνολικό χρόνο τερματισμού καθορίζονται για κάθε αγώνα από τον τεχνικό αντιπρόσωπο του της Διεθνούς Επιτροπής Τριάθλου. Τα όρια αυτά πρέπει να δημοσιεύονται στο υλικό εγγραφής πριν από τον αγώνα.
- γ) Η Διεθνής Ένωση Τριάθλου ενθαρρύνει όλους τους αθλητές να υποβάλλονται σε περιοδική αξιολόγηση της υγείας τους (PHE) και σε αξιολόγηση πριν από την έναρξη της συμμετοχής τους (PPE), προτού συμμετάσχουν σε κάποιον αγώνα. Η ετήσια αξιολόγηση πριν από την έναρξη της συμμετοχής τους (PPE) είναι υποχρεωτική για όλους τους αθλητές που παίρνουν μέρος σε αγώνες τρίαθλου στις κατηγορίες Youth, Junior, U23, Elite και παρατρίαθλου από την 1η Ιανουαρίου 2018 σε οποιαδήποτε διοργάνωση της Διεθνούς Ένωσης Τριάθλου, όπως περιγράφεται στο Παράρτημα Ι. Περισσότερες πληροφορίες σχετικά με την αξιολόγηση PPE μπορείτε να βρείτε στο Παράρτημα ΙΖ.

2.5 Επιλεξιμότητα:

- α) Όλοι οι αθλητές πρέπει να πληρούν όλες τις προϋποθέσεις της Εθνικής τους Ομοσπονδίας. Για να διασφαλιστεί αυτό, για τις διοργανώσεις της Διεθνούς Ένωσης Τριάθλου και των Ηπειρωτικών Συνομοσπονδιών, όλες οι εγγραφές πρέπει να υποβάλλονται από τις Εθνικές Ομοσπονδίες και όχι από τους ίδιους τους αθλητές.
- β) Οι αθλητές που βρίσκονται σε αναστολή δεν επιτρέπεται να συμμετάσχουν σε καμία διοργάνωση της Διεθνούς Ένωσης Τριάθλου, σε οποιονδήποτε αγώνα που έχει εγκριθεί από μέλη της Διεθνούς Ένωσης Τριάθλου ή σε οποιονδήποτε αγώνα που διεξάγεται βάσει των Κανονισμών της Διεθνούς Ένωσης Τριάθλου.
- γ) Η ηλικία ενός αθλητή καθορίζεται από την ηλικία του στις 31 Δεκεμβρίου του έτους κατά το οποίο διεξάγεται ο αγώνας. Οι αθλητές ηλικίας 15 έως 17 ετών έχουν δικαίωμα να συναγωνιστούν στις κατηγορίες Youth.
- δ) Οι αθλητές ηλικίας 18 έως 23 ετών έχουν δικαίωμα να συναγωνιστούν στις κατηγορίες Junior.
- στ) Οι αθλητές ηλικίας 18 έως 23 ετών έχουν δικαίωμα να συναγωνιστούν στην κατηγορία

U23.

- ζ) Όλοι οι αθλητές Elite πρέπει να εγγραφούν στο ηλεκτρονικό σύστημα της Διεθνούς Ένωσης Τριάθλου από την αντίστοιχη Εθνική Ομοσπονδία τους στην κατηγορία στην οποία θα συναγωνιστούν. **Εφόσον συμμετάσχουν σε μια διοργάνωση της Διεθνούς Ένωσης Τριάθλου**, δεν επιτρέπεται να συμμετάσχουν κατά το ίδιο ημερολογιακό έτος ως αθλητές Age- Group στο ίδιο πολλαπλό άθλημα, όπως περιγράφεται στο Παράρτημα Ι. Οι αθλητές που συμμετέχουν στη Σειρά Πρωταθλήματος της Διεθνούς Ένωσης Τριάθλου θα λαμβάνουν αυτόματα την ετικέτα Elite στο σύστημα.
- η) Ο αθλητής θα έχουν το δικαίωμα συμμετοχής σε ατομικά αγωνίσματα Age-Group στην ομάδα στην οποία περιλαμβάνεται η ηλικία τους. Οι ομάδες είναι οι εξής:
- (i) 15 έως 19 ετών σε αγώνες απόστασης σούπερ σπριντ (M15)/(F15).
 - (ii) 16 έως 19 ετών σε αγώνες απόστασης σπριντ (M16)/(F16).
 - (iii) 18 έως 19 σε αγώνες κανονικών και μεγαλύτερων αποστάσεων (M18)/(F18).
 - (iv) 20 έως 24 (M20)/(F20).
 - (v) 25 έως 29 (M25)/(F25).
 - (vi) 30 έως 34 (M30)/(F30).
 - (vii) κ.λπ.
- θ) Μπορείτε να βρείτε τα διαφορετικά κριτήρια πρόκρισης στα Κριτήρια Πρόκρισης της Διεθνούς Ένωσης Τριάθλου τα οποία δημοσιεύονται, επίσης, στη σελίδα www.triathlon.org.
- ι) Τα ειδικά κριτήρια πρόκρισης που αφορούν τους σημαντικούς και αναγνωρισμένους αγώνες δημοσιεύονται στον ιστότοπο www.triathlon.org;
- ια) Τα ειδικά κριτήρια πρόκρισης που αφορούν διοργανώσεις οι οποίες έχουν εγκριθεί από τη Διεθνή Ένωση Τριάθλου, αλλά δεν αποτελούν μέρος της δομής των διοργανώσεων της Διεθνούς Ένωσης Τριάθλου, δημοσιεύονται στον αντίστοιχο ιστότοπο των εν λόγω διοργανώσεων.
- ιβ) Οι αθλητές δεν επιτρέπεται να σαγωνιστούν εντός 24 ωρών στην ίδια ή σε διαφορετική διοργάνωση της Διεθνούς Ένωσης Τριάθλου σε περισσότερους από έναν αγώνες τριάθλου ή πολλαπλών αθλημάτων (βλ. Παράρτημα Θ), όταν ο ένας αγώνας είναι κανονικής ή μεγαλύτερης απόστασης. Οι 24 ώρες υπολογίζονται από την έναρξη του αγώνα μέχρι την έναρξη του άλλου αγώνα την επόμενη ημέρα. Εξαιρέση αποτελούν οι ομαδικές σκυταλοδρομίες στις καθορισμένες αποστάσεις σούπερ σπριντ (βλ. 16.1.α.), οι συνοδοί PTV11, PTV12 και PTV13 και το aquathlon.
- ιγ) Ηλικιακά όρια: **Οι αθλητές πρέπει να έχουν ελάχιστη ηλικία για να συμμετάσχουν σε οποιαδήποτε διοργάνωση της Διεθνούς Ένωσης Τριάθλου περιγράφεται στο Παράρτημα Α** των Κανόνων Συνομοσπονδίες ΑΜΑΕΕ-19705, προσθέσουν άλλα ηλικιακά όρια για τα Ηλεκτρονικά Πρωταθλήματα για τις κατηγορίες νέων και νεότερων αθλητών με αγωνίσματα σπριντ. Τα ηλικιακά όρια που περιγράφονται στο Παράρτημα Α δεν μπορούν να

τροποποιηθούν.

- ιδ) Ένας αθλητής που αγωνίζεται σε κατηγορία διαφορετική από εκείνη που αντιστοιχεί στην ηλικία του, σε απόσταση που δεν επιτρέπεται ή πριν την παρέλευση 24ώρου, θα αποκλείεται από τα αγωνίσματα στα οποία συμμετείχε. Οι διακρίσεις, τα έπαθλα και οι πόντοι του θα αφαιρούνται.
- ιε) Ένας αθλητής που υποβάλλεται σε επαναπροσδιορισμό φύλου και επιθυμεί να συμμετάσχει σε οποιοδήποτε αγώνισμα πρέπει να πληροί όλες τις ισχύουσες προϋποθέσεις και τα κριτήρια που καθορίζονται από τη Διεθνή Ολυμπιακή Επιτροπή (ΔΟΕ) και τον Παγκόσμιο Οργανισμό Αντιντόπινγκ (WADA) πριν το πράξει. Το αίτημα συμμετοχής σε οποιοδήποτε αγώνισμα μετά τον εν λόγω επαναπροσδιορισμό φύλου πρέπει να υποβάλλεται ρητά από τον αθλητή στην Ιατρική Επιτροπή και Επιτροπή Αντιντόπινγκ της Διεθνούς Ένωσης Τριάθλου τουλάχιστον 30 ημέρες πριν από τη διεξαγωγή του αγώνα στο οποίο επιθυμεί να συμμετάσχει. Η Ιατρική Επιτροπή και Επιτροπή Αντιντόπινγκ της Διεθνούς Ένωσης Τριάθλου αποφασίζει εάν πληρούνται ή όχι τα ισχύοντα κριτήρια της ΔΟΕ και του WADA και παρέχει στον αθλητή γραπτή και αιτιολογημένη απόφαση για αυτόν τον σκοπό. Η εν λόγω απόφαση σχετικά με την επιλεξιμότητα μπορεί να προσβληθεί υποβάλλοντας έφεση επιπέδου 3 (βλ. ενότητα 13).
- ιστ) Όταν αμφισβητείται η επιλεξιμότητα μιας αθλήτριας λόγω πιθανού υπερανδρογονισμού και έχει υποβληθεί επίσημο σχετικό γραπτό αίτημα, η Ιατρική Επιτροπή και Επιτροπή Αντιντόπινγκ της Διεθνούς Ένωσης Τριάθλου και άλλοι εμπειρογνώμονες θα αξιολογούν την εικαζόμενη περίπτωση υπερανδρογονισμού της αθλήτριας. Με τον τρόπο αυτό, η Ιατρική Επιτροπή και Επιτροπή Αντιντόπινγκ της Διεθνούς Ένωσης Τριάθλου θα τηρεί και θα εφαρμόζει τους κανονισμούς της ΔΟΕ σχετικά με τον γυναικείο υπερανδρογονισμό που βρίσκονται σε ισχύ κατά τη στιγμή υποβολής του αιτήματος. Στη συνέχεια, η Ιατρική Επιτροπή και Επιτροπή Αντιντόπινγκ της Διεθνούς Ένωσης Τριάθλου θα κοινοποιεί στην εν λόγω αθλήτρια την απόφασή της με γραπτή και αιτιολογημένη απόφαση. Η εν λόγω απόφαση σχετικά με την επιλεξιμότητα μπορεί να προσβληθεί υποβάλλοντας έφεση επιπέδου 3 (βλ. ενότητα 13).
- ιζ) Οι αθλητές που συναγωνίζονται υπό τη σημαία της Διεθνούς Ένωσης Τριάθλου θα εγγράφονται στα αγωνίσματα από την Εθνική Ομοσπονδία στην οποία μετατίθεται ο αθλητής. Θα συναγωνίζονται με τα ίδια δικαιώματα που διαθέτει οποιοσδήποτε άλλος αθλητής όσον αφορά τις διακρίσεις, τα έπαθλα και τη βαθμολογία.

2.6 Ασφάλεια:

- α) Όλοι οι αθλητές που συμμετέχουν σε μια διοργάνωση πρέπει να διαθέτουν προσωπική ασφαλιστική κάλυψη εγγυημένη από την Εθνική τους Ομοσπονδία. Η ασφάλιση αυτή θα καλύπτει τα εξής:
- (i) Οποιοδήποτε ατύχημα συμβεί πριν, κατά τη διάρκεια και μετά από οποιοδήποτε αγώνισμα.
- (ii) Οποιαδήποτε ατύχημα που θα μπορούσε να υποστεί ένας αθλητής κατά τη διάρκεια της διάρκειας του αγώνα ή σε μια διοργάνωση, θα καλύπτεται από την ασφαλιστική κάλυψη που διαθέτει ο αθλητής. Η ασφαλιστική κάλυψη αυτή θα καλύπτει τα εξής:
- (iii) Ευθύνη ενόψει ατυχήματος κατά τη διάρκεια του αγώνα.
- β) Η Εθνική Ομοσπονδία του αθλητή εγγυάται την ύπαρξη αυτής της ασφάλισης με την

εγγραφή του αθλητή σε μια διοργάνωση. Οι Τοπικές Οργανωτικές Επιτροπές ή οι Εθνικές Ομοσπονδίες που διοργανώνουν μια σειρά αγωνισμάτων δεν μπορούν να υποχρεώσουν τους αθλητές να πληρώσουν το αντίτιμο που αντιστοιχεί στην ημερήσια κάλυψή τους κατά τη διάρκεια των αγώνων.

2.7 Εγγραφή:

α) Συμμετοχή:

- (i) Οι Εθνικές Ομοσπονδίες θα εγγράφουν τους αθλητές τους στους αγώνες της Διεθνούς Ένωσης Τριάθλου σύμφωνα με το σύστημα πρόκρισης της Εθνικής τους Ομοσπονδίας ή άλλο εγκεκριμένο σύστημα πρόκρισης της Διεθνούς Επιτροπής Τριάθλου,
- (ii) Όλοι οι αθλητές προκρίνονται σε οποιαδήποτε διοργάνωση της Διεθνούς Επιτροπής Τριάθλου, όπως περιγράφεται στο Παράρτημα Ι, σύμφωνα με τους κανόνες επιλεξιμότητας που περιγράφονται στο 2.5 και σύμφωνα με τα κριτήρια πρόκρισης που περιγράφονται στο Παράρτημα Ε.
- (iii) Πριν συναγωνιστούν σε Πρωταθλήματα της Διεθνούς Ένωσης Τριάθλου, Κύπελλα της Διεθνούς Ένωσης Τριάθλου, διοργανώσεις Championship Series της Διεθνούς Ένωσης Τριάθλου, Para Series της Διεθνούς Ένωσης Τριάθλου, Para Cups της Διεθνούς Ένωσης Τριάθλου και Πρωταθλήματα Πολλαπλών Αθλημάτων της Διεθνούς Ένωσης Τριάθλου, οι αθλητές Elite, U23, Junior και οι παρατριαθλητές πρέπει να υπογράψουν τη Συμφωνία Αθλητή της Διεθνούς Ένωσης Τριάθλου, η οποία ορίζει ότι κάθε διαφορά που προκύπτει από τους Κανόνες της Διεθνούς Ένωσης Τριάθλου και δεν μπορεί να επιλυθεί με την υπάρχουσα διαδικασία προσφυγής, θα επιλύεται οριστικά από το Αθλητικό Διαιτητικό Δικαστήριο (CAS), αποκλειόμενης της προσφυγής στα τακτικά δικαστήρια. Μόλις υπογραφεί, η Συμφωνία Αθλητή της Διεθνούς Ένωσης Τριάθλου θα ισχύει μέχρι το τέλος του αγωνιστικού έτους κατά το οποίο υπογράφηκε. Η Συμφωνία Αθλητή είναι δημοσιευμένη στη σελίδα www.triathlon.org;
- (iv) Οι Εθνικές Ομοσπονδίες είναι υπεύθυνες για την εγγραφή των αθλητών και των προπονητών τους σε όλες τις διοργανώσεις της Διεθνούς Ένωσης Τριάθλου χρησιμοποιώντας το online σύστημα της Διεθνούς Ένωσης Τριάθλου στον ιστότοπο www.triathlon.org;
- (v) Όλοι οι παρατριαθλητές, οι συνοδοί PTVI1, PTVI2 και PTVI3, οι αθλητές Age-Group, Youth, Junior και U23 πρέπει να προσκομίσουν ταυτότητα με φωτογραφία κατά την εγγραφή/παραλαβή του πακέτου πριν από τον αγώνα.

β) Ενημερώσεις πριν τον αγώνα:

- (i) Συνάντηση προπονητών: Εάν έχει προγραμματιστεί συνάντηση προπονητών, θα πραγματοποιηθεί μία ώρα πριν από την ενημέρωση των αθλητών. Ο τεχνικός αντιπρόσωπος θα ενημερώνει τη συνάντηση των προπονητών και ημερομηνία, ώρα και τόπος θα περιλαμβάνονται στην Ενημέρωση της Κριτικής Επιτροπής Αγώνων. Οι τεχνικές λεπτομέρειες της διοργάνωσης, καθώς και ειδικές πληροφορίες για τους προπονητές θα διανεμηθούν σε αθλητή συνάντησή ή, αν η συνάντηση των προπονητών δεν έχει προγραμματιστεί, οι

διαπιστεύσεις θα διανεμηθούν στο τέλος της ενημέρωσης των αθλητών Elite/U23/Junior/Youth.

- (ii) Ενημέρωση αρχηγών και προπονητών ομάδων Age-Group: Στα Παγκόσμια Πρωταθλήματα και στα Ηπειρωτικά Πρωταθλήματα (κατά περίπτωση), ο τεχνικός αντιπρόσωπος θα διεξάγει την ενημέρωση των αρχηγών και των προπονητών των ομάδων Age-Group. Μόνο οι αρχηγοί και οι προπονητές των ομάδων Age-Group που είναι εγγεγραμμένοι στο www.triathlon.org επιτρέπεται να συμμετάσχουν στην ενημέρωση. Η ημερήσια διάταξη αυτής της ενημέρωσης θα περιλαμβάνει την ανακοίνωση της Κριτικής Επιτροπής Αγωνισμάτων και όλες τις απαραίτητες πληροφορίες για τη διοργάνωση.
- (iii) Συνάντηση προπονητών παρατριάθλου: Εάν έχει προγραμματιστεί μια συνάντηση προπονητών παρατριάθλου, θα πραγματοποιηθεί πριν από την ενημέρωση παρατριάθλου. Ο τεχνικός αντιπρόσωπος θα τη διευθύνει και η ημερήσια διάταξη θα περιλαμβάνει την ανακοίνωση της Κριτικής Επιτροπής Αγωνισμάτων και όλες τις τεχνικές λεπτομέρειες της διοργάνωσης, καθώς και ειδικές πληροφορίες σχετικά με τις διαδικασίες του παρατριάθλου. Οι διαπιστεύσεις των προπονητών θα διανεμηθούν σε αυτήν τη συνάντηση ή, αν δεν έχει προγραμματιστεί η συνάντηση των αρχηγών των ομάδων, οι διαπιστεύσεις θα διανεμηθούν στο τέλος της ενημέρωσης των παρατριαθλητών.
- (iv) Ενημέρωση Elite/U23/Junior/Youth/παρατριαθλητών: Σε όλες τις διοργανώσεις της Διεθνούς Ένωσης Τριάθλου, ο τεχνικός αντιπρόσωπος θα διευθύνει την ενημέρωση των αθλητών. Οι αθλητές Elite/U23/Junior/Youth και οι παρατριαθλητές μαζί με τους συνοδούς τους πρέπει να παρευρίσκονται στη συνάντηση. Οι προπονητές μπορούν επίσης να παρακολουθήσουν την ενημέρωση. Οι παρακάτω ποινές ισχύουν για τους αθλητές που δεν θα παρευρεθούν στην ενημέρωση:

- Οι αθλητές/παρατριαθλητές, συμπεριλαμβανομένων των συνοδών τους, που δεν θα παρευρίσκονται στην ενημέρωση χωρίς να ενημερώσουν τον τεχνικό αντιπρόσωπο για την απουσία τους, θα διαγράφονται από τη λίστα έναρξης συμμετοχής.
- Οι αθλητές/παρατριαθλητές μαζί με τους συνοδούς τους που εισέρχονται στην αίθουσα ενημέρωσης μετά την έναρξη της ενημέρωσης και οι αθλητές που δεν παρευρίσκονται στην ενημέρωση, αλλά έχουν ενημερώσει τον τεχνικό αντιπρόσωπο για την απουσία τους, θα λαμβάνουν χρονική ποινή που θα εκτελείται στη μετάβαση 1. Η χρονική ποινή που ισχύει για τη συγκεκριμένη απόσταση (βλ. 3.3.στ.)(ii)).
- Οι αθλητές που θα απουσιάζουν από την ενημέρωση λόγω ανωτέρας βίας και θα έχουν ενημερώσει τον τεχνικό αντιπρόσωπο για την απουσία τους μέχρι την ώρα της ενημέρωσης, μπορούν να υποβάλουν ένσταση κατά της απόφασης του επικεφαλής διαιτητή σχετικά με τη χρονική ποινή το αργότερο 2 ώρες πριν από την έναρξη του αγώνα τους.

- Στην περίπτωση που ένας Πρωταθλητής των αγώνων Κυπέλλου της Διεθνούς Ένωσης Τριάθλου ή ένας αθλητής είναι απών από τον αγώνα, θα διαγράφεται από τη λίστα συμμετοχής για την τρίτη και κάθε επόμενη ενημέρωση, ακόμη και αν έχει

ενημερώσει τον τεχνικό αντιπρόσωπο εκ των προτέρων.

- (v) Ενημέρωση μεικτής σκυταλοδρομίας: Σε όλες τις διοργανώσεις μεικτής σκυταλοδρομίας της Διεθνούς Ένωσης Τριάθλου, ο τεχνικός αντιπρόσωπος θα διευθύνει την ενημέρωση των αθλητών. Μπορεί να διεξάγεται μαζί με την ενημέρωση για μια μεμονωμένη διοργάνωση ή ξεχωριστά. Ένας αθλητής ή ένας προπονητής ή οποιοδήποτε άλλο διαπιστευμένο μέλος της ομάδας υποστήριξης της αποστολής για το συγκεκριμένο αγώνισμα από κάθε ομάδα υποχρεούται να παρευρίσκεται στη συνάντηση. Οι παρακάτω ποινές ισχύουν για τις ομάδες που δεν έχουν εκπρόσωπο στην ενημέρωση:
- Οι ομάδες που δεν θα παρευρίσκονται στην ενημέρωση χωρίς να ενημερώσουν τον τεχνικό αντιπρόσωπο για την απουσία τους, θα διαγράφονται από τη λίστα έναρξης συμμετοχής.
 - Οι εκπρόσωποι των ομάδων που θα εισέρχονται στην αίθουσα ενημέρωσης μετά την έναρξη της ενημέρωσης και οι εκπρόσωποι των ομάδων που δεν θα παρακολουθήσουν την ενημέρωση, αλλά έχουν ενημερώσει τον τεχνικό αντιπρόσωπο για την απουσία τους, θα λαμβάνουν χρονική ποινή 10 δευτερολέπτων, η οποία θα εκτελείται στη μετάβαση 1 του πρώτου σκέλους.
- (vi) Οι αθλητές/παρατριαθλητές με τους συνοδούς τους πρέπει να έχουν πραγματοποιήσει εγγραφή πριν από την είσοδό τους στον χώρο της ενημέρωσης,
- (vii) Για τις διοργανώσεις της σειράς Πρωταθλημάτων και Κυπέλλου της Διεθνούς Ένωσης Τριάθλου, θα διεξάγεται μία ενημέρωση αθλητών για τις γυναίκες και τους άνδρες αθλητές της κατηγορίας elite. Αυτή η ενημέρωση θα πραγματοποιείται στις 18:00 τοπική ώρα δύο (2) ημέρες πριν από την πρώτη ημέρα των αγωνισμάτων της κατηγορίας elite.
- (viii) Για όλες τις άλλες διοργανώσεις της Διεθνούς Ένωσης Τριάθλου ή τις διοργανώσεις Continental Elite, η ενημέρωση θα πραγματοποιείται στις 18:00 μία (1) ημέρα πριν από την πρώτη ημέρα των αγωνισμάτων.
- (ix) Για όλες τις υπόλοιπες διοργανώσεις της Διεθνούς Ένωσης Τριάθλου ή τις διοργανώσεις Continental (U23, Junior, Youth, Παρατρίαθλο, Σκυταλοδρομία), η ενημέρωση θα πραγματοποιείται μία (1) ημέρα πριν από την πρώτη ημέρα του σχετικού αγωνίσματος και της σχετικής κατηγορίας.
- (x) Η τροποποίηση οποιουδήποτε από τους παραπάνω χρόνους πρέπει να ανακοινώνεται στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου 45 ημέρες νωρίτερα.
- (xi) Οι ενημερώσεις πριν από τα αγώνισματα δεν είναι ανοικτές για τα μέσα μαζικής ενημέρωσης.

γ) Παραλαβή πακέτου:

- (i) Όλες οι διοργανώσεις της Διεθνούς Ένωσης Τριάθλου - Age-Group
- Όλοι οι αθλητές πρέπει να παραλάβουν το πακέτο τους για τα αγωνίσματα στον ετήσιο χώρο εγγραφής σε μια καθορισμένη ώρα. Η παραλαβή των πακέτων θα ανοίξει δύο (2) ξεχωριστές ημέρες, ξεκινώντας 3 ημέρες πριν από τα αγώνισματα.

Το ωράριο θα είναι από τις 09:00 έως τις 19:00. Εάν μια Εθνική Ομοσπονδία δεν είναι σε θέση να προλάβει την καθορισμένη ώρα εγγραφής, πρέπει να ζητήσει διαφορετική ώρα τουλάχιστον 14 ημέρες νωρίτερα, με γραπτό αίτημα προς τη Διεθνή Ένωση Τριάθλου.

- Τα πακέτα για τα αγωνίσματα θα περιέχουν τουλάχιστον: πέντε (5) επίσημους αριθμούς αγώνα (έναν (1) για το σώμα, έναν (1) για το ποδήλατο και τρεις (3) για το κράνος) και τέσσερις (4) παραμάνες, αριθμημένο σκουφάκι κολύμβησης, τσιπ χρονομέτρησης, πάσο διαπίστευσης, οδηγό αθλητών, εισιτήρια για όλες τις κοινωνικές εκδηλώσεις. Η διανομή των δώρων της Τοπικής Οργανωτικής Επιτροπής μπορεί να πραγματοποιηθεί την ίδια στιγμή.
- (ii) Όλες οι διοργανώσεις της Διεθνούς Ένωσης Τριάθλου - Elite, U23, Junior, Youth και αγωνίσματα παρατριάθλου:
- Όλοι οι αθλητές θα παραλαμβάνουν το πακέτο τους για τα αγωνίσματα από το σημείο εγγραφής μετά την ενημέρωση των αθλητών.
 - Το πακέτο για τα αγωνίσματα θα περιλαμβάνει: τρεις (3) αριθμούς κράνους, έναν (1) αριθμό ποδηλάτου, αυτοκόλλητα σώματος για τα δύο χέρια και τα δύο πόδια, πάσο διαπίστευσης, οδηγό αθλητών, εισιτήρια για όλες τις κοινωνικές εκδηλώσεις. Η διανομή των δώρων της Τοπικής Οργανωτικής Επιτροπής μπορεί να πραγματοποιηθεί την ίδια στιγμή.

δ) Προσέλευση:

- (i) Στα αγωνίσματα της κατηγορίας Age-Group με περισσότερες από 700 συμμετοχές αθλητών η προσέλευση θα είναι προγραμματισμένη μία ημέρα πριν από την έναρξη. Στα αγωνίσματα της κατηγορίας Age-Group με λιγότερους αθλητές, καθώς και στα αγωνίσματα των κατηγοριών Elite, U23, Junior, Youth και παρατριάθλου ο έλεγχος των ποδηλάτων θα πραγματοποιείται την ίδια ημέρα.
- (ii) Οι υπεύθυνοι επί τεχνικών θεμάτων θα διεξάγουν τη διαδικασία προσέλευσης στο lounge των αθλητών ή στον χώρο μετάβασης η οποία θα περιλαμβάνει τα εξής:
- Διανομή των σκούφων κολύμβησης και των τσιπ χρονομέτρησης (εκτός από τις διοργανώσεις Age-Group).
 - Έλεγχο της στολής των αθλητών, η οποία πρέπει να είναι σύμφωνη με τις οδηγίες της Διεθνούς Ένωσης Τριάθλου σχετικά με την εγκεκριμένη ταυτοποίηση, που δημοσιεύονται στον ιστότοπο www.triathlon.org. Κάθε στολή πρέπει να φωτογραφίζεται. Εάν ένας αθλητής χρειαστεί να αντικαταστήσει τη στολή, η διαδικασία αυτή πρέπει να επαναληφθεί.

- Ο έλεγχος των ποδηλάτων ρυθμίζεται με βάση τα αναγραφόμενα στην ενότητα 5.3.

- Διανομή των πακέτων για τα αγωνίσματα στους αθλητές που αποβιβάστηκαν από το λιμάνι της Πειραιώς. ΔΟΥ: ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΣΑ: 18705

- (iii) Οι αθλητές μπορούν να παυθούν ή να παυθούν από τα αγωνίσματα σε περίπτωση που δεν τηρήσουν τους χρόνους προσέλευσης.

2.8 Στολή:

- α) Όλοι οι αθλητές που συναγωνίζονται σε διοργανώσεις της Διεθνούς Ένωσης Τριάθλου υποχρεούνται να φορούν τη στολή τους σύμφωνα με τις οδηγίες της Διεθνούς Ένωσης Τριάθλου σχετικά με την εγκεκριμένη ταυτοποίηση.
- β) Οι οδηγίες της Διεθνούς Ένωσης Τριάθλου σχετικά με την εγκεκριμένη ταυτοποίηση ορίζουν τον περιορισμό του χώρου στις στολές των αθλητών που θα περιλαμβάνει εμπορικά λογότυπα.
- γ) Οι αθλητές πρέπει να τηρούν τους παρακάτω κανόνες όσον αφορά τη στολή:
- (i) Οι αθλητές πρέπει να φορούν τη στολή καθ' όλη τη διάρκεια του αγώνα και της τελετής απονομής των επάθλων. Τα μακριά μανίκια και τα μακριά παντελόνια επιτρέπονται για την τελετή απονομής.
- (ii) Η στολή πρέπει να καλύπτει ολόκληρο τον κορμό μπροστά. Η πλάτη μπορεί να παραμένει ακάλυπτη από τη μέση και πάνω.
- (iii) Οι αθλητές της κατηγορίας Age-Group και οι παρατριαθλητές μπορούν να φορούν στολές με μανίκια που εκτείνονται μέχρι πάνω από τον αγκώνα και δεν καλύπτουν τον αγκώνα σε οποιονδήποτε αγώνα απόστασης. Οι αθλητές Youth, Junior, U23 και Elite μπορούν να φορούν στολές με μανίκια που εκτείνονται μέχρι πάνω από τον αγκώνα και δεν καλύπτουν τον αγκώνα σε όλα τα πολλαπλά αθλήματα και τις αποστάσεις εκτός από το τρίαθλο κανονικών και μικρότερων αποστάσεων.
- (iv) Μπορούν να χρησιμοποιούνται καλύμματα χεριών ή μακριά μανίκια, εκτός κολύμβησης, όταν απαγορεύονται τα wetsuit, εφόσον το εγκρίνει ο τεχνικός αντιπρόσωπος. Σε ακραίες καιρικές συνθήκες, την απόφαση λαμβάνει ο τεχνικός αντιπρόσωπος σε συνεννόηση με τον ιατρικό αντιπρόσωπο (εάν υπάρχει), ούτως ώστε να επιτρέψει ή να καταστήσει υποχρεωτική τη χρήση μακριών μανικιών.
- (v) Η κάλυψη των ποδιών κάτω από τα γόνατα δεν επιτρέπεται στο τμήμα κολύμβησης όταν απαγορεύεται η χρήση wetsuit.
- (vi) Τα μακριά μανίκια και τα μακριά παντελόνια επιτρέπονται στις χειμερινές διοργανώσεις της Διεθνούς Ένωσης Τριάθλου.
- (vii) Προτιμάται μια στολή ενός τμήματος. Εάν χρησιμοποιείται στολή δύο τμημάτων, και τα δύο τμήματα πρέπει να επικαλύπτονται και δεν πρέπει να είναι ορατός ο κορμός καθ' όλη τη διάρκεια του αγώνα, εκτός από τις διοργανώσεις μεσαίων και μεγάλων αποστάσεων όπου η μέση επιτρέπεται να είναι εκτεθειμένη.
- (viii) Εάν η στολή διαθέτει φερμουάρ, πρέπει να βρίσκεται στην πλάτη και να μην υπερβαίνει τα 40 εκατοστά. Αυτός ο κανόνας δεν ισχύει για τις διοργανώσεις μεσαίων και μεγάλων αποστάσεων και για τους αθλητές PTWC σε όλες τις αποστάσεις,

- (ix) Η στολή πρέπει να φέρει τον αριθμό του αθλητή στους δύο ώμους, όταν ο αθλητής βρίσκεται στον αγωνιστικό χώρο.

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ΑΦΜ: 095730866 - ΔΟΥ: ΣΤ ΠΕΙΡΑΙΩΣ
ΑΜΔΣΑ: 18705
ΤΗΛ: 210 92 25 000
ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com

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ΤΗΛ. 2109225000

- (x) Οι αθλητές Elite, U23, Junior, Youth και παρατριάθλου πρέπει να φορούν την ίδια στολή από την έναρξη μέχρι τον τερματισμό στις διοργανώσεις κανονικής απόστασης ή μικρότερης διάρκειας.
- (xi) Αδιάβροχα μπουφάν επιτρέπονται στους αγώνες μεσαίων και μεγάλων αποστάσεων ή όταν το επιτρέπει ο τεχνικός αντιπρόσωπος. Τα αδιάβροχα πρέπει να έχουν το ίδιο σχέδιο και χρώμα με τη στολή ή να είναι διαφανή.
- (xii) Η μη συμμόρφωση με τους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου σχετικά με τη στολή μπορεί να οδηγήσει στο να αναγκαστεί ο αθλητής να φορέσει στολή τριάθλου που παρέχεται από τη Διεθνή Ένωση Τριάθλου. Εναλλακτικά, οι υπεύθυνοι επί τεχνικών θεμάτων μπορούν να ζητήσουν από τον αθλητή να χρησιμοποιήσει ανεξίτηλο μαρκαδόρο ή άλλα μέσα για να σβήσει τα λογότυπα από τη στολή που δεν συμμορφώνονται με τους Κανόνες Συναγωνισμού. Εάν κατά τη διάρκεια του αγώνα ή της τελετής απονομής ένας αθλητής φορέσει στολή με λογότυπα που δεν συμμορφώνονται με τους Κανόνες Συναγωνισμού (συμπεριλαμβανομένων των οδηγιών της Διεθνούς Ένωσης Τριάθλου σχετικά με την εγκεκριμένη ταυτοποίηση), θα αποκλειστεί.
- δ) Για λόγους θρησκείας, οι αθλητές επιτρέπεται να έχουν πλήρως καλυμμένο το σώμα τους (εκτός από το πρόσωπο) υπό την προϋπόθεση ότι:
- (i) Το υλικό της στολής έχει εγκριθεί από τη Διεθνή Ομοσπονδία Κολύμβησης (FINA) - ισχύει μόνο για την κολύμβηση χωρίς wetsuit.
- (ii) Η στολή δεν θα επηρεάζει τους μηχανισμούς του ποδηλάτου.
- (iii) Πρόσθετα στοιχεία ταυτοποίησης πρέπει να φοριούνται πάνω από τη στολή, σύμφωνα με τις οδηγίες του τεχνικού αντιπροσώπου.
- ε) Ο τεχνικός αντιπρόσωπος, αφού πραγματοποιήσει διαβούλευση με τον ιατρικό αντιπρόσωπο ή τη συμβουλευτική ομάδα διοργανώσεων, μπορεί να επιτρέψει μεμονωμένες ή κατ' εξαίρεση παρεκκλίσεις από τους παραπάνω κανόνες για λόγους ασφαλείας ή υγείας (π.χ. καρκίνος του δέρματος), ωστόσο τα χέρια και τα πόδια πρέπει να είναι ακάλυπτα κατά τη διάρκεια του κολυμβητικού τμήματος χωρίς καμία εξαίρεση.

2.9 Αριθμοί αγώνα:

- α) Οι αθλητές Elite, U23, Junior και Youth δεν θα φορούν αριθμούς συμμετοχής.
- β) Όταν λόγω του αγωνιστικού προγράμματος οι συμμετέχοντες της κατηγορίας Age-Group αναμειγνύονται με άλλους αθλητές, ο τεχνικός αντιπρόσωπος μπορεί να αποφασίσει να καταστήσει τη χρήση των αριθμών συμμετοχής υποχρεωτική για όλους τους αθλητές.
- γ) Αριθμοί συμμετοχής:

- (i) Υποχρεωτικοί για όλους τους συμμετέχοντες στους χειμερινούς αγώνες τριάθλου
- (ii) Age-Group
- Πρέπει να φορεθεί στο τμήμα κολύμβησης με wetsuit, αλλά επιτρέπεται στο τμήμα κολύμβησης χωρίς wetsuit.
- ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ**
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ΑΦΜ 937385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
ΑΜΔΣΑ: 18705
ΤΗΛ:210 92 25 000
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ΤΗΛ. 2109225000

- Υποχρεωτικό για το τρέξιμο.
 - Πρέπει να είναι ορατός στο μπροστινό μέρος κατά το τρέξιμο.
- δ) Η χρήση του αριθμού συμμετοχής στο παρατριάθλο ρυθμίζεται σύμφωνα με τα αναγραφόμενα στην ενότητα 17.
- ε) Σήμανση σώματος:
- (i) Elite, U23, Junior, Youth και παρατριάθλο:
- Η Τοπική Οργανωτική Επιτροπή ή η Διεθνής Ένωση Τριάθλου θα παρέχει αυτοκόλλητα σήμανσης σώματος, τα οποία οι αθλητές πρέπει να τοποθετήσουν πριν από την έναρξη του αγώνα.
 - Οι σημάνσεις σώματος πρέπει να τοποθετούνται **έτσι ώστε να είναι ορατές** σε κάθε χέρι και πόδι, εκτός εάν δοθεί διαφορετική οδηγία από τον τεχνικό αντιπρόσωπο της Διεθνούς Ένωσης Τριάθλου κατά την ενημέρωση. **Στο χέρι, η σήμανση σώματος πρέπει να τοποθετείται όσο το δυνατόν πιο κοντά στον ώμο. Στο πόδι, η σήμανση σώματος πρέπει να τοποθετείται όσο το δυνατόν πιο κοντά στο ισχίο.** Στη σήμανση σώματος ή/και στα αυτοκόλλητα με πολλά ψηφία, οι αριθμοί θα εμφανίζονται ο ένας πάνω από τον άλλο και όχι ο ένας δίπλα στον άλλο.
- (ii) Age-Group:
- Η Τοπική Οργανωτική Επιτροπή θα παράσχει σήμανση σώματος ή αυτοκόλλητα σήμανσης σώματος, τα οποία θα τοποθετηθούν πριν από την έναρξη του αγώνα.
 - Οι σημάνσεις σώματος **πρέπει να τοποθετούνται έτσι ώστε να είναι ορατές σε κάθε χέρι, όσο το δυνατόν πιο κοντά στον ώμο**, εκτός αν δοθεί διαφορετική οδηγία από τον τεχνικό αντιπρόσωπο της Διεθνούς Ένωσης Τριάθλου κατά την ενημέρωση.
 - Στις σημάνσεις ή/και στα αυτοκόλλητα σώματος με πολλά ψηφία, οι αριθμοί θα εμφανίζονται ο ένας πάνω από τον άλλο και όχι ο ένας δίπλα στον άλλο.
 - Η μία κνήμη κάθε αθλητή - εάν δεν είναι καλυμμένη - θα φέρει την κατηγορία και το φύλο του αθλητή (για παράδειγμα, ο αριθμός M25 θα εμφανίζεται σε έναν αθλητή στην ατομική ηλικιακή κατηγορία 25-29 ή ο αριθμός F25 θα εμφανίζεται σε μια αθλήτρια στην ίδια κατηγορία ή ο αριθμός X30 θα εμφανίζεται σε όλα τα μέλη της ομάδας στην ηλικιακή κατηγορία 30-39 για τη μεικτή σκυταλοδρομία κατηγορίας Age-Group).

2.10 Χορήγηση αριθμών αγώνα:

α) Γενικά:

- ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ**
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ΑΜΔΣΑ: 18705
ΤΗΛ: 210 92 25 000
HAFK.A.N.H@intertranslations.com
- (i) Οι αριθμοί αγώνα χορηγούνται με βάση προηγούμενα αποτελέσματα σε παρόμοια αγωνίσματα, χρησιμοποιώντας την πιο σχετική κατάταξη.
- (ii) Τα αγώνισματα Elite ανδρών και γυναικών θα αριθμούνται ξεκινώντας από τον αριθμό 1, εκτός από τα αγωνίσματα μεσαίων και μεγάλων αποστάσεων.
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ΤΗΛ: 2109225000

(iii) Ο αριθμός 13 δεν θα χρησιμοποιείται.

β) Κριτήρια αρίθμησης ειδικών διοργανώσεων:

(i) Σειρά Πρωταθλημάτων Διεθνούς Ένωσης Τριάθλου (WTCS) και Τελικοί Πρωταθλήματος Διεθνούς Ένωσης Τριάθλου:

- Πρώτο κριτήριο: Κατάταξη WTCS.
- Δεύτερο κριτήριο: Κατάταξη Διεθνούς Ένωσης Τριάθλου.
- Τρίτο κριτήριο: τυχαία.

(ii) Παγκόσμια Πρωταθλήματα Τριάθλου U23:

- Πρώτο κριτήριο: Κατάταξη WTCS.
- Δεύτερο κριτήριο: Κατάταξη Διεθνούς Ένωσης Τριάθλου.
- Τρίτο κριτήριο: τυχαία.

(iii) Junior - οποιαδήποτε διοργάνωση:

- Πρώτο κριτήριο: Κατάταξη Διεθνούς Ένωσης Τριάθλου.
- Δεύτερο κριτήριο: Ισχύουσα ηπειρωτική κατάταξη Junior (για παράδειγμα τρίαθλο Ευρώπης, τρίαθλο Αμερικής κ.λπ.).
- Τρίτο κριτήριο: τυχαία.

(iv) Διοργανώσεις Κυπέλλου της Διεθνούς Ένωσης Τριάθλου:

- Πρώτο κριτήριο: Κατάταξη Διεθνούς Ένωσης Τριάθλου.
- Δεύτερο κριτήριο: τυχαία.

(v) Διοργανώσεις Ηπειρωτικού Κυπέλλου Τριάθλου:

- Πρώτο κριτήριο: Κατάταξη Διεθνούς Ένωσης Τριάθλου.
- Δεύτερο κριτήριο: τυχαία.

(vi) Ηπειρωτικά Πρωταθλήματα Τριάθλου Elite:

- Πρώτο κριτήριο: Κατάταξη κορυφαίων 10 στα σχετικά ηπειρωτικά πρωταθλήματα του προηγούμενου έτους.

- Δεύτερο κριτήριο: Κατάταξη Διεθνούς Ένωσης Τριάθλου.
- Τρίτο κριτήριο: τυχαία.

(vii) Ηπειρωτικά Πρωταθλήματα Τριάθλου U23:

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- Πρώτο κριτήριο: Κατάταξη Διεθνούς Ένωσης Τριάθλου.
- Δεύτερο κριτήριο: τυχαία.

(viii) Πολλαπλά αθλήματα – οποιαδήποτε διοργάνωση Elite:

- Πρώτο κριτήριο: Σχετική κατάταξη Διεθνούς Ένωσης Τριάθλου.
- Δεύτερο κριτήριο: τυχαία.

(ix) Age-Group - οποιαδήποτε διοργάνωση (συμπεριλαμβανομένης της μεικτής σκυταλοδρομίας):

- Πρώτο κριτήριο: Age-Group βάσει Age-Group.
- Δεύτερο κριτήριο: Ομαδοποίηση ανά έθνος (σύμφωνα με τους κώδικες της ΔΟΕ της χώρας) σε αλφαβητική σειρά, ξεκινώντας από το έθνος υποδοχής.

(x) Παρατριάθλο - οποιαδήποτε διοργάνωση:

- Πρώτο κριτήριο: Διοργάνωση για τα μετάλλια αθλητών με την ακόλουθη σειρά: PTWC γυναίκες, PTWC άνδρες, PTS2 γυναίκες, PTS2 άνδρες, PTS3 γυναίκες, PTS3 άνδρες, PTS4 γυναίκες, PTS4 άνδρες, PTS5 γυναίκες, PTS5 άνδρες, PTVI γυναίκες, PTVI άνδρες.
- Δεύτερο κριτήριο: Κατάταξη παρατριάθλου.
- Τρίτο κριτήριο: τυχαία.

(xi) Ομαδική σκυταλοδρομία - οποιαδήποτε διοργάνωση:

- Πρώτο κριτήριο: Μία ομάδα ανά έθνος.
- Δεύτερο κριτήριο: Παγκόσμια κατάταξη μεικτής σκυταλοδρομίας της Διεθνούς Ένωσης Τριάθλου.
- Τρίτο κριτήριο: τυχαία.

γ) Η αρίθμηση του τελικού των αγωνισμάτων με μορφή προκριματικών γύρων ρυθμίζεται με βάση τα αναγραφόμενα στα τμήματα 20.5 και 21.4.

2.11 Χρονοδιάγραμμα και αποτελέσματα:

α) Νικητής ενός αγώνα είναι ο αθλητής που έχει τον μικρότερο χρόνο από το σήμα έναρξης μέχρι τη στιγμή που ο αθλητής θα τερματίσει τον αγώνα, όπως ορίζεται στα σημεία 6.2. α), 17.15. στ), 18.10 και 22.4., εκτός εάν ο αγώνας διεξάγεται βάσει του «συστήματος κυλιόμενης έναρξης», όπως ορίζεται στο σημείο 4.9.

β) Στα επίσημα αποτελέσματα αναγράφονται οι αθλητές σύμφωνα με τον χρόνο τερματισμού του αγώνα, με τη μορφή προτύπων της Υπηρεσίας Ολυμπιακών Αποτελεσμάτων και Πληροφοριών (ORIS) σύμφωνα με την οποία αναγράφονται οι αθλητές που περιλαμβάνεται στο Παράρτημα IB. Σε περίπτωση που δύο αθλητές ισοβαθμίσουν σε

μία θέση και οι επιδόσεις τους δεν μπορούν να διαχωριστούν, θα λάβουν την ίδια κατάταξη, ταξινομημένη με βάση τον αριθμό του αγώνα, και ο επόμενος αθλητής που θα τερματίσει μετά από αυτούς θα καταταγεί στην ίδια θέση συν δύο θέσεις, ενώ οι επόμενοι αθλητές θα κατατάσσονται κατά σειρά τερματισμού. Οι χρονικές διαιρέσεις που περιλαμβάνονται είναι οι εξής:

- (i) Κολύμβηση ή πρώτο τμήμα
 - (ii) Μετάβαση 1
 - (iii) Ποδηλασία ή δεύτερο τμήμα
 - (iv) Μετάβαση 2
 - (v) Τρέξιμο ή τρίτο τμήμα
- γ) Τα αποτελέσματα θα περιλαμβάνουν τους παρακάτω δείκτες μη έγκυρων αποτελεσμάτων (IRM) και θα απαριθμούνται με αυτήν τη σειρά:
- (i) Αθλητές που δεν τερματίζουν τον αγώνα (DNF).
 - (ii) Αθλητές που έχουν μείνει πίσω ή αθλητές που σταμάτησαν από τον τελευταίο ποδηλάτη – σενάριο πρώτου δρομέα (LAP).
 - (iii) Μη ταξινομημένοι συμμετέχοντες ή συμμετέχοντες που δεν έχουν επιτύχει την καταληκτική ώρα σε οποιοδήποτε τμήμα (NC).
 - (iv) Μη επιλέξιμοι παρατριαθλητές (NE).
 - (v) Όσοι αποκλείονται (DSQ).
 - (vi) Αθλητές ή ομάδες που δεν ξεκίνησαν (DNS).
 - (vii) Εάν περισσότεροι από έναν αθλητές έχουν χαρακτηριστεί ως DNF ή LAP, εκείνοι που ολοκλήρωσαν τους περισσότερους γύρους πρέπει να αναγράφονται πρώτοι. Εάν πολλοί αθλητές έχουν χαρακτηριστεί ως DNF ή LAP στον ίδιο γύρο, οι αθλητές πρέπει να αναγράφονται σύμφωνα με τους χρόνους τους στο προηγούμενο σημείο χρονόμετρησης με πρώτο τον πιο γρήγορο ή με αύξοντα αριθμό εκκίνησης εάν δεν καταγράφηκαν χρόνοι μέχρι το σημείο στο οποίο αποσύρθηκαν.
 - (viii) Εάν περισσότεροι από έναν συμμετέχοντες περιλαμβάνονται στην ίδια ομάδα IRM (διαφορετική από DNF ή LAP), πρέπει να αναγράφονται στην ίδια ομάδα σύμφωνα με τον αύξοντα αριθμό εκκίνησης.
 - (ix) Στην περίπτωση των αθλητών με χαρακτηρισμό DSQ, τα τελικά αποτελέσματα δεν πρέπει να εμφανίζονται.

- δ) Πρόσθετες πληροφορίες εμφανίζονται είτε στην κεφαλίδα είτε στο υποπαραπόδιον των αποτελεσμάτων
- (i) Απόσταση κολύμβησης και αριθμός γύρων

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- (ii) Απόσταση ποδηλασίας και αριθμός γύρων
 - (iii) Απόσταση τρεξίματος και αριθμός γύρων
 - (iv) Θερμοκρασία αέρα
 - (v) Θερμοκρασία νερού
 - (vi) Κολύμβηση με/χωρίς wetsuit
 - (vii) Όνομα και χώρα του τεχνικού αντιπροσώπου
 - (viii) Όνομα και χώρα του επικεφαλής διαιτητή
 - (ix) Όνομα και χώρα των μελών της Κριτικής Επιτροπής Αγωνισμάτων
- ε) Για τις διοργανώσεις σκυταλοδρομίας, ισχύουν οι παραπάνω κανόνες και θα εμφανίζεται ο συνολικός χρόνος ανά αθλητή.
- στ) Τα αποτελέσματα καθίστανται επίσημα μόλις υπογραφούν από τον επικεφαλής διαιτητή. Ελληνικά αποτελέσματα μπορούν να κηρυχθούν επίσημα ανά πάσα στιγμή.
- (i) Ο επικεφαλής διαιτητής θα χρησιμοποιήσει όλα τα διαθέσιμα μέσα για να αποφασίσει την τελική θέση κάθε αθλητή. Οι πληροφορίες από τα τεχνολογικά μέσα θα χρησιμοποιηθούν για να συνδράμουν στη διαδικασία λήψης αποφάσεων. Ο επικεφαλής διαιτητής μπορεί να αποφασίσει, με βάση τα διαθέσιμα στοιχεία, ότι ένας αγώνας είναι ισόπαλος εάν δεν υπάρχει τρόπος να καθοριστεί ποιος αθλητής πέρασε πρώτος τη γραμμή.
 - (ii) Οι αθλητές που τερματίζουν σε μια επίπλαστη κατάσταση ισοβαθμίας, όπου δεν έχει γίνει καμία προσπάθεια να διαχωριστούν οι χρόνοι τερματισμού τους, θα χαρακτηρίζονται ως DSQ.
- ζ) Οι παρατριαθλητές που αλλάζουν κατηγορία αθλήματος μετά την αξιολόγηση της κατάταξης πριν από τον αγώνα θα μεταφέρονται στη νέα κατηγορία αθλήματος. Οι μη επιλέξιμοι παρατριαθλητές θα διαγράφονται από τη λίστα εκκίνησης.
- η) Οι παρατριαθλητές που αλλάζουν κατηγορία αθλήματος μετά από παρατήρηση κατά τη διάρκεια του αγώνα θα μεταφέρονται σε νέα κατηγορία αθλήματος. Οι μη επιλέξιμοι παρατριαθλητές θα λαμβάνουν τον χαρακτηρισμό NE.
- θ) Τα επίσημα αποτελέσματα μπορεί να τροποποιηθούν από τους παρακάτω φορείς, χωρίς να προστεθεί ή να αφαιρεθεί ο χρόνος μιας ποινής (βλ. Σωστός χρόνος ποινών στο σημείο 3.3.στ):
- (i) Επικεφαλής διαιτητής έως και 48 ώρες μετά την ολοκλήρωση της διοργάνωσης.

(ii) Κριτική Επιτροπή Αγωνισμάτων.
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(iii) Τεχνικός αναπληρωτής της Διεθνούς Ένωσης Τριάθλου
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- (iv) Επιτροπή Εφέσεων της Διεθνούς Ένωσης Τριάθλου από τη στιγμή της τελετής απονομής των μεταλλίων έως και πέντε ημέρες μετά τη διοργάνωση.
 - (v) Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου ως αποτέλεσμα μιας διαδικασίας αναθεώρησης των αποτελεσμάτων.
 - (vi) Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου ως αποτέλεσμα μιας αλλαγής στη διαδικασία κατηγορίας αθλήματος παρατριάθλου.
 - (vii) Επιτροπή Ακρόασης Αντιντόπινγκ.
- i) Τα επίσημα αποτελέσματα μπορεί να τροποποιηθούν από τους παρακάτω φορείς, συμπεριλαμβανομένης της προσθήκης ή αφαίρεσης του σωστού χρόνου μιας ποινής:
- (i) Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου ως αποτέλεσμα μιας έφεσης επιπέδου 2.
 - (ii) CAS ως αποτέλεσμα μιας έφεσης επιπέδου 3.
- ια) Σε περίπτωση τροποποίησης του επίσημου αποτελέσματος, όλα τα ενδιαφερόμενα μέρη θα ενημερωθούν για το αποτέλεσμα.

2.12 Έκτακτες συνθήκες:

- α) Ο παρακάτω κατάλογος επισημαίνει ορισμένες από τις έκτακτες συνθήκες που μπορεί να εμφανιστούν. Ενδέχεται να προκύψουν διαφορετικές περιστάσεις από αυτές που αναφέρονται, οι οποίες πρέπει να επιλυθούν από τον τεχνικό αντιπρόσωπο ακολουθώντας τις ίδιες αρχές. Ο τεχνικός αντιπρόσωπος μπορεί να λάβει άλλες αποφάσεις εάν δεν είναι δυνατή η εφαρμογή των παρακάτω επιλογών. Τα χρηματικά έπαθλα και οι βαθμοί θα διανέμονται ανάλογα με το τελικό αποτέλεσμα του αγώνισματος:

- (i) Πριν από το αγώνισμα:

- Το τρίαθλο μπορεί να τροποποιηθεί σε δίαθλο, aquathlon, ή ακόμη και σε συναγωνισμό 2 τμημάτων: κολύμπι-τρέξιμο, ποδήλατο-τρέξιμο ή τρέξιμο-ποδήλατο, με την αντίστοιχη απόσταση. Επιτρέπεται η έναρξη με χρονομέτρηση (Time Trial - TT). Η προτιμώμενη επιλογή θα είναι το δίαθλο με λιγότερο τρέξιμο πρώτα.
- Το δίαθλο μπορεί να τροποποιηθεί σε δύο τμήματα: ποδήλατο-τρέξιμο ή τρέξιμο-ποδήλατο. Επιτρέπεται η έναρξη με χρονομέτρηση.
- Τα αγώνισματα που θα αναβληθούν να διεξαχθούν τουλάχιστον σε δύο τμήματα. Εάν αυτό δεν είναι εφικτό, το αγώνισμα θα ακυρωθεί, καθώς κανένα πολλαπλό άθλημα δεν μπορεί να διεξαχθεί ως αγώνισμα ενός τμήματος.

- Οι σκυτάλες μπορεί να τροποποιηθούν με βάση ό,τι αναφέρεται στα δύο

- (ii) Τροποποίηση του αγώνισματος μετά την έναρξή του:

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- Μπορεί να μειωθεί η διάρκεια οποιουδήποτε τμήματος, αλλά μόνο ενός, κατά τη διάρκεια του συναγωνισμού. Ο τεχνικός αντιπρόσωπος και οι υπεύθυνοι επί τεχνικών θεμάτων θα λάβουν όλα τα εύλογα μέτρα για να διασφαλίσουν τη δίκαιη διεξαγωγή του αγώνα και την ασφάλεια των αθλητών. Διαφορετικά, ο αγώνας θα διακοπεί.
 - Στις διοργανώσεις σκυταλοδρομίας, όταν τροποποιηθεί ένα τμήμα, οι τροποποιήσεις θα ισχύουν και για τα υπόλοιπα σκέλη.
- (iii) Μη προγραμματισμένη διακοπή ατομικού αγωνίσματος κανονικής απόστασης ή μικρότερης διάρκειας μετά την έναρξή του:
- Εάν ο επικεφαλής αθλητής έχει ολοκληρώσει περισσότερο από το 50% του τελευταίου τμήματος, όλοι οι αθλητές θα καταταγούν σύμφωνα με τη θέση τους στα τελευταία διαθέσιμα καταγεγραμμένα δεδομένα.
 - Σε περίπτωση που όλοι οι αθλητές σταματήσουν πριν ολοκληρωθεί το 50% του τελευταίου τμήματος, ο αγώνας θα ξαναρχίσει, αν είναι δυνατόν, διαφορετικά δεν θα προκύψουν αποτελέσματα.
- (iv) Μη προγραμματισμένη διακοπή ατομικού αγώνα μεσαίας ή μεγαλύτερης απόστασης μετά την έναρξή του:
- Οι αθλητές που θα ολοκληρώσουν τουλάχιστον δύο τμήματα θα καταταγούν σύμφωνα με τη θέση τους στα τελευταία διαθέσιμα καταγεγραμμένα δεδομένα.
 - Όποιος αθλητής δεν ολοκληρώσει τουλάχιστον δύο τμήματα θα συμπεριληφθεί στα αποτελέσματα με την ένδειξη «NC».
 - Σε περίπτωση που όλοι οι αθλητές σταματήσουν πριν το τέλος του δεύτερου τμήματος, ο αγώνας θα ξαναρχίσει, αν είναι δυνατόν, διαφορετικά δεν θα προκύψουν αποτελέσματα.
- (v) Τροποποίηση του αγωνίσματος σκυταλοδρομίας με συντόμευσή του:
- Ο αγώνας θα θεωρηθεί έγκυρος για τις ομάδες που θα ολοκληρώσουν τουλάχιστον δύο σκέλη.
 - Υπάρχουν δύο πιθανές συνθήκες:
 - a) Εάν όλες οι ομάδες μπορούν να φτάσουν στο σημείο ακύρωσης (π.χ. σπασμένος πλωτήρας, χωρίς δυνατότητα να μπουν στο νερό). Τα αποτελέσματα του αγώνα θα είναι σύμφωνα με τη θέση και τους χρόνους των ομάδων στο σημείο διακοπής του αγώνα.
 - b) Εάν ο αγώνας πρέπει να σταματήσει ανεξάρτητα από το πού βρίσκονται οι ομάδες (π.χ. μη αναμενόμενων καιρικών φαινομένων), τα αποτελέσματα του αγώνα θα είναι σύμφωνα με:
 - Την τελευταία διαθέσιμη διαίρεση ανά ομάδα.
 - Τη σειρά των ομάδων μέχρι εκείνο το σημείο.

(vi) Τροποποίηση διοργανώσεων μορφής προκριματικού γύρου:

- Σε περίπτωση που δεν μπορούν να διεξαχθούν όλοι οι γύροι του αγώνα (προκριματικός ή τελικός), τα αποτελέσματα του τελευταίου ολοκληρωμένου γύρου θα θεωρηθούν ως τελικά αποτελέσματα και για την κατάταξη των αθλητών θα ληφθούν υπόψη οι χρόνοι σε αυτόν τον γύρο.
- Εάν ο πρώτος γύρος του αγώνα δεν ολοκληρωθεί, ο αγώνας θα ξαναρχίσει για όλους τους αθλητές, εάν είναι δυνατόν, διαφορετικά δεν θα υπάρξουν αποτελέσματα.
- Το τρίαθλο μπορεί να τροποποιηθεί σε δίαθλο, aquathlon, ή ακόμη και σε συναγωνισμό δύο τμημάτων: κολύμπι-τρέξιμο, ποδήλατο-τρέξιμο ή τρέξιμο-ποδήλατο, με την αντίστοιχη απόσταση. Επιτρέπεται η έναρξη με χρονομέτρηση (Time Trial - TT). Η προτιμώμενη επιλογή θα είναι το δίαθλο με λιγότερο τρέξιμο πρώτα.
- Το δίαθλο μπορεί να τροποποιηθεί σε δύο τμήματα: ποδήλατο-τρέξιμο ή τρέξιμο-ποδήλατο. Επιτρέπεται η έναρξη με χρονομέτρηση (Time Trial - TT).

2.13 Συμβουλευτική Ομάδα Διοργανώσεων της Διεθνούς Ένωσης Τρίαθλου:

- α) Αυτός ο οργανισμός θα είναι διαθέσιμος για να παρέχει υποστήριξη και καθοδήγηση στους τεχνικούς αντιπροσώπους όλων των διοργανώσεων που συμπεριλαμβάνονται στο ημερολόγιο της Διεθνούς Ένωσης Τρίαθλου και των Ηπειρωτικών Συνομοσπονδιών.
- β) Η σύνθεση της ομάδας θα είναι η ακόλουθη:
- (i) Ένας εκπρόσωπος του Αθλητικού Τμήματος της Διεθνούς Ένωσης Τρίαθλου (πρόεδρος).
- (ii) Ένας εκπρόσωπος της Ιατρικής Επιτροπής της Διεθνούς Ένωσης Τρίαθλου.
- (iii) Ένας εκπρόσωπος της Τεχνικής Επιτροπής της Διεθνούς Ένωσης Τρίαθλου.
- γ) Ο πρόεδρος της ομάδας μπορεί να εμπλέξει οποιαδήποτε άλλα εκλεγμένα μέλη ή μέλη του προσωπικού της Διεθνούς Ένωσης Τρίαθλου ή των αντίστοιχων Ηπειρωτικών Συνομοσπονδιών.
- δ) Τα μέλη θα είναι διαθέσιμα από την Πέμπτη έως την Κυριακή, κάθε Σαββατοκύριακο που περιλαμβάνει διοργάνωση.
- ε) Οι τεχνικοί αντιπρόσωποι θα μπορούν να επικοινωνούν με τον πρόεδρο της συμβουλευτικής ομάδας και κατά τη διακριτική του ευχέρεια θα συγκαλείται συνεδρίαση της ομάδας.
- στ) Αυτή η ομάδα θα παρέχει υποστήριξη και καθοδήγηση, αλλά η τελική απόφαση επί οποιουδήποτε τεχνικού ζητήματος λαμβάνεται επί τόπου από τον τεχνικό αντιπρόσωπο της Διεθνούς Ένωσης Τρίαθλου (εκτός από τις περιπτώσεις που αφορούν την ποιότητα του νερού, όπως περιγράφεται στην ενότητα 10.3).

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3. ΠΟΙΝΕΣ

3.1 Γενικοί κανόνες:

- α) Η μη συμμόρφωση με τους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου μπορεί να έχει ως αποτέλεσμα την προφορική προειδοποίηση του αθλητή, την επιβολή χρονικής ποινής, τον αποκλεισμό, την αναστολή ή την αποβολή του.
- β) Η φύση της παραβίασης του κανόνα θα καθορίσει την επακόλουθη ποινή.
- γ) Αναστολή ή αποβολή θα υπάρξει στην περίπτωση πολύ σοβαρών παραβιάσεων είτε των Κανόνων Συναγωνισμού είτε των Κανόνων Αντιντόπινγκ της Διεθνούς Ένωσης Τριάθλου.
- δ) Λόγοι για την επιβολή ποινής: Ένας αθλητής μπορεί να λάβει προφορική προειδοποίηση, να τιμωρηθεί με χρονική ποινή ή να αποκλειστεί επειδή δεν έχει συμμορφωθεί με τους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου.
- ε) Οι παραβιάσεις και οι ποινές παρατίθενται στο Παράρτημα ΙΑ.
- στ) Οι υπεύθυνοι επί τεχνικών θεμάτων έχουν το δικαίωμα να καθορίσουν τις ποινές, ακόμη και αν η παραβίαση δεν αναφέρεται στον κατάλογο, εάν κρίνουν ότι ελήφθη αθέμιτο πλεονέκτημα ή εάν προκλήθηκε σκόπιμα μια επικίνδυνη κατάσταση.

3.2 Προειδοποίηση:

- α) Ο σκοπός της προειδοποίησης είναι να ενημερώσει έναν αθλητή για πιθανή παραβίαση ενός κανόνα και να προωθήσει μια «προληπτική» στάση εκ μέρους των υπευθύνων επί τεχνικών θεμάτων. Επίσης, ένας υπεύθυνος επί τεχνικών θεμάτων μπορεί να αποδώσει μια προειδοποίηση σε έναν αθλητή για να διορθώσει μια μικρή παραβίαση.
- β) Προειδοποίηση δίδεται όταν:
 - (i) Ένας αθλητής παραβιάζει έναν κανόνα ακούσια.
 - (ii) Ένας υπεύθυνος επί τεχνικών θεμάτων πιστεύει ότι πρόκειται να συμβεί μια παραβίαση.
 - (iii) Δεν έχει αποκτηθεί κανένα πλεονέκτημα.
- γ) Απόδοση προειδοποίησης: Ο υπεύθυνος επί τεχνικών θεμάτων θα σφυρίζει, ο αθλητής θα σταματήσει αν είναι απαραίτητο, θα του ζητηθεί να αλλάξει τη συμπεριφορά του και θα του επιτραπεί να συνεχίσει τον αγώνα αμέσως μετά.

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3.3 Χρονική ποινή:

- α) Δεν είναι απαραίτητο ο υπεύθυνος επί τεχνικών θεμάτων να παράσχει προειδοποίηση πριν από την επιβολή μιας πιο σοβαρής ποινής.
- β) Η χρονική ποινή είναι η κατάλληλη ποινή για παραβιάσεις που δεν δικαιολογούν τον αποκλεισμό.
- γ) Οι χρονικές ποινές θα εκτελούνται σε συγκεκριμένη τοποθεσία, όπως αναφέρεται στον παρακάτω πίνακα. Η στάση σε διαφορετικό σημείο θα εκληφθεί ως ποινή που δεν εκτελέστηκε.

	Elite draft-legal	Elite draft-illegal Παρατρίαθλο	Age-Group
Έναρξη	T1	T1	T1
Κολύμβηση	Πεδίο ποινής τρεξίματος	Πεδίο ποινής τρεξίματος	T1
Μετάβαση 1	Πεδίο ποινής τρεξίματος	Πεδίο ποινής τρεξίματος	Προειδοποίηση στο T1
Ποδηλασία	Πεδίο ποινής τρεξίματος	Πεδίο ποινής ποδηλασίας	Πεδίο ποινής ποδηλασίας
Μετάβαση 2	Πεδίο ποινής τρεξίματος	Πεδίο ποινής τρεξίματος	Προειδοποίηση στο T2
Τρέξιμο	Πεδίο ποινής τρεξίματος / Επί τόπου*	Πεδίο ποινής τρεξίματος / Επί τόπου*	Προειδοποίηση/Χ ρονική ποινή επί τόπου

Σημειώσεις: Όλες οι αναφορές σε Elite αθλητές, περιλαμβάνουν τους αθλητές Elite, U23, Junior και Youth. Στο χειμερινό τρίαθλο, το πεδίο ποινής τρεξίματος αντικαθίσταται με το πεδίο ποινής σκι. Στις διοργανώσεις διάθλου και aquathlon, το πεδίο ποινής τρεξίματος σημαίνει 2ο πεδίο ποινής τρεξίματος.

* Κατά τη διάρκεια του δεύτερου μισού του τμήματος που αφορά το τρέξιμο.

- δ) Οι υπεύθυνοι επί τεχνικών θεμάτων θα αποφασίζουν πότε ένας αθλητής πρέπει να τιμωρηθεί με χρονική ποινή.
- ε) Υπάρχουν δύο είδη παραβιάσεων που τιμωρούνται με χρονικές ποινές:
- (i) Παραβιάσεις ορίζονται στο σημείο 5.5.
- (ii) Άλλες παραβιάσεις ορίζονται στη λίστα που περιλαμβάνεται στο Παράρτημα 1.
- στ) Οι χρονικές ποινές ποικίλουν ανάλογα με το είδος της παραβίασης.

- (i) Παραβιάσεις drafting:
- 5 λεπτά σε αγώνες μεγάλης απόστασης.
 - 5 λεπτά σε αγώνες μεσαίας απόστασης.
 - 2 λεπτά σε αγώνες κανονικής απόστασης.
 - 1 λεπτό σε αγώνες σπριντ ή μικρότερης διάρκειας.
- (ii) Άλλες παραβιάσεις:
- 1 λεπτό σε αγώνες μεγάλης απόστασης.
 - 30 δευτερόλεπτα σε αγώνες μεσαίας απόστασης.
 - 15 δευτερόλεπτα σε αγώνες κανονικής απόστασης.
 - 10 δευτερόλεπτα σε αγώνες σπριντ ή μικρότερης διάρκειας.

3.4 Γνωστοποίηση ποινή:

α) Ο υπεύθυνος επί τεχνικών θεμάτων θα καθορίσει τη χρονική ποινή και θα ειδοποιήσει τον αθλητή μόλις είναι ασφαλές να το πράξει:

(i) Παραβιάσεις drafting:

- Θα εκτελεστεί στο πεδίο ποινής ποδηλασίας.
- Σφύριγμα, επίδειξη μπλε κάρτας, εκφώνηση στα αγγλικά του αριθμού του αθλητή και της φράσης «Ποινή drafting, πρέπει να σταματήσετε στο επόμενο πεδίο ποινής». Ο υπεύθυνος επί τεχνικών θεμάτων πρέπει να διασφαλίσει ότι ο αθλητής έλαβε την ειδοποίηση για την ποινή.

(ii) Χρονική ποινή στο πεδίο χρονικής ποινής:

- Οι ποινές πρέπει να αναγράφονται στον πίνακα πριν ο αθλητής προσεγγίσει το πεδίο ποινών, ως εξής:
 - Στο τρέξιμο 1 γύρου, μέχρι ο αθλητής να φτάσει στο πεδίο ποινής στον 1ο γύρο.
 - Στο τρέξιμο 2 γύρων, μέχρι ο αθλητής να φτάσει στο πεδίο ποινής στον 1ο γύρο.
 - Στο τρέξιμο 3 γύρων, μέχρι ο αθλητής να φτάσει στο πεδίο ποινής στον 2ο γύρο.
 - Στο τρέξιμο 4 γύρων, μέχρι ο αθλητής να φτάσει στο πεδίο ποινής στον 2ο γύρο.
 - Στην περίπτωση που ο αθλητής φτάσει στο πεδίο ποινής στον 3ο γύρο, μέχρι ο αθλητής να φτάσει στο πεδίο ποινής στον 2ο γύρο.

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β) Άλλες παραβιάσεις:

- Ποινές για παραβιάσεις που εκτελούνται στη Μετάβαση 1: Οι αθλητές εκτελούν αυτήν την ποινή στη μετάβαση 1 πριν αγγίξουν οποιονδήποτε εξοπλισμό. Ένας υπεύθυνος επί τεχνικών θεμάτων θα τοποθετηθεί στο σημείο μετάβασης των αθλητών, ο οποίος θα σφυριξεί, θα δείξει την κίτρινη κάρτα και θα χρονομετρήσει την ποινή.
- Ποινές για παραβιάσεις που εκτελούνται στο πεδίο ποινής ποδηλασίας. Σφύριγμα, επίδειξη μπλε κάρτας, εκφώνηση στα αγγλικά του αριθμού του αθλητή και της φράσης «Ποινή drafting, πρέπει να σταματήσετε στο επόμενο πεδίο ποινής». Ο υπεύθυνος επί τεχνικών θεμάτων πρέπει να διασφαλίσει ότι ο αθλητής έλαβε την ειδοποίηση για την ποινή.
- Ποινές για παραβιάσεις που εκτελούνται στο πεδίο ποινής τρεξίματος. Οι αθλητές θα ειδοποιούνται για τις ποινές με την αναγραφή του αριθμού του αθλητή, ακολουθούμενου από ένα «x» + έναν αριθμό σε περίπτωση που πρόκειται για περισσότερες από μία παραβιάσεις, και ενός κωδικού γράμματος που υποδεικνύει το είδος της παραβίασης σε έναν πίνακα που είναι αναρτημένος στο πεδίο ποινών τρεξίματος. Είναι ευθύνη του αθλητή να ελέγξει αυτόν τον πίνακα (βλ. τους κωδικούς γράμματος παρακάτω):

D	Παραβίαση γραμμής αποβίβασης	E	Εξοπλισμός εκτός πεδίου
S	Συμπεριφορά κατά την κολύμβηση	L	Απόρριψη σκουπιδιών
M	Παραβίαση γραμμής ανάβασης	V	Άλλες παραβιάσεις

3.5 Διαδικασία κατά την εκτέλεση μιας χρονικής στιγμής:

- α) Ο υπεύθυνος επί τεχνικών θεμάτων που επιβάλλει τη χρονική ποινή δεν υποχρεούται να αιτιολογήσει την επιβολή της ποινής.
- β) Όταν λάβει μπλε ή κίτρινη κάρτα, ο αθλητής θα ακολουθήσει τις οδηγίες του υπεύθυνου επί τεχνικών θεμάτων.
- γ) Χρονική ποινή στη μετάβαση 1 (για οποιαδήποτε παραβίαση μέχρι αυτό το σημείο):
 - (i) Ο υπεύθυνος επί τεχνικών θεμάτων θα κρατάει μια κίτρινη κάρτα καθώς ο αθλητής στον οποίο επιβλήθηκε η ποινή θα φτάνει στη θέση του. Θα ζητηθεί από τον αθλητή να σταματήσει στον χώρο μετάβασης χωρίς να αγγίξει τον εξοπλισμό του, ο υπεύθυνος επί τεχνικών θεμάτων θα ξεκινήσει τη χρονομέτρηση. Εάν ο αθλητής αγγίξει ή αφαιρέσει οποιοδήποτε μέρος του εξοπλισμού του, ο υπεύθυνος επί τεχνικών θεμάτων θα ζητήσει από τον αθλητή να σταματήσει να αγγίξει τον εξοπλισμό και ο χρόνος θα τεθεί σε παύση. Μόλις ο αθλητής συμμορφωθεί, η χρονομέτρηση θα συνεχιστεί.
 - (ii) Όταν ολοκληρωθεί ο χρόνος της ποινής, ο υπεύθυνος επί τεχνικών θεμάτων θα πει «Go» και ο αθλητής πρέπει να συνεχίσει τον αγώνα.
- δ) Χρονική ποινή στο πεδίο ποινής ποδηλασίας:

- (i) Οι αριθμοί αγώνα του αθλητή στον οποίο επιβλήθηκε η ποινή δεν εμφανίζονται στο πεδίο ποινής ποδηλασίας. Είναι ευθύνη του αθλητή να παρουσιαστεί στο επόμενο πλαίσιο ποινής στον αγωνιστικό χώρο αφού λάβει την ειδοποίηση.
- (ii) Ο αθλητής στον οποίο επιβλήθηκε η ποινή θα εισέλθει στο πεδίο ποινών, θα κατέβει από το ποδήλατο και θα ενημερώσει τον υπεύθυνο επί τεχνικών θεμάτων για τον αριθμό αγώνα του, τον αριθμό των ποινών που πρέπει να εκτελέσει και το χρώμα της κάρτας ή των καρτών που έλαβε. Η χρονική ποινή αρχίζει όταν ο αθλητής συμμορφωθεί με όλα τα παραπάνω και λήγει όταν ο υπεύθυνος επί τεχνικών θεμάτων πει «Go», οπότε ο αθλητής μπορεί να συνεχίσει τον αγώνα. Εάν ο αθλητής εγκαταλείψει την περιοχή, ο υπεύθυνος επί τεχνικών θεμάτων θα ζητήσει από τον αθλητή να επιστρέψει και ο χρόνος θα τεθεί σε παύση. Μόλις ο αθλητής συμμορφωθεί, η χρονομέτρηση θα συνεχιστεί.
- (iii) Ενώ βρίσκονται στο πεδίο ποινής ποδηλασίας, οι αθλητές μπορούν να καταναλώνουν μόνο τα τρόφιμα ή/και το νερό που υπάρχουν στο ποδήλατο ή που φέρουν οι ίδιοι.
- (iv) Απαγορεύεται στους αθλητές να χρησιμοποιήσουν την τουαλέτα ενώ εκτελούν ποινή στο πεδίο ποινής ποδηλασίας. Ο χρόνος της ποινής θα τίθεται σε παύση κατά τη χρήση της τουαλέτας.
- (v) Απαγορεύεται η προσαρμογή του εξοπλισμού ή οποιουδήποτε είδους συντήρηση του ποδηλάτου κατά τη διάρκεια εκτέλεσης μιας ποινής στο πεδίο ποινής ποδηλασίας.
- ε) Χρονική ποινή στο πεδίο ποινής τρεξίματος:
- (i) Οι αθλητές στους οποίους επιβλήθηκε χρονική ποινή έχουν τη δυνατότητα να αποφασίσουν αν θα σταματήσουν στο πεδίο της ποινής και θα εκτελέσουν την ποινή ή αν θα συνεχίσουν μέχρι τον τερματισμό. Το να μην σταματήσουν θα έχει ως αποτέλεσμα τον αποκλεισμό τους κατά τη διέλευση της γραμμής τερματισμού. Ο αθλητής μπορεί έπειτα να ασκήσει έφεση κατά της ποινής. Οι αποδείξεις θα καταστούν διαθέσιμες μόνο εάν ασκηθεί έφεση.
- (ii) Οι αριθμοί αγώνα των αθλητών στους οποίους έχει επιβληθεί ποινή αναγράφονται ευκρινώς σε έναν πίνακα στο πεδίο της ποινής.
- (iii) Ο αθλητής στον οποίο επιβλήθηκε ποινή θα προχωρήσει στο πεδίο ποινών και θα ενημερώσει τον υπεύθυνο επί τεχνικών θεμάτων για τον αριθμό του αγώνα του και τον αριθμό των ποινών που πρέπει να εκτελέσει. Η χρονική ποινή αρχίζει όταν ο αθλητής συμμορφωθεί με όλα τα παραπάνω και λήγει όταν ο υπεύθυνος επί τεχνικών θεμάτων πει «Go», οπότε ο αθλητής μπορεί να συνεχίσει τον αγώνα. Εάν ο αθλητής εγκαταλείψει την περιοχή, ο υπεύθυνος επί τεχνικών θεμάτων θα ζητήσει από τον αθλητή να επιστρέψει και ο χρόνος θα τεθεί σε παύση. Μόλις ο αθλητής συμμορφωθεί, η χρονομέτρηση θα συνεχιστεί.
- (iv) Ο αριθμός του αθλητή στον οποίο επιβλήθηκε ποινή θα αναρτηθεί από τον πίνακα μόλις ολοκληρωθεί η ποινή. **ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ**
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- (v) Ένας αθλητής στον οποίο έχει επιβληθεί ποινή μπορεί να εκτελέσει την ποινή σε οποιονδήποτε γύρο της διαδρομής.

- (vi) Για παραβιάσεις που σημειώνονται στο δεύτερο μισό της διαδρομής κατά το τρέξιμο, η χρονική ποινή θα εκτελείται επί τόπου.

3.6 Αποκλεισμός:

α) Γενικά:

- (i) Ο αποκλεισμός είναι μια ποινή που επιβάλλεται σε σοβαρές παραβιάσεις των κανόνων, όπως ενδεικτικά, επανειλημμένες παραβιάσεις draft κατά την ποδηλασία ή/και επικίνδυνη ή αντιαθλητική συμπεριφορά.

β) Αξιολόγηση:

- (i) Αν ο χρόνος και οι συνθήκες το επιτρέπουν, ένας υπεύθυνος επί τεχνικών θεμάτων θα αξιολογήσει τον αποκλεισμό με τα εξής μέσα:

- Σφύριγμα
- Επίδειξη κόκκινης κάρτας
- Αναφωνώντας (στα αγγλικά) τον αριθμό του αθλητή και λέγοντας «Disqualified»
- Για λόγους ασφαλείας, ο υπεύθυνος επί τεχνικών θεμάτων μπορεί να χρειαστεί να καθυστερήσει την επιβολή αποκλεισμού.

- (ii) Οι αθλητές θα ενημερώνονται για τις ποινές με την αναγραφή του αριθμού του αθλητή στον λευκό πίνακα που υπάρχει στην περιοχή μετά τον τερματισμό.

- (iii) Ο αθλητής ή/και η Εθνική Ομοσπονδία πρέπει να επικοινωνήσουν και να ενημερωθούν για τον αποκλεισμό, εάν αυτό γίνει μετά τον τερματισμό του αθλητή και η ποινή δεν έχει αναρτηθεί στον πίνακα. Ο αθλητής ή η Εθνική Ομοσπονδία πρέπει να απαντήσει εντός 5 ημερών στον τεχνικό αντιπρόσωπο εάν επιθυμεί να ασκήσει έφεση.

γ) Διαδικασία μετά τον αποκλεισμό:

- (i) Ένας αθλητής μπορεί να τελειώσει τον αγώνα αν ένας υπεύθυνος επί τεχνικών θεμάτων του επιβάλει ποινή αποκλεισμού.

3.7 Αναστολή:

α) Γενικά:

- (i) Η αναστολή είναι μια ποινή που επιβάλλεται λόγω ανέντιμης ή πολύ σοβαρής παραβίασης κανόνα, όπως ενδεικτικά, η επανειλημμένη επικίνδυνη ή αντιαθλητική συμπεριφορά.

- (ii) Ένας αθλητής σε αναστολή δεν θα συμμετέχει σε αγώνες Διεθνούς Ένωσης Τριάθλου ή Εθνικής Ομοσπονδίας που έχουν εγκριθεί από τις Εθνικές Ομοσπονδίες που συνδέονται με την Ένωση Τριάθλου κατά τη διάρκεια της περιόδου αναστολής.

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β) Αξιολόγηση:

(i) Ο επικεφαλής διαιτητής θα υποβάλει μια αναφορά στο Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου, η οποία θα περιλαμβάνει όλες τις λεπτομέρειες της ενέργειας και τους λόγους για τους οποίους προτείνεται η αναστολή του αθλητή. Αυτή η αναφορά θα υποβληθεί στον Γενικό Γραμματέα της Διεθνούς Ένωσης Τριάθλου εντός μίας εβδομάδας από τον αγώνα. Ο Γενικός Γραμματέας της Διεθνούς Ένωσης Τριάθλου θα ενημερώσει τις ενδιαφερόμενες Εθνικές Ομοσπονδίες.

γ) Οι αναστολές θα αξιολογούνται από το Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου για περιόδους τριών (3) μηνών έως τεσσάρων (4) ετών, ανάλογα με την παραβίαση.

δ) Αναστολές βάσει των Κανόνων Αντιντόπινγκ της Διεθνούς Ένωσης Τριάθλου: Εάν η αναστολή αφορά παραβίαση ενός κανόνα αντιντόπινγκ, ο αθλητής δεν θα μπορεί να αγωνιστεί σε οποιοδήποτε άλλο άθλημα του οποίου η ομοσπονδία αναγνωρίζεται από τη Διεθνή Ένωση Τριάθλου, τη ΔΟΕ ή την Παγκόσμια Ένωση Διεθνών Αθλητικών Ομοσπονδιών (GAISF) και αντίστροφα.

ε) Λόγοι αναστολής:

(i) Μια λίστα παραβιάσεων που μπορεί να οδηγήσουν σε αναστολή περιγράφεται στο Παράρτημα ΙΑ.

στ) Πειθαρχική ειδοποίηση:

(i) Όταν ένας αθλητής τίθεται σε αναστολή, η Διεθνής Ένωση Τριάθλου ενημερώνει γραπτώς την ενδιαφερόμενη Εθνική Ομοσπονδία εντός 30 ημερών.

(ii) Όλες οι αναστολές θα ανακοινώνονται στο ενημερωτικό δελτίο της Διεθνούς Ένωσης Τριάθλου και θα κοινοποιούνται στη ΔΟΕ και στα αντίστοιχα μέρη.

3.8 Αποβολή:

α) Γενικά:

(i) Οι αθλητές που έχουν αποβληθεί δεν θα συμμετέχουν σε αγώνες της Διεθνούς Ένωσης Τριάθλου ή σε αγώνες που εγκρίνονται από Εθνικές Ομοσπονδίες που συνδέονται με τη Διεθνή Ένωση Τριάθλου εφ' όρου ζωής.

β) Λόγοι αποβολής:

(i) Ένας αθλητής θα αποβάλλεται εφ' όρου ζωής λόγω επαναλαμβανόμενων παραβιάσεων των κανόνων που επισύρουν ποινή αναστολής.

(ii) Αποβολή λόγω παραβίασης κανόνα αντιντόπινγκ: Εάν η αποβολή αφορά παραβίαση ενός κανόνα αντιντόπινγκ, ο αθλητής δεν θα μπορεί να αγωνιστεί σε οποιοδήποτε άλλο άθλημα του οποίου η ομοσπονδία αναγνωρίζεται από τη Διεθνή Ένωση Τριάθλου, τη ΔΟΕ ή την Παγκόσμια Ένωση Διεθνών Αθλητικών Ομοσπονδιών (GAISF) και αντίστροφα.

γ) Πειθαρχική ειδοποίηση www.intertranslations.com

- (i) Όταν ένας αθλητής αποβάλλεται, η Διεθνής Ένωση Τριάθλου ενημερώνει γραπτώς την ενδιαφερόμενη Εθνική Ομοσπονδία εντός 30 ημερών.
- (ii) Οι αποβολές θα ανακοινώνονται στο ενημερωτικό δελτίο της Διεθνούς Ένωσης Τριάθλου και θα κοινοποιούνται στη ΔΟΕ και στα αντίστοιχα μέρη.

3.9 Δικαίωμα έφεσης:

- α) Οι αθλητές που τιμωρούνται με ποινή έχουν το δικαίωμα να ασκήσουν έφεση, εξαιρουμένης της παραβίασης drafting.

3.10 Επανάταξη:

- α.) Μετά την αναστολή, ο αθλητής πρέπει να υποβάλει αίτηση στο Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου για επαναφορά.

4. ΚΟΛΥΜΒΗΣΗ

4.1 Γενικοί κανόνες:

- α) Οι αθλητές μπορούν να χρησιμοποιήσουν οποιαδήποτε κίνηση για να προωθηθούν μέσα στο νερό. Μπορούν επίσης να βαδίζουν στο νερό ή να επιπλέουν. Οι αθλητές επιτρέπεται να σηκώνονται από το έδαφος στην αρχή και στο τέλος κάθε γύρου κολύμβησης.
- β) Οι αθλητές πρέπει να ακολουθούν την καθορισμένη πορεία κολύμβησης.
- γ) Οι αθλητές μπορούν να πατούν στον πυθμένα ή να ξεκουράζονται κρατώντας ένα άψυχο αντικείμενο, όπως μια σημαδούρα ή μια σταματημένη βάρκα.
- δ) Σε περίπτωση έκτακτης ανάγκης, ο αθλητής πρέπει να σηκώσει το ένα χέρι πάνω από το κεφάλι του και να καλέσει βοήθεια. Μόλις παρασχεθεί επίσημη βοήθεια, ο αθλητής πρέπει να αποσυρθεί από τον αγώνα.
- ε) Οι αθλητές μπορούν να διατηρούν με φίλαθλο πνεύμα τον δικό τους χώρο στο νερό:
 - (i) Σε περίπτωση που αθλητές έρθουν κατά λάθος σε επαφή κατά την κολύμβηση και αμέσως μετά απομακρυνθούν, δεν θα επιβληθεί ποινή.
 - (ii) Σε περίπτωση που αθλητές έρθουν σε επαφή κατά την κολύμβηση και ένας αθλητής εξακολουθήσει να εμποδίζει την πρόοδο του άλλου αθλητή χωρίς να απομακρυνθεί, θα του επιβληθεί χρονική ποινή.
 - (iii) Σε περίπτωση που αθλητές στοχεύσουν εσκεμμένα έναν άλλο αθλητή για να παρεμποδίσουν τον αγώνα, να αποκτήσουν αθέμιτο πλεονέκτημα και ενδεχομένως να προκαλέσουν ζημιά, θα αποκλειστούν και η ενέγκριση τους θα αναφύγει από τη Διοργανωτική Επιτροπή της Διεθνούς Ένωσης Τριάθλου. Θα αποφασιστεί για την πιθανή αναστολή ή αποβολή τους.

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- (iv) Επιπλέον, στην περίπτωση των World Triathlon Championship Series, Triathlon Cups, World Triathlon Para Series ή World Triathlon Para Cups, εάν ένας αθλητής τιμωρηθεί για παραβίαση αυτού του κανόνα δύο φορές μέσα σε ένα ημερολογιακό έτος, δεν θα γίνει δεκτός στα επόμενα αγωνίσματα των διοργανώσεων που αναφέρονται παραπάνω. Αυτή η κύρωση ισχύει επίσης για την τρίτη, τέταρτη ή επόμενη παραβίαση.

στ) Οι κανόνες σχετικά με την ποιότητα του νερού περιγράφονται στην ενότητα 10.

4.2 Χρήση wetsuit:

α) Η χρήση του wetsuit διέπεται από τους ακόλουθους πίνακες:

Αθλητές Elite, U23, Junior και Youth:

Μήκος κολύμβησης	Απαγορεύεται	Υποχρεωτική*
Έως 1.500 m	Από 20°C	Έως και 15,9°C
Από 1.501 m	Από 22°C	Έως και 15,9°C

Age-Group από τη νεότερη κατηγορία έως την κατηγορία 55-59:

Μήκος κολύμβησης	Απαγορεύεται	Υποχρεωτική*
Έως 1.500 m	Από 22°C	Έως και 15,9°C
Από 1.501 m	Από 24,6°C	Έως και 15,9°C

Age-Group από την κατηγορία 60-64 έως γηραιότερους:

Μήκος κολύμβησης	Απαγορεύεται	Υποχρεωτική*
Όλες οι αποστάσεις	Από 24,6°C	Έως και 15,9°C

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4.3 Μέγιστη παραμονή στο νερό

Μήκος κολύμβησης	Elite, U23, Junior και Youth	Age-Group
Έως και 300 m	10 λεπτά	20 λεπτά
301 m έως 750 m - κάτω από 31°C	20 λεπτά	30 λεπτά
301 m έως 750 m - από 31°C	20 λεπτά	20 λεπτά
751 m έως 1.500 m	30 λεπτά	1 ώρα και 10 λεπτά
1.501 m έως 3.000 m	1 ώρα και 15 λεπτά	1 ώρα και 40 λεπτά
3.001 m έως 4.000 m	1 ώρα και 45 λεπτά	2 ώρες και 15 λεπτά

4.4 Τροποποιήσεις:

- α) Σε περίπτωση υψηλής ή χαμηλής θερμοκρασίας, η απόσταση κολύμβησης μπορεί να μειωθεί ή ακόμη και να ακυρωθεί σύμφωνα με αυτόν τον πίνακα:

Αρχική απόσταση κολύμβησης	Θερμοκρασία νερού								
	Άνω των 33 °C	32,9 - 32 °C	31,9 - 31 °C	30,9 - 15,0 °C	14,9 - 14,0 °C	13,9 - 13,0 °C	12,9 - 12,0 °C	11,9 - 11,0 °C	Υπό τους 11 °C
Έως και 300 m	Ακύρωση	Αρχική απόσταση							Ακύρωση
750 m	Ακύρωση	Ακύρωση	750 m	750 m	750 m	750 m	750 m	Ακύρωση	Ακύρωση
1.000 m	Ακύρωση	Ακύρωση	750 m	1.000 m	1.000 m	1.000 m	750 m	Ακύρωση	Ακύρωση
1.500 m	Ακύρωση	Ακύρωση	750 m	1.500 m	1.500 m	1.500 m	750 m	Ακύρωση	Ακύρωση
1.900 m	Ακύρωση	Ακύρωση	750 m	1.900 m	1.900 m	1.500 m	750 m	Ακύρωση	Ακύρωση
2.000 m	Ακύρωση	Ακύρωση	750 m	2.000 m	2.000 m	1.500 m	750 m	Ακύρωση	Ακύρωση
2.500 m	Ακύρωση	Ακύρωση	750 m	2.500 m	2.500 m	1.500 m	750 m	Ακύρωση	Ακύρωση
3.000 m	Ακύρωση	Ακύρωση	750 m	3.000 m	3.000 m	1.500 m	750 m	Ακύρωση	Ακύρωση
3.800 m	Ακύρωση	Ακύρωση	750 m	3.800 m	3.000 m	1.500 m	750 m	Ακύρωση	Ακύρωση
4.000 m	Ακύρωση	Ακύρωση	750 m	4.000 m	3.000 m	1.500 m	750 m	Ακύρωση	Ακύρωση

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- β) Όταν η θερμοκρασία του νερού είναι πάνω από 22°C, οι θερμοκρασίες του πίνακα πρέπει να εφαρμόζονται ως έχουν. Όταν η θερμοκρασία του νερού είναι έως και 22°C και η θερμοκρασία του αέρα είναι κάτω από 15°C, η τιμή της θερμοκρασίας του νερού θα προσαρμοστεί σύμφωνα με τον παρακάτω πίνακα:

(*)		Θερμοκρασία αέρα (Όλες οι τιμές σε °C)										
		15	14	13	12	11	10	9	8	7	6	5
Θερμοκρασία νερού (Όλες οι τιμές σε °C)	22	18,5	18,0	17,5	17,0	16,5	16,0	15,5	15,0	14,5	14,0	Ακύρωση
	21	18,0	17,5	17,0	16,5	16,0	15,5	15,0	14,5	14,0	13,5	Ακύρωση
	20	17,5	17,0	16,5	16,0	15,5	15,0	14,5	14,0	13,5	13,0	Ακύρωση
	19	17,0	16,5	16,0	15,5	15,0	14,5	14,0	13,5	13,0	12,5	Ακύρωση
	18	16,5	16,0	15,5	15,0	14,5	14,0	13,5	13,0	12,5	12,0	Ακύρωση
	17	16,0	15,5	15,0	14,5	14,0	13,5	13,0	12,5	12,0	Ακύρωση	Ακύρωση
	16	15,5	15,0	14,5	14,0	13,5	13,0	12,5	12,0	Ακύρωση	Ακύρωση	Ακύρωση
	15	15,0	14,5	14,0	13,5	13,0	12,5	12,0	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση
	14	14,0	14,0	13,5	13,0	12,5	12,0	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση
	13	13,0	13,0	13,0	12,5	12,0	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση

- γ) Εάν άλλες καιρικές συνθήκες το επιβάλλουν, π.χ. ισχυροί άνεμοι, δυνατή βροχή, αλλαγή θερμοκρασίας, ρεύματα κ.λπ., ο τεχνικός αντιπρόσωπος σε συνεννόηση με τον ιατρικό αντιπρόσωπο (εάν υπάρχει) μπορεί να προσαρμόσει τα όρια του μήκους κολύμβησης ή να προβλέψει τη χρήση wetsuit. Η τελική απόφαση θα ληφθεί μία ώρα πριν από την έναρξη και θα ανακοινωθεί με σαφήνεια στους αθλητές από τον τεχνικό αντιπρόσωπο.
- δ) Στις διοργανώσεις aquathlon (συνήθως τρέξιμο-κολύμβηση-τρέξιμο), η Τοπική Οργανωτική Επιτροπή πρέπει να προγραμματίσει κολύμβηση-τρέξιμο όταν η θερμοκρασία του νερού αναμένεται να είναι κάτω από 22 °C. Εάν έχει προγραμματιστεί aquathlon με τρέξιμο-κολύμβηση-τρέξιμο, αλλά την ημέρα του αγώνα η θερμοκρασία του νερού είναι κάτω από 22 °C, η μορφή θα αλλάξει σε κολύμβηση-τρέξιμο.
- ε) Η θερμοκρασία του νερού πρέπει να ληφθεί μία ώρα πριν από την έναρξη του αγώνα την ημέρα της αναμέτρησης. Πρέπει να ληφθεί στο μέσο της διαδρομής και σε δύο άλλα σημεία της διαδρομής κολύμβησης, σε βάθος 60 cm. Όταν η μέση μετρούμενη τιμή είναι 27 °C ή χαμηλότερη, η χαμηλότερη μετρούμενη θερμοκρασία θα θεωρείται ως η επίσημη θερμοκρασία του νερού. Όταν η μέση μετρούμενη τιμή είναι πάνω από 27 °C, η υψηλότερη μετρούμενη θερμοκρασία θα θεωρείται ως η επίσημη θερμοκρασία του νερού.

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4.5 Επιλογή θέσης εκκίνησης: (Αθλητές Elite/U23/Junior/Youth):

- α) Πριν από την έναρξη του αγώνα, οι αθλητές παρατάσσονται σε σειρά με βάση τους αριθμούς εκκίνησης. Ένας υπεύθυνος επί τεχνικών θεμάτων θα δώσει εντολή στους αθλητές να μετακινηθούν στην εκκίνηση ένας προς έναν.
- β) Οι αθλητές μεταβαίνουν κατευθείαν στην επιλεγμένη αριθμημένη θέση τους κατά την είσοδό τους στον πλωτήρα και παραμένουν σε αυτήν τη θέση πίσω από τη γραμμή προ-εκκίνησης μέχρι τη διαδικασία της εκκίνησης. Μια επιλεγμένη θέση δεν μπορεί να αλλάξει από κανέναν αθλητή κατά τη διάρκεια της διαδικασίας επιλογής θέσης εκκίνησης. Ένας αθλητής δεν μπορεί να καταλάβει περισσότερες από μία θέσεις εκκίνησης. Ο τεχνικός αντιπρόσωπος μπορεί να αποφασίσει να ακυρώσει αυτήν την διαδικασία και να αναθέσει τις θέσεις εκκίνησης σύμφωνα με τους αριθμούς αγώνα, σε περιπτώσεις στις οποίες δεν υπάρχει κατάταξη ή λόγω άλλων έκτακτων περιστάσεων.
- γ) Οι υπεύθυνοι επί τεχνικών θεμάτων της γραμμής εκκίνησης σημειώνουν τον αριθμό αγώνα κάθε αθλητή και την επιλεγμένη θέση εκκίνησης.
- δ) Η επιλογή θέσης εκκίνησης ολοκληρώνεται όταν κάθε αθλητής βρεθεί σε θέση εκκίνησης.

4.6 Επιλογή θέσης εκκίνησης: (Age-Group)

- α) Οι αθλητές της ίδια υπο-ομάδας θα βρίσκονται μαζί ως ομάδα στην περιοχή προ-εκκίνησης.
- β) Ένας υπεύθυνος επί τεχνικών θεμάτων θα επιτρέψει στους αθλητές να μετακινηθούν στην περιοχή εκκίνησης και θα ελέγχει τη ροή για να διατηρήσει τη διαδικασία ασφαλή.
- γ) Οι αθλητές θα επιλέξουν οποιαδήποτε θέση που δεν χρησιμοποιείται. Οι υπεύθυνοι επί τεχνικών θεμάτων μπορεί να ζητήσουν από τους αθλητές να μετακινηθούν από περιοχές όπου υπάρχουν άλλα άτομα σε άδειες περιοχές της γραμμής εκκίνησης.

4.7 Διαδικασία έναρξης: (Αθλητές Elite/U23/Junior/Youth): (Μαζική εκκίνηση):

- α) Η εκκίνηση είναι μαζική όταν μια μεγάλη ομάδα αθλητών ξεκινά μαζί. Μπορεί να χρησιμοποιηθεί σε οποιονδήποτε αγώνα και σε οποιαδήποτε κατηγορία.
- β) Όταν όλοι οι αθλητές βρεθούν στη θέση τους (κατόπιν επιβεβαίωσης και σημείωσης των υπευθύνων επί τεχνικών θεμάτων της γραμμής εκκίνησης) και όλος ο αγωνιστικός χώρος είναι έτοιμος για την εκκίνηση, ανακοινώνεται η φράση «On your marks!» (Στις θέσεις σας!) και οι αθλητές προχωρούν προς τη γραμμή εκκίνησης (χωρίς να την πατήσουν).
- γ) Οποιαδήποτε στιγμή μετά την ανακοίνωση, το σήμα της εκκίνησης θα δοθεί με μια κόρνα. Οι αθλητές θα κινηθούν ευθεία προς την πρώτη σηματοδούρα μέχρι να φτάσουν στο νερό.

- δ) Οι υπεύθυνοι επί τεχνικών θεμάτων που συμμετέχουν, στη διαδικασία εκκίνησης είναι οι εξής:
- Ο τεχνικός υπεύθυνος επί τεχνικών θεμάτων εκκίνησης είναι υπεύθυνος για την ανακοίνωση «On your marks» και για το σήμα της εκκίνησης και της εσφαλμένης εκκίνησης.

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- Οι υπεύθυνοι επί τεχνικών θεμάτων εσφαλμένης εκκίνησης στέκονται και στις δύο πλευρές του χώρου εκκίνησης για να έχουν καθαρή άποψη της εκκίνησης.
- ε) Εσφαλμένη εκκίνηση: Σε περίπτωση εσφαλμένης εκκίνησης, όταν αρκετοί αθλητές κινηθούν προς τα εμπρός πριν από την κόρνα εκκίνησης, ο επικεφαλής διαιτητής θα ηχήσει πολλές φορές την κόρνα εκκίνησης και θα ζητήσει από τους αθλητές να επιστρέψουν στις θέσεις που είχαν επιλέξει προηγουμένως. Αυτό θα ελεγχθεί από τους υπευθύνους επί τεχνικών θεμάτων της γραμμής εκκίνησης και η διαδικασία εκκίνησης θα ξεκινήσει ξανά. Οι υπεύθυνοι εσφαλμένης εκκίνησης θα κάνουν σήμα στον επικεφαλής διαιτητή με μια σημαία για να υποδείξουν την εσφαλμένη εκκίνηση. Η εκκίνηση μπορεί επίσης να κηρυχθεί εσφαλμένη όταν δεν έχουν όλοι οι αθλητές την ευκαιρία να ξεκινήσουν τον αγώνα αμέσως μετά την κόρνα εκκίνησης.
- στ) Έγκυρη εκκίνηση με όσους ξεκίνησαν πρόωρα: Σε περίπτωση πρόωρης εκκίνησης ορισμένων αθλητών, ο αγώνας μπορεί να συνεχιστεί και οι υπεύθυνοι επί τεχνικών θεμάτων εσφαλμένης εκκίνησης μπορούν να αποφασίσουν ότι η εκκίνηση είναι έγκυρη. Μπορεί να χρησιμοποιηθεί μια φωτογραφική μηχανή ή βιντεοκάμερα για τον εντοπισμό των αθλητών που ξεκίνησαν πρόωρα. Οι αθλητές που ξεκίνησαν πρόωρα θα λάβουν χρονική ποινή στη μετάβαση 1. Σε περίπτωση αγώνων σκυταλοδρομίας, η χρονική ποινή πρέπει να εκτελείται από τον πρώτο αθλητή της ομάδας.
- ζ) Στις διοργανώσεις Age-Group η μαζική εκκίνηση μπορεί να είναι οργανωμένη σε διαφορετικές υπο-ομάδες. Διαφορετικές κατηγορίες Age-Group μπορούν να ομαδοποιηθούν στην ίδια υπο-ομάδα. Οι κατηγορίες Age-Group με μεγάλο αριθμό αθλητών μπορούν να διαιρεθούν και σε αυτήν την περίπτωση μόνο οι αθλητές από την ίδια κατηγορία Age-Group θα είναι στην ίδια υπο-ομάδα
- η) Οι αθλητές που ξεκινούν σε οποιαδήποτε υπο-ομάδα πριν από αυτό στο οποίο έχουν οριστεί, θα αποκλείονται.
- θ) Οι αθλητές που καθυστερούν να φτάσουν στην υπο-ομάδα στην οποία έχουν οριστεί, πρέπει να λάβουν την έγκριση του υπευθύνου επί τεχνικών θεμάτων εκκίνησης. Η ώρα εκκίνησης του αθλητή θα είναι η ώρα εκκίνησης της υπο-ομάδας στην οποία έχει οριστεί.

4.8 Διαδικασία εκκίνησης (σύστημα διαλειμματικής εκκίνησης):

- α) Η διαλειμματική εκκίνηση ορίζεται όταν η εκκίνηση δίνεται σε διαφορετικούς χρόνους σε διαφορετικές ομάδες αθλητών που συναγωνίζονται μαζί. Συνήθως χρησιμοποιείται σε διοργανώσεις PTWC και PTVI.
- β) Οι αθλητές είναι υπεύθυνοι για την έγκαιρη προσέλευση στη γραμμή εκκίνησης.
- γ) Θα χρησιμοποιηθεί βιντεοκάμερα για την καταγραφή ολόκληρης της εκκίνησης.
- δ) Οι υπεύθυνοι επί τεχνικών θεμάτων εκκίνησης είναι υπεύθυνοι για το συγχρονισμό των δικών τους ρολογιών και του χρονομετρητή.
- ε) Οι υπεύθυνοι επί τεχνικών θεμάτων εκκίνησης πρέπει να παρέχουν στους αθλητές την ευκαιρία να ξεκινήσουν στους σωστούς χρόνους τους. Ένας βοηθός πύα είναι υπεύθυνος για την καταγραφή των στοιχείων για οποιαδήποτε προαβίαση κατά την εκκίνηση πρέπει να βρίσκεται κοντά στον υπεύθυνο εκκίνησης. Ο πραγματικός χρόνος εκκίνησης των αθλητών πρέπει να σημειώνεται τόσο με ηλεκτρονική όσο και με

χειροκίνητη χρονομέτρηση, σε περίπτωση που η Κριτική Επιτροπή Αγωνισμάτων αποφασίσει ότι η καθυστερημένη εκκίνηση οφείλεται σε ανωτέρα βία.

- στ) Οι αθλητές θα καλούνται στον χώρο εκκίνησης και θα καταλαμβάνουν τις θέσεις εκκίνησης σύμφωνα με τις οδηγίες των υπευθύνων επί τεχνικών θεμάτων.
- ζ) Δέκα λεπτά πριν από τον χρόνο εκκίνησης, όλοι οι αθλητές πρέπει να είναι έτοιμοι στον χώρο εκκίνησης.
- η) Πέντε λεπτά πριν από τον χρόνο εκκίνησης, οι αθλητές θα καλούνται να πάρουν τη θέση τους στον χώρο εκκίνησης.
- θ) Ένα λεπτό πριν από τον χρόνο εκκίνησης, οι αθλητές θα καλούνται να μπουν στο νερό ή να πλησιάσουν τη γραμμή εκκίνησης.
- ι) Όταν όλοι οι αθλητές είναι στη θέση τους, θα ξεκινήσει η «διαδικασία εκκίνησης». Θα ανακοινωθεί το "On your marks!".
- ια) Το σήμα εκκίνησης (κόρνα) θα ακουστεί τον ακριβή χρόνο εκκίνησης της υπο-ομάδας.
- ιβ) Ένας αθλητής που ξεκινήσει πρόωρα σε μια «έγκυρη εκκίνηση» δεν θα ανακληθεί στη γραμμή εκκίνησης. μ) Οι αθλητές που ξεκινούν πρόωρα θα λαμβάνουν χρονική ποινή στη μετάβαση 1.
- ιδ) Ένας αθλητής που ξεκινά οποιαδήποτε στιγμή πριν από την έναρξη της «διαδικασίας εκκίνησης» ή που ξεκινά σε υπο-ομάδα στην οποία δεν έχει κατανεμηθεί, θα αποκλείεται.
- ιε) Οι αθλητές που καθυστερούν να φτάσουν στην υπο-ομάδα στην οποία έχουν κατανεμηθεί πρέπει να πάρουν έγκριση από τον υπεύθυνο επί τεχνικών θεμάτων εκκίνησης για να ξεκινήσουν.
- ιστ) Ο χρόνος εκκίνησης του αθλητή θα είναι ο χρόνος εκκίνησης της καθορισμένης υπο-ομάδας και δεν μπορεί να γίνει καμία προσαρμογή στον χρόνο εκκίνησής του.

4.9 Διαδικασία έναρξης (σύστημα έναρξης TT):

- α) Το σύστημα έναρξης με χρονομέτρηση (TT) ορίζεται όταν οι αθλητές που συναγωνίζονται στο ίδιο αγώνισμα ξεκινούν τον αγώνα σε συγκεκριμένους χρόνους έναρξης. Συνήθως χρησιμοποιείται σε διοργανώσεις με προκριματικά στάδια χρονομέτρησης (TT).
- β) Οι αθλητές είναι υπεύθυνοι για την έγκαιρη προσέλευση στη γραμμή εκκίνησης.
- γ) Θα χρησιμοποιηθεί βιντεοκάμερα για την καταγραφή ολόκληρης της εκκίνησης.
- δ) Οι υπεύθυνοι επί τεχνικών θεμάτων εκκίνησης είναι υπεύθυνοι για το συγχρονισμό των δικών τους ρολογιών και του χρονομετρητή.
- ε) Οι υπεύθυνοι επί τεχνικών θεμάτων εκκίνησης πρέπει να παίρνουν σε όλους τους αθλητές πριν από τον χρόνο εκκίνησης τους σωστούς χρόνους τους. Ένας βοηθός που είναι υπεύθυνος για την καταγραφή των στοιχείων για οποιαδήποτε ηλεκτρονική εκκίνηση, ηλεκτρονική καταγραφή των στοιχείων για οποιαδήποτε εκκίνησης, ο υπεύθυνος εκκίνησης των αθλητών πρέπει να σημειώνεται τόσο με ηλεκτρονική όσο και με

χειροκίνητη χρονομέτρηση, σε περίπτωση που η Κριτική Επιτροπή Αγωνισμάτων αποφασίσει ότι η καθυστερημένη εκκίνηση οφείλεται σε ανωτέρα βία.

- στ) Οι αθλητές θα παρατάσσονται σύμφωνα με τη σειρά εκκίνησης. Οι αθλητές πρέπει να παρουσιάζονται στον χώρο πριν από την εκκίνηση τουλάχιστον 2 λεπτά πριν από τον χρόνο εκκίνησης,
- ζ) Οι αθλητές θα ενημερώνονται από τον υπεύθυνο εκκίνησης για τον εναπομείναντα χρόνο μέχρι την εκκίνηση, 15 και 5 δευτερόλεπτα πριν από τον χρόνο εκκίνησης.
- η) Ο υπεύθυνος επί τεχνικών θεμάτων εκκίνησης θα ανακοινώνει τον χρόνο εκκίνησης χρησιμοποιώντας μια ηλεκτρονική/χειροκίνητη κόρνα.
- θ) Οι αθλητές που ξεκινούν τον αγώνα πριν από τον χρόνο εκκίνησης θα ανακαλούνται στη γραμμή εκκίνησης. Όποιος αθλητής δεν υπακούει θα αποκλείεται. Οι αθλητές που ξεκινούν μετά τον χρόνο εκκίνησης, πρέπει να λαμβάνουν την έγκριση του υπευθύνου επί τεχνικών θεμάτων εκκίνησης για να συνεχίσουν. Ο χρόνος εκκίνησης αυτών των αθλητών θα είναι ο χρόνος εκκίνησης που είχε αρχικά οριστεί.

4.10 Διαδικασία εκκίνησης (σύστημα κυλιόμενης εκκίνησης)

- α) Η κυλιόμενη εκκίνηση ορίζεται όταν οι αθλητές μπορούν να διασχίσουν τη γραμμή εκκίνησης οποιαδήποτε στιγμή κατά τη διάρκεια ενός καθορισμένου χρονικού διαστήματος. Ο χρόνος του αθλητή θα ξεκινήσει όταν ο αθλητής περάσει τη γραμμή εκκίνησης. Αυτό το σύστημα εκκίνησης είναι κατάλληλο για αγώνες μεγάλων αποστάσεων με μαζική συμμετοχή. Μπορεί να χρησιμοποιηθεί σε αγώνες draft-illegal, ακόμη και αν δεν είναι μεγάλων αποστάσεων, ή όταν οι συνθήκες εκκίνησης δεν επιτρέπουν ευρύ χώρο που να προσφέρει στους αθλητές ασφαλή εκκίνηση στην κολύμβηση. Υπάρχουν δύο παραλλαγές:
 - (i) Κυλιόμενη εκκίνηση με καθορισμένους χρόνους εκκίνησης: Οι αθλητές θα ξεκινούν χωρίς σειρά σε προκαθορισμένα χρονικά διαστήματα, ατομικά ή σε ομάδες έως πέντε αθλητών.
 - (ii) Συνεχής κυλιόμενη εκκίνηση: οι αθλητές θα ξεκινούν τον αγώνα σε συνεχή ροή.
- β) Αυτό το σύστημα μπορεί να εφαρμοστεί μόνο στους αγώνες Age-Group.
- γ) Δεν θα υπάρχει μαζική εκκίνηση.
- δ) Ο υπεύθυνος επί τεχνικών θεμάτων εκκίνησης μπορεί να διακόψει τη διαδικασία εκκίνησης ανά πάσα στιγμή.
- ε) Ο υπεύθυνος επί τεχνικών θεμάτων εκκίνησης θα καθορίσει τον χρόνο εκκίνησης οποιουδήποτε αθλητή σε περίπτωση εμφάνισης οποιουδήποτε συμβάντος κατά την εκκίνηση.

- στ) Εάν για ένα αθλητή ή περισσότερους αθλητές ορίζονται δύο ή περισσότεροι χρόνοι εκκίνησης, ο πρώτος θα είναι ο συγκεκριμένος χρόνος εκκίνησης.
- ζ) Οι αθλητές που ξεκινούν οποιαδήποτε υπο-ομάδα πριν από το καθορισμένο για αυτούς χρονικό διάστημα, θα αποκλείονται.

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- η) Οι αθλητές που καθυστερούν στο καθορισμένο χρονικό διάστημα που αντιστοιχεί στην υπο-ομάδα στην οποία έχουν κατανεμηθεί θα χρειάζονται την έγκριση του υπευθύνου επί τεχνικών θεμάτων εκκίνησης. Ο χρόνος εκκίνησης του αθλητή θα είναι ο χρόνος εκκίνησης του πρώτου αθλητή στο καθορισμένο χρονικό εύρος.

4.11 Εξοπλισμός:

α) Σκούφος κολύμβησης:

- (i) Όλοι οι αθλητές πρέπει να φορούν τον επίσημο σκούφο κολύμβησης με τον αριθμό του αγώνα κατά τη διάρκεια του κολυμβητικού τμήματος.
- (ii) Στα αγωνίσματα Aquathlon, οι αθλητές μπορούν να φέρουν τον επίσημο σκούφο κολύμβησης και τα γυαλιά κολύμβησης της διοργάνωσης κατά τη διάρκεια του πρώτου τμήματος τρεξίματος και να τα φορούν στην περιοχή μετάβασης.
- (iii) Οι αριθμημένοι σκούφοι κολύμβησης παρέχονται από τη Διεθνή Ένωση Τριάθλου ή την Τοπική Οργανωτική Επιτροπή.
- (iv) Εάν ένας αθλητής επιλέξει να φορέσει δύο σκουφάκια, το δεύτερο σκουφάκι δεν πρέπει να φέρει εμπορικό σήμα και το επίσημο σκουφάκι κολύμβησης πρέπει να χρησιμοποιείται εξωτερικά από τη στιγμή που ξεκινάει η διαδικασία παράταξης των αθλητών.
- (v) Δεν επιτρέπονται λογότυπα χορηγών στο επίσημο σκουφάκι κολύμβησης εκτός από τα προβλεπόμενα από τη Διεθνή Ένωση Τριάθλου / την Τοπική Οργανωτική Επιτροπή.
- (vi) Οι αθλητές δεν επιτρέπεται να αλλοιώνουν τα σκουφάκια κολύμβησης με οποιονδήποτε τρόπο.
- (vii) Η μη χρήση ή η αλλοίωση του επίσημου σκούφου κολύμβησης μπορεί να επιφέρει ποινή που περιλαμβάνει μέχρι και τον αποκλεισμό.

β) Trisuit:

- (i) Οι αθλητές πρέπει να φορούν το εγκεκριμένο trisuit στην κολύμβηση χωρίς wetsuit. Εάν οι αθλητές επιλέξουν να φορέσουν περισσότερα από ένα trisuit, και τα δύο πρέπει να συμμορφώνονται με τις προδιαγραφές.
- (ii) Τα trisuit πρέπει να είναι κατασκευασμένα από 100% κλωστοϋφαντουργικά υλικά, τα οποία ορίζονται ως υλικά που αποτελούνται από φυσικά ή/και συνθετικά, μεμονωμένα και μη συμπυκνωμένα νήματα που χρησιμοποιούνται για τη δημιουργία ενός υφάσματος με ύφανση ή/και πλέξιμο (αυτό γενικά αναφέρεται σε στολές που κατασκευάζονται μόνο από νάιλον ή λύκρα, οι οποίες δεν περιέχουν καουτσούκ, όπως πολυουρεθάνη ή νεοπρένιο).

- (iii) Όταν φορούν wetsuit, απαγορεύεται η χρήση μεταλλικών αντικειμένων που καλύπτουν ολόκληρο ή μέρος των χεριών και η χρήση μεταλλικών καλαμπόκι οποιοδήποτε είδους ποδιών κάτω από τα γόνατα. Εξαιρέσεις - ΠΚΟ 1676 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ - INTERNET

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(iv) Τα trisuit πρέπει να συμμορφώνονται με τις ισχύουσες οδηγίες σχετικά με την εγκεκριμένη ταυτοποίηση.

γ) Swimskin:

(i) Τα swimskin πρέπει να αφαιρούνται μετά το κολυμβητικό τμήμα, εκτός από τις περιπτώσεις διοργανώσεων κανονικών και μικρότερων αποστάσεων.

(ii) Τα swimskin πρέπει να είναι κατασκευασμένα από 100% κλωστοϋφαντουργικά υλικά, τα οποία ορίζονται ως υλικά που αποτελούνται από φυσικά ή/και συνθετικά, μεμονωμένα και μη συμπυκνωμένα νήματα που χρησιμοποιούνται για τη δημιουργία ενός υφάσματος με ύφανση ή/και πλέξιμο (αυτό γενικά αναφέρεται σε στολές που κατασκευάζονται μόνο από νάιλον ή λύκρα, οι οποίες δεν περιέχουν καουτσούκ, όπως πολυουρεθάνη ή νεοπρένιο).

(iii) Τα swimskin πρέπει να συμμορφώνονται με την ενότητα για τα wetsuit των εφαρμοστέων οδηγιών σχετικά με την εγκεκριμένη ταυτοποίηση για τα αγωνίσματα μεσαίων και μεγάλων αποστάσεων.

δ) Wetsuit:

(i) Το πάχος των wetsuit δεν πρέπει να υπερβαίνει τα 5 mm σε οποιοδήποτε σημείο. Εάν το wetsuit είναι κατασκευασμένο σε δύο κομμάτια, το συνδυασμένο πάχος στις επικαλυπτόμενες περιοχές δεν πρέπει να υπερβαίνει το όριο πάχους των 5 mm, **με επιτρεπόμενη ανοχή +/- 0,3 mm.**

(ii) Απαγορεύονται οι συσκευές προώθησης που δημιουργούν πλεονέκτημα για τον αθλητή ή κίνδυνο για τους άλλους συμμετέχοντες.

(iii) Το πιο εξωτερικό μέρος του wetsuit θα εφαρμόζει σφιχτά στο σώμα των αθλητών κατά την κολύμβηση.

(iv) Το wetsuit μπορεί να καλύπτει οποιοδήποτε μέρος του σώματος εκτός από το πρόσωπο, τα χέρια και τα πόδια. **Όταν είναι υποχρεωτικό, το wetsuit πρέπει να καλύπτει τουλάχιστον τον κορμό.**

(v) Δεν υπάρχει κανένας περιορισμός όσον αφορά το μήκος του φερμουάρ.

(vi) Τα wetsuit πρέπει να συμμορφώνονται με τις ισχύουσες οδηγίες σχετικά με την εγκεκριμένη ταυτοποίηση.

ε) Παράνομος εξοπλισμός:

(i) Οι αθλητές δεν πρέπει να χρησιμοποιούν ή να φορούν:

- Συσκευές τεχνητής προώθησης.

- Συσκευές επίπλευσης.
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- Καλτσές, εκτός αν είναι υποχρεωτική η χρήση wetsuit.

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- Wetsuit ή οποιοδήποτε μέρος των wetsuit όταν απαγορεύονται.
 - Μη πιστοποιημένα μαγιό.
 - Αναπνευστήρες.
 - Αριθμοί συμμετοχής (μόνο για κολύμβηση χωρίς wetsuit)
 - Ακουστικά τηλεφώνου ή κεφαλής ή τεχνικές ωτοασπίδες, που τοποθετούνται ή καλύπτουν τα αυτιά, εκτός από ωτοασπίδες.
 - Φουσκωτή συσκευή ασφαλείας (σωλήνας) που έχει ανοιχτεί. Εάν έχει ανοιχτεί, ο αθλητής πρέπει να εγκαταλείψει τον αγώνα.
- (ii) Οποιοδήποτε κόσμημα θεωρείται επικίνδυνο για τους ίδιους ή για άλλους αθλητές. (Μπορεί να ζητηθεί από τους αθλητές να αφαιρέσουν αυτά τα αντικείμενα).

5. ΠΟΔΗΛΑΣΙΑ

5.1 Γενικοί κανόνες:

α) Οι αθλητές δεν επιτρέπεται:

- Να μπλοκάρουν άλλους αθλητές.
- Να ποδηλατούν με γυμνό κορμό.
- Να προχωρούν προς τα εμπρός χωρίς να έχουν στην κατοχή τους το ποδήλατο.
- Να χρησιμοποιούν διαφορετικό ποδήλατο κατά τη διάρκεια του αγώνα από αυτό που έχουν δηλώσει.

β) Επικίνδυνη συμπεριφορά:

- Οι αθλητές πρέπει να συμμορφώνονται με τις ειδικές κυκλοφοριακές ρυθμίσεις του αγώνα, εκτός εάν ένας υπεύθυνος επί τεχνικών θεμάτων δώσει αντίθετες οδηγίες.
- Οι αθλητές που εγκαταλείπουν τον αγωνιστικό χώρο για λόγους ασφαλείας πρέπει να επιστρέφουν σε αυτόν χωρίς να αποκτούν κανένα πλεονέκτημα. Εάν αποκτήσει πλεονέκτημα λόγω αυτής της ενέργειας, ο αθλητής θα λάβει χρονική ποινή που θα εκτελεστεί στην περιοχή μετάβασης για τους αθλητές της κατηγορίας Age-Group και στο πεδίο ποινών για όλους τους άλλους.

(iii) Η επικίνδυνη ποδηλασία μπορεί να επιφέρει ποινή. Αυτό περιλαμβάνει, ενδεικτικά, την προσπέραση άλλου αθλητή από λάθος πλευρά.

5.2 Εξοπλισμός:

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- α) Σε γενικές γραμμές, οι κανόνες της Διεθνούς Ένωσης Ποδηλασίας (UCI), από την 1η Ιανουαρίου του τρέχοντος έτους, θα ισχύουν κατά τη διάρκεια των αγώνων, καθώς και κατά τη διάρκεια της εξοικείωσης και της επίσημης προπόνησης:
- (i) Κανόνες αγώνων δρόμου της UCI για αγώνες τριάθλου και διάθλου draft-legal.
 - (ii) Κανόνες της UCI με χρονομέτρηση για αγώνες τριάθλου και διάθλου draft-illegal.
 - (iii) Κανόνες της UCI όσον αφορά το ποδήλατο βουνού (MTB) για χειμερινούς αγώνες τριάθλου, cross triathlon και cross duathlon.
- β) Το ποδήλατο είναι ένα ανθρώπινο όχημα με δύο τροχούς ίσης διαμέτρου. Ο μπροστινός τροχός πρέπει να είναι κατευθυνόμενος. Ο πίσω τροχός πρέπει να κινείται μέσω συστήματος που αποτελείται από πηδάλια και αλυσίδα. Τα ποδήλατα θα έχουν τα ακόλουθα χαρακτηριστικά στις επόμενες ενότητες:
- γ) Για αγώνες draft-legal. Elite, U23, Junior και Youth:
- (i) Πλαίσια:

- Ο σκελετός του ποδηλάτου πρέπει να είναι παραδοσιακού σχήματος, δηλαδή κατασκευασμένος γύρω από ένα κύριο τρίγωνο τριών ευθύγραμμων ή κωνικών σωληνωτών στοιχείων (τα οποία μπορεί να είναι στρογγυλά, οβάλ, πεπλατυσμένα, σε σχήμα σταγόνας ή άλλης μορφής διατομής), έτσι ώστε η μορφή κάθε στοιχείου να περικλείει μια ευθεία γραμμή. Τα στοιχεία του σκελετού πρέπει να είναι τοποθετημένα έτσι ώστε τα σημεία σύνδεσης να ακολουθούν το ακόλουθο μοτίβο: ο άνω σωλήνας συνδέει την κορυφή του σωλήνα κεφαλής με την κορυφή του σωλήνα της σέλας. Ο σωλήνας της σέλας (από τον οποίο εκτείνεται ο στύλος της σέλας) συνδέεται με το κάλυμμα του κάτω βραχίονα. Ο κάτω σωλήνας συνδέει το κάλυμμα του κάτω βραχίονα με το κάτω μέρος του σωλήνα κεφαλής. Τα πίσω τρίγωνα πρέπει να σχηματίζονται από τα στηρίγματα της αλυσίδας, τα στηρίγματα της σέλας και τον σωλήνα της σέλας, με τα στηρίγματα της σέλας να πιάνονται στον σωλήνα της σέλας σε σημεία που εμπίπτουν στα όρια που ορίζονται για την κλίση του άνω σωλήνα. Το μέγιστο ύψος των στοιχείων είναι 8 cm και το ελάχιστο πάχος 2,5 cm. Το ελάχιστο πάχος μειώνεται σε 1 cm για τα στηρίγματα της αλυσίδας και της σέλας. Το ελάχιστο πάχος των στοιχείων της μπροστινής διχάλας πρέπει να είναι 1 cm. Τα στοιχεία αυτά μπορούν να είναι ευθύγραμμα ή καμπυλωτά. Ο μέγιστος λόγος δύο διαστάσεων σε μια διατομή οποιουδήποτε σωλήνα είναι 1:3.
- Το μήκος του ποδηλάτου δεν θα υπερβαίνει τα 185 εκατοστά και το πλάτος τα 50 εκατοστά.
- Το ποδήλατο θα έχει διαστάσεις μεταξύ 24 cm και 30 cm από το έδαφος έως το κέντρο του άξονα του αλυσοτροχού.

- Η απόσταση μεταξύ κάθετης γραμμής που διέρχεται από το κέντρο του άξονα του αλυσοτροχού και μιας κάθετης γραμμής που διέρχεται από το κέντρο του άξονα του σπυροτροχού δεν θα είναι μικρότερη από 44 cm και δεν θα υπερβαίνει τα 55 cm.

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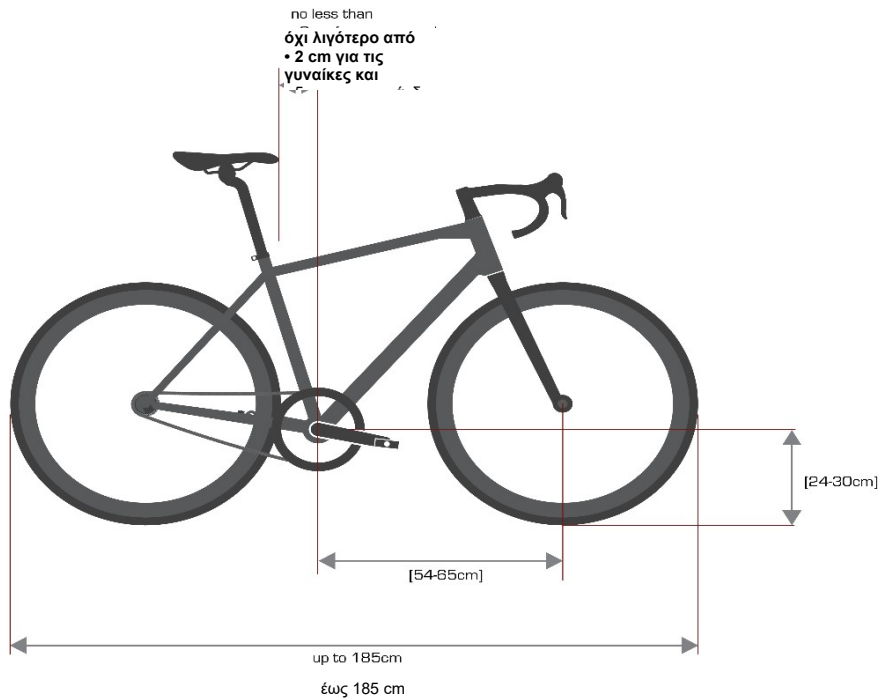
- Απαγορεύονται τα φέρινγκ. Απαγορεύεται οποιαδήποτε συσκευή, που προστίθεται ή ενσωματώνεται στη δομή και η οποία προορίζεται να μειώσει ή έχει ως αποτέλεσμα να μειώσει την αντίσταση στη διείσδυση του αέρα ή να επιταχύνει τεχνητά την προώθηση, όπως προστατευτική σήτα, φέρινγκ ατράκτου ή παρόμοιο αντικείμενο.
- Τα ποδήλατα που φέρουν την ετικέτα έγκρισης UCI Road Race (Κωδικός RD) επιτρέπονται πάντα σε αγώνες draft legal της Διεθνούς Ένωσης Τριάθλου, ακόμη και αν παραβιάζουν οποιοδήποτε από τα προηγούμενα σημεία στο παρόν ένθετο 5.2 γ) (i).
- Τα ποδήλατα που διαθέτουν την ετικέτα έγκρισης UCI Time Trial (κωδικός TT) απαγορεύονται, εκτός εάν συμμορφώνονται με τον όρο που αναφέρεται παραπάνω.

(ii) Θέση της σέλας για τα αγωνίσματα U23 και Elite:

- Θα υπάρχει μια κάθετη γραμμή που θα αγγίζει το μπροστινό σημείο της σέλας, η οποία θα είναι τουλάχιστον 5 cm για τους άνδρες και 2 cm για τις γυναίκες, πίσω από μια κάθετη γραμμή που περνά από το κέντρο του άξονα του αλυσοτροχού, και ο αθλητής δεν πρέπει να έχει τη δυνατότητα να ρυθμίσει τη σέλα πέρα από αυτές τις γραμμές κατά τη διάρκεια του αγώνα.
- Η αναμενόμενη αναλογία μεταξύ E (μηριαίου οστού) και F (κνήμης) είναι περίπου 56% προς 44%. Όταν η αναλογία των αθλητών είναι πιο κοντά στο 50/50, θα εξεταστεί το ενδεχόμενο εξαίρεσης.
- Εξαιρέσεις από αυτόν τον κανόνα μπορούν να ζητηθούν 30 ημέρες πριν από τον αγώνα από την Εθνική Ομοσπονδία του αθλητή σε επιτροπή που αποτελείται από:
 - Ένα άτομο που ορίζεται από την Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου.
 - Ένα άτομο που ορίζεται από την Επιτροπή Προπονητών της Διεθνούς Ένωσης Τριάθλου.
 - Ένα άτομο που ορίζεται από την Ιατρική Επιτροπή και Επιτροπή Αντιντόπινγκ της Διεθνούς Ένωσης Τριάθλου.

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(iii) Μη παραδοσιακά ή μη συνηθισμένα ποδήλατα:

- Τα μη παραδοσιακά ή μη συνηθισμένα ποδήλατα ή εξοπλισμός είναι παράνομα, εκτός εάν οι λεπτομέρειες έχουν υποβληθεί στην Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου για έγκριση τουλάχιστον 30 ημέρες πριν από τον αγώνα.
- Εφόσον πληρούνται όλα τα άλλα κριτήρια των κανονισμών της Διεθνούς Ένωσης Τριάθλου, πρέπει να υποβληθούν στην Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου όλες οι λεπτομέρειες του εξοπλισμού, συμπεριλαμβανομένων και εικόνων. Αυτή η διαδικασία περιγράφεται στο Παράρτημα ΙΣΤ.
- Στον ιστότοπο θα υπάρχει διαθέσιμος κατάλογος όλου του εξοπλισμού που έχει υποβληθεί προηγουμένως με επιβεβαίωση της αποδοχής ή της απόρριψής του. Στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου θα υπάρχει διαθέσιμο έντυπο για τους αθλητές που επιθυμούν να υποβάλουν εξοπλισμό προς έγκριση.

(iv) Λογότυπα και αυτοκόλλητα αριθμού αγώνα:

- Στο ποδήλατο του αθλητή επιτρέπεται να αναγράφονται μόνο λογότυπα προϊόντων που σχετίζονται με το ποδήλατο.
- Τα λογότυπα δεν επιτρέπεται να παρεμβάλλονται ή να εμποδίζουν την τοποθέτηση του αριθμού αγώνα του ποδηλάτου στο πλαίσιο του ποδηλάτου.
- Το ονοματεπώνυμο του αθλητή ή το αρχικό του ονόματος και του επωνύμου επιτρέπεται να αναγράφεται μία φορά στο ποδήλατο, είτε στην οριζόντια μπάρα του ποδηλάτου είτε στον άξονα της σέλας, με μέγιστο μέγεθος 10 cm.
- Τα αυτοκόλλητα αριθμού αγώνα του ποδηλάτου, τα οποία παρέχονται από την Τοπική Οργανωτική Επιτροπή, τοποθετούνται στο ποδήλατο σύμφωνα με τις οδηγίες, χωρίς καμία αλλαγή.

δ) Για τις διοργανώσεις draft-illegal και τις διοργανώσεις Age-Group draft-legal:

(i) Πλαίσια:

- Το μήκος του ποδηλάτου δεν θα υπερβαίνει τα 185 εκατοστά και το πλάτος τα 50 εκατοστά.
- Το ποδήλατο θα έχει διαστάσεις μεταξύ 24 cm και 30 cm από το έδαφος έως το κέντρο του άξονα του αλυσοτροχού.
- Η απόσταση μεταξύ μιας κάθετης γραμμής που διέρχεται από το κέντρο του άξονα του αλυσοτροχού και μιας κάθετης γραμμής που διέρχεται από το κέντρο του άξονα του μπροστινού τροχού δεν θα είναι μικρότερη από 54 cm και δεν θα υπερβαίνει τα 65 cm.
- Ο σκελετός του ποδηλάτου πρέπει να είναι παραδοσιακού σχήματος, δηλαδή κατασκευασμένος γύρω από ένα κλειστό πλαίσιο ή κωνικά σωληνωτά στοιχεία (τα οποία μπορεί να είναι στρογγυλά, οβάλ, πεπλατυσμένα, σε σχήμα σταγόνας ή άλλης μορφής διατομής), έτσι ώστε η μορφή κάθε στοιχείου να περικλείει μια ευθεία γραμμή. Τα ποδήλατα που είναι κατασκευασμένα σε ρομβοειδές σχήμα (χωρίς κάτω σωλήνα σέλας) ή με οπίσθιο τρίγωνο που δεν συνδέεται στην κορυφή του τμήματος κάτω σωλήνα/πάνω σωλήνα θεωρούνται αποδεκτά.
- Τα ποδήλατα που φέρουν την ετικέτα έγκρισης UCI Time Trial (Κωδικός ΤΤ) επιτρέπονται πάντα σε αγώνες draft-illegal της Διεθνούς Ένωσης Τριάθλου, ακόμη και αν παραβιάζουν οποιοδήποτε από τα προηγούμενα σημεία στο παρόν ένθετο 5.2 δ) (i).

(ii) Θέση σέλας:

- Θα υπάρχει μια κάθετη γραμμή που θα αγγίζει το μπροστινό σημείο της σέλας, η οποία δεν θα βρίσκεται λιγότερο από 5 cm μπροστά και όχι περισσότερο από 15 cm πίσω πίσω από μια κάθετη γραμμή που περνά από το κέντρο του άξονα του αλυσοτροχού, και ο αθλητής δεν πρέπει να έχει τη δυνατότητα να ρυθμίσει τη σέλα πέρα από αυτές τις γραμμές κατά τη διάρκεια του αγώνα.

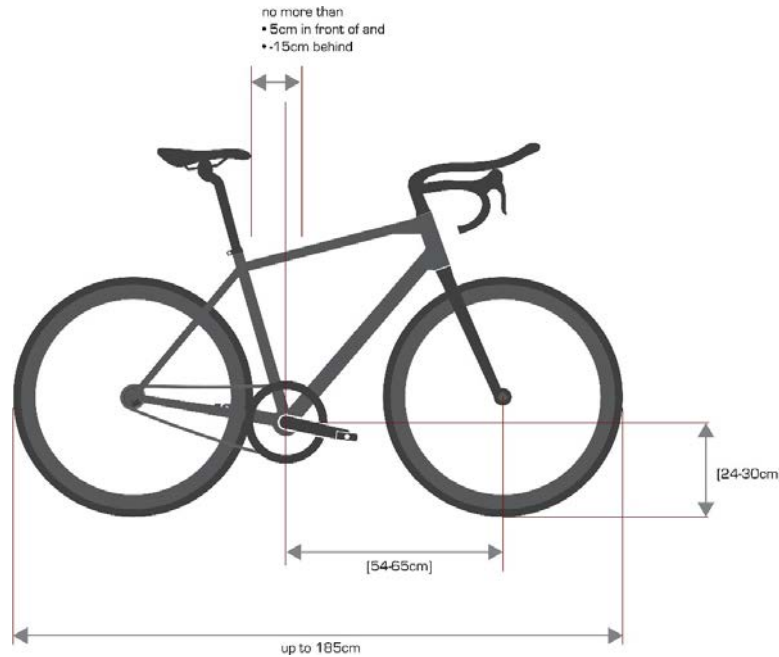
(iii) Μη παραδοσιακά ή μη συνηθισμένα ποδήλατα:

- Τα μη παραδοσιακά ή μη συνηθισμένα ποδήλατα ή ο εξοπλισμός είναι παράνομα, εκτός εάν οι λεπτομέρειες

όχι περισσότερο από
• 5 cm μπροστά και
• -15 cm πίσω

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έχουν υποβληθεί προς έγκριση στην Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου τουλάχιστον 30 ημέρες πριν από τη διοργάνωση. Εφόσον πληρούνται όλα τα άλλα κριτήρια των κανονισμών της Διεθνούς Ένωσης Τριάθλου, πρέπει να υποβληθούν στην Τεχνική Επιτροπή της Διεθνούς Ένωσης Τριάθλου όλες οι λεπτομέρειες του εξοπλισμού, συμπεριλαμβανομένων και εικόνων. Αυτή η διαδικασία περιγράφεται στο Παράρτημα ΙΣΤ. Στον ιστότοπο θα υπάρχει διαθέσιμος κατάλογος όλου του εξοπλισμού που έχει υποβληθεί προηγουμένως με επιβεβαίωση της αποδοχής ή της απόρριψής του. Στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου θα υπάρχει διαθέσιμο έντυπο για τους αθλητές που επιθυμούν να υποβάλουν εξοπλισμό προς έγκριση.

(iv) Λογότυπα και αυτοκόλλητα αριθμού αγώνα:

- Στο ποδήλατο του αθλητή επιτρέπεται να αναγράφονται μόνο λογότυπα προϊόντων που σχετίζονται με το ποδήλατο.
- Τα λογότυπα δεν επιτρέπεται να παρεμβάλλονται ή να εμποδίζουν την τοποθέτηση του αριθμού αγώνα του ποδηλάτου στο πλαίσιο του ποδηλάτου.
- Το ονοματεπώνυμο του αθλητή ή το αρχικό του ονόματος και του επωνύμου επιτρέπεται να εμφανίζονται μία φορά στο ποδήλατο, είτε στην οριζόντια μπάρα του ποδηλάτου είτε στον άξονα της σέλας, με μέγιστο μέγεθος 10 cm².
- Τα αυτοκόλλητα αριθμού αγώνα του ποδηλάτου, τα οποία παρέχονται από τη Διεθνή Ένωση Τριάθλου ή την Τοπική Οργανωτική Επιτροπή, πρέπει να τοποθετούνται στο ποδήλατο σύμφωνα με τις οδηγίες, χωρίς καμία αλλαγή.

ε) Τροχοί:

- (i) Οι τροχοί δεν πρέπει να περιέχουν μηχανισμούς που μπορούν να τους εμποδίσουν να περιστρέφονται.

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- (ii) Τα σωληνωτά ελαστικά πρέπει να είναι καλά κολλημένα, οι μοχλοί ταχείας απελευθέρωσης πρέπει να κλείνουν καλά στις πλήμνες και οι τροχοί πρέπει να στερεώνονται σωστά στο πλαίσιο.
- (iii) Πρέπει να υπάρχει ένα φρένο σε κάθε τροχό.
- (iv) Οι τροχοί μπορούν να αντικατασταθούν μόνο στους επίσημους σταθμούς τροχών, όπου υπάρχουν,
- (v) Οι υπεύθυνοι επί τεχνικών θεμάτων στον σταθμό τροχών θα δώσουν τον κατάλληλο τροχό στον αθλητή. Ο αθλητής είναι υπεύθυνος για την αντικατάσταση του τροχού στη διχάλα. Οι τροχοί που προορίζονται ειδικά για άλλους αθλητές ή ομάδες δεν μπορούν να χρησιμοποιηθούν.
- (vi) Για τους αγώνες draft-legal στις κατηγορίες Elite, U23, Junior και Youth, επιτρέπεται η χρήση τροχών που περιλαμβάνονται στους ισχύοντες καταλόγους μη τυποποιημένων τροχών της UCI. (Ισχύουν και οι δύο κατάλογοι, ο ένας περιέχει τροχούς που εγκρίθηκαν πριν από την 1η Ιανουαρίου 2016 και ο άλλος μετά την ημερομηνία αυτή). Οι τροχοί που δεν περιλαμβάνονται σε αυτόν τον κατάλογο πρέπει να πληρούν τα ακόλουθα κριτήρια:
- Διάμετρος μεταξύ 70 cm κατά μέγιστο και 55 cm κατ' ελάχιστο, συμπεριλαμβανομένου του ελαστικού.
 - Και οι δύο τροχοί πρέπει να έχουν ίση διάμετρο.
 - Οι τροχοί πρέπει να έχουν τουλάχιστον 20 μεταλλικές ακτίνες.
 - Η μέγιστη διάσταση της στεφάνης θα είναι 25 mm σε κάθε πλευρά.
 - Η στεφάνη πρέπει να είναι από κράμα μετάλλων.
 - Όλα τα στοιχεία πρέπει να είναι αναγνωρίσιμα και εμπορικά διαθέσιμα.
- (vii) Στους αγώνες Age-Group draft-legal, οι τροχοί πρέπει να έχουν τα ακόλουθα χαρακτηριστικά:
- Οι τροχοί πρέπει να έχουν τουλάχιστον 12 ακτίνες.
 - Οι συμπαγείς τροχοί δεν επιτρέπονται.
- (viii) Στους αγώνες draft-illegal, επιτρέπονται καλύμματα στον πίσω τροχό. Ωστόσο, η διάταξη αυτή μπορεί να τροποποιηθεί από τον τεχνικό αντιπρόσωπο για λόγους ασφαλείας, π.χ. λόγω ισχυρών ανέμων.

στ) Τιμόνι:

- (i) Στους αγώνες draft-legal των κατηγοριών Elite, U23, Junior και Youth, θα ισχύουν οι παρακάτω κανόνες για τα τιμόνια:
- Επιτρέπονται μόνο τα παραδοσιακά χαμηλά τιμόνια. Το τιμόνι πρέπει να φέρει

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- Τα clip-on, όπως και η γέφυρα, δεν πρέπει να υπερβαίνουν την πρώτη γραμμή των μοχλών των φρένων.
 - Τα clip-on πρέπει να έχουν σταθερή εργοστασιακή γέφυρα ή να εφάπτονται μεταξύ τους.
 - Οι μοχλοί των φρένων ή οι μοχλοί ταχυτήτων δεν πρέπει να προσαρμόζονται στα clip-on. Η διαφορά ύψους μεταξύ του υψηλότερου σημείου του clip-on και του χαμηλότερου εσωτερικού τμήματος του στηρίγματος του αγκώνα δεν μπορεί να υπερβαίνει τα 10 cm.
 - Τα μπουκάλια νερού και οι θήκες για μπουκάλια νερού δεν επιτρέπεται να τοποθετούνται στο τιμόνι ή στο clip-on.
 - Τα clip-on δεν θα επιτρέπονται από την 1η Ιανουαρίου 2023.
- (ii) Στους αγώνες draft-legal της κατηγορίας Age-Group θα ισχύουν οι παρακάτω κανόνες για το τιμόνι:
- Επιτρέπονται μόνο τα παραδοσιακά χαμηλά τιμόνια. Το τιμόνι πρέπει να φέρει τάπες.
 - Τα clip-on δεν επιτρέπονται.
- (iii) Στους αγώνες draft-illegal, ισχύουν οι ακόλουθοι κανόνες σχετικά με τα τιμόνια:
- Επιτρέπονται μόνο τα τιμόνια και οι μπάρες clip-on που δεν εκτείνονται πέρα από το μπροστινό άκρο του μπροστινού τροχού. Οι μπάρες clip-on σε δύο κομμάτια δεν χρειάζεται να είναι γεφυρωμένες. Όλα τα άκρα των σωλήνων πρέπει να φέρουν τάπες.

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AGE GROUP DRAFT LEGAL EQUIPMENT ΕΞΟΠΛΙΣΜΟΣ DRAFT-LEGAL ΓΙΑ ΤΗΝ ΚΑΤΗΓΟΡΙΑ AGE-GROUP



ζ) Κράνη:

- (i) Τα κράνη πρέπει να είναι εγκεκριμένα από μια εθνική διαπιστευμένη αρχή ελέγχου που αναγνωρίζεται από μια Εθνική Ομοσπονδία που συνδέεται με τη Διεθνή Ένωση Τριάθλου.
- (ii) Το κράνος πρέπει να χρησιμοποιείται σε όλες τις επίσημες δραστηριότητες όταν ο αθλητής οδηγεί το ποδήλατο: αγώνες, εξοικείωση και προπονήσεις.
- (iii) Απαγορεύεται η τροποποίηση οποιουδήποτε μέρους του κράνους, συμπεριλαμβανομένου του ιμάντα του πηγουνιού, ή η παράλειψη οποιουδήποτε μέρους του κράνους, συμπεριλαμβανομένου του εξωτερικού υφασμάτινου καλύμματος.
- (iv) Το κράνος πρέπει να είναι ασφαλώς στερεωμένο και να εφαρμόζει σωστά ανά πάσα στιγμή και οποιοδήποτε ένδυμα που φοριέται από κάτω δεν πρέπει να επηρεάζει την εφαρμογή όταν ο αθλητής έχει στην κατοχή του το ποδήλατο, δηλαδή από τη στιγμή που αφαιρεί το ποδήλατό του από τη σχάρα στην αρχή του ποδηλατικού σκέλους, μέχρι να τοποθετήσει το ποδήλατό του στη σχάρα στο τέλος του ποδηλατικού σκέλους.

- (v) Εάν ένας αθλητής μετακινήσει το ποδήλατο εκτός της διαδρομής για οποιονδήποτε λόγο, ο αθλητής πρέπει να λύσει ή να αφαιρέσει το κράνος με τη βοήθεια κλιπών εκτός των ορίων της διαδρομής ποδηλασίας και να κατεβεί από το ποδήλατο και να περπατήσει.

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πρέπει να στερεώσει το κράνος με ασφάλεια στο κεφάλι πριν επιστρέψει στη διαδρομή ποδηλασίας ή πριν ανέβει ξανά στο ποδήλατο.

- (vi) Τα αυτοκόλλητα του αριθμού αγώνα του κράνους, τα οποία παρέχονται από τη Διεθνή Ένωση Τριάθλου ή την Τοπική Οργανωτική Επιτροπή, πρέπει να τοποθετούνται στο μπροστινό μέρος και στις δύο πλευρές του κράνους, χωρίς καμία αλλαγή. Δεν επιτρέπονται άλλα αυτοκόλλητα.
- (vii) Πρέπει να υπάρχει απόσταση 1,5 cm γύρω από το επίσημο αυτοκόλλητο με τον αριθμό του κράνους, έτσι ώστε ο αριθμός να είναι ευδιάκριτος.
- (viii) Το κράνος μπορεί να έχει οποιοδήποτε χρώμα ή σχέδιο.
- η) Πηδάλια πλατφόρμας:
- (i) Επιτρέπονται τα πηδάλια πλατφόρμας, με την προϋπόθεση ότι υπάρχει μηχανισμός ταχείας απελευθέρωσης που εξασφαλίζει την απελευθέρωση των ποδιών σε περίπτωση πτώσης.
- θ) Δισκόφρενα:
- (i) Τα δισκόφρενα επιτρέπονται.
- ι) Παράνομος εξοπλισμός:
- (i) Στον παράνομο εξοπλισμό περιλαμβάνονται, ενδεικτικά, τα εξής:
- Ακουστικά τηλεφώνου ή κεφαλής, τεχνικές ωτοασπίδες ή έξυπνα κράνη, που τοποθετούνται ή καλύπτουν τα αυτιά.
 - Γυάλινα δοχεία:
 - Καθρέπτες.
 - Ποδήλατο ή μέρη του ποδηλάτου που δεν συμμορφώνονται με αυτούς τους κανόνες.
 - Στολές που δεν συμμορφώνονται με τις ισχύουσες οδηγίες σχετικά με την εγκεκριμένη ταυτοποίηση.
 - Μπουκάλια νερού, εάν τοποθετούνται πίσω από τη σέλα, στους αγώνες draft-legal.

ια) Κάθε εξοπλισμός ή συσκευή που μεταφέρεται κατά τη διάρκεια του τμήματος ποδηλασίας ή προστίθεται στο ποδήλατο υπόκειται σε έγκριση από τον επικεφαλής διαιτητή πριν από τον αγώνα και πρέπει να τοποθετείται με ασφάλεια, να μην θέτει σε κίνδυνο κανέναν αθλητή ή να μην προσέχει αθέμιτο πλεονέκτημα.

ιβ) Για τις φωτογραφίες ηλών και τις βιντεοκάμερες, εκτός του ότι απαιτείται έγκριση από τον επικεφαλής διαιτητή, όπως ορίζεται στην παράγραφο 1.1.1, οι εικόνες και το υλικό που λαμβάνονται πρέπει να αποστέλλονται από τη Διεθνή Ένωση Τριάθλου. Η χρήση αυτών των εικόνων για εμπορικούς σκοπούς υπόκειται στην έγκριση της Διεθνούς Ένωσης Τριάθλου.

5.3 Έλεγχος ποδηλάτου:

- α) Ο έλεγχος του ποδηλάτου μπορεί να περιλαμβάνει όλα τα στοιχεία που αναφέρονται στο σημείο 5.2.
- β) Ο οπτικός έλεγχος του ποδηλάτου θα πραγματοποιείται κατά την προσέλευση στον χώρο μετάβασης πριν από τον αγώνα. Οι υπεύθυνοι επί τεχνικών θεμάτων θα ελέγχουν ότι τα ποδήλατα συμμορφώνονται με τους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου.
- γ) Οι αθλητές μπορούν να ζητήσουν έγκριση από τον επικεφαλής διαιτητή μετά την ενημέρωση των αθλητών αν το ποδήλατό τους είναι νόμιμο.
- δ) Κάθε εγγεγραμμένος αθλητής μπορεί να ελέγξει μόνο ένα ποδήλατο στη μετάβαση.
- ε) Όλοι οι αθλητές πρέπει να τοποθετήσουν το ποδήλατό τους στη σχάρα πριν κλείσει ο χώρος μετάβασης. Όποιος αθλητής δεν μπορεί να το κάνει αυτό πρέπει να ενημερώσει τον επικεφαλής διαιτητή.

5.4 Overlapping:

- α) Elite, U23, Junior, Youth και Mixed Relay, οι αθλητές που έχουν βρεθεί πίσω κατά τη διάρκεια του ποδηλατικού τμήματος θα αποσύρονται από τον αγώνα από τους Τεχνικούς Αξιωματούχους. Οι Τεχνικοί Αξιωματούχοι μπορούν να προλάβουν αυτή την απόφαση, για λόγους ασφαλείας, εάν ο αθλητής βρίσκεται πιο κοντά από 100 μέτρα μπροστά από τον πρωτοπόρο και ο Τεχνικός Αξιωματούχος είναι απόλυτα βέβαιος ότι η επικάλυψη θα συμβεί. Η διάταξη αυτή μπορεί να τροποποιηθεί από τον Τεχνικό Αντιπρόσωπο, ακολουθώντας τη διαδικασία που περιγράφεται στο 1.5.

5.5 Drafting:

- α) Γενικές οδηγίες:
 - (i) Υπάρχουν δύο είδη αγώνων, ανάλογα με το αν επιτρέπεται ή όχι το drafting:
 - Αγώνες draft-legal.
 - Αγώνες draft-illegal.
 - (ii) Οι αγώνες θα είναι draft-legal ή draft-illegal σύμφωνα με αυτόν τον πίνακα:

	Junior και Youth	U23	Elite	Age-Group	Παρατρίαθλο
ΤΡΙΑΘΛΟ					
Ομαδική σκυταλοδρομία	Legal	Legal	Legal	Legal	
Απόσταση σπριντ	Legal		Legal	Legal	
Απόσταση σπορντ	Legal	Legal	Legal	Legal	

Κανονική απόσταση		Legal	Legal	Illegal	Illegal
Μέση και μεγάλη απόσταση			Illegal	Illegal	Illegal
ΔΙΑΘΛΟ					
Ομαδική σκυταλοδρομία	Legal	Legal	Legal	Ομαδική σκυταλοδρομία	
Απόσταση σπριντ	Legal	Legal	Legal	Αμφότερες επιλογές	Illegal
Κανονική απόσταση		Legal	Legal	Illegal	Illegal
Μέση και μεγάλη απόσταση			Illegal	Illegal	Illegal
AQUATHLON					
ΧΕΙΜΕΡΙΝΟ ΤΡΙΑΘΛΟ (όλες οι αποστάσεις)	Legal				
CROSS TRIATHLON ΚΑΙ DUATHLON όλων των αποστάσεων)	Legal				
AQUABIKE				Illegal	

β) Διοργανώσεις draft-legal:

- (i) Απαγορεύεται το draft-off σε αθλητή διαφορετικού φύλου.
- (ii) Απαγορεύεται το draft-off σε αθλητή που βρίσκεται σε διαφορετικό γύρο.
- (iii) Απαγορεύεται το draft-off σε μηχανή ή άλλο όχημα.

γ) Διοργανώσεις draft-illegal:

- (i) Απαγορεύεται το draft-off σε άλλον αθλητή ή μηχανοκίνητο όχημα. Οι αθλητές πρέπει να απορρίπτουν τις προσπάθειες άλλων να κάνουν draft.
- (ii) Ένας αθλητής δικαιούται να πάρει οποιαδήποτε θέση στη διαδρομή, με την προϋπόθεση ότι θα φτάσει σε αυτήν τη θέση πρώτος και χωρίς να έρθει σε επαφή με άλλους. Όταν παίρνει θέση, ο αθλητής πρέπει να αφήνει εύλογο χώρο στους άλλους να κάνουν κανονικές κινήσεις χωρίς να έρχονται σε επαφή. Πρέπει να υπάρχει επαρκής χώρος πριν από τη διέλευση.
- (iii) Ένας αθλητής που πλησιάζει από οποιαδήποτε θέση για να επωφεληθεί από το draft, φέρει ευθύνη για την αποφυγή του draft.

- (iv) Drafting ποδηλάτου ή οχήματος
- Η ζώνη drafting στο δρόμο θα έχει μήκος 12 μέτρα, υπολογίζοντας την από την μπροστινή ακμή του

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μπροστινού τροχού. Ένας αθλητής μπορεί να εισέλθει στη ζώνη drafting ενός άλλου αθλητή, αλλά πρέπει να φαίνεται ότι προχωρά μέσα στη ζώνη αυτή. Θα επιτρέπονται το πολύ 25 δευτερόλεπτα για τη διέλευση μέσα από τη ζώνη ενός άλλου αθλητή. **Πολλές διαδοχικές προσπάθειες προσπέρασης χωρίς επιτυχία μπορεί να οδηγήσουν σε παραβίαση drafting.**

- Ζώνη drafting σε διοργανώσεις κανονικών και μικρότερων αποστάσεων: η ζώνη drafting του ποδηλάτου θα έχει μήκος 10 μέτρα, υπολογίζοντάς την από την μπροστινή ακμή του μπροστινού τροχού. Ένας αθλητής μπορεί να εισέλθει στη ζώνη drafting ενός άλλου αθλητή, αλλά πρέπει να φαίνεται ότι προχωρά μέσα στη ζώνη αυτή. Θα επιτρέπονται το πολύ 20 δευτερόλεπτα για τη διέλευση μέσα από τη ζώνη ενός άλλου αθλητή. **Πολλές διαδοχικές προσπάθειες προσπέρασης χωρίς επιτυχία μπορεί να οδηγήσουν σε παραβίαση drafting.**
 - Ζώνη drafting μοτοσυκλέτας: η ζώνη drafting πίσω από μια μοτοσυκλέτα θα έχει μήκος 15 μέτρα. Αυτό ισχύει και για τις διοργανώσεις draft-legal.
 - Ζώνη drafting οχήματος: Η ζώνη drafting πίσω από ένα όχημα θα έχει μήκος 35 μέτρα και ισχύει για κάθε όχημα στο τμήμα ποδηλάτου. Αυτό ισχύει και για τις διοργανώσεις draft-legal.
- (v) Είσοδος στη ζώνη drafting ποδηλάτου: Ένας αθλητής μπορεί να εισέλθει σε μια ζώνη drafting ποδηλάτου στις παρακάτω περιπτώσεις:
- Για λόγους ασφαλείας.
 - Εάν ο αθλητής εισέλθει στη ζώνη drafting και τη διανύσει εντός του προβλεπόμενου χρόνου στον ελιγμό προσπέρασης.
 - 100 μέτρα πριν και μετά από έναν σταθμό βοήθειας ή μια περιοχή μετάβασης.
 - Σε μια οξεία στροφή.
 - Εάν ο τεχνικός αντιπρόσωπος αποκλείσει ένα τμήμα της διαδρομής λόγω στενών λωρίδων, κατασκευών, παρακάμψεων ή για άλλους λόγους ασφαλείας.
- (vi) Προσπέραση:
- Ένας αθλητής προσπερνιέται όταν ο μπροστινός τροχός ενός άλλου αθλητή βρίσκεται μπροστά από τον δικό του.
 - Ο αθλητής που προσπερνιέται πρέπει να βγει από τη ζώνη draft του αθλητή που τον προσπερνά, κάνοντας συνεχή πρόοδο προς τα πίσω για να βγει από τη ζώνη draft του αθλητή που τον προσπερνά. Η νέα προσπέραση από έναν αθλητή που προσπεράστηκε πριν βγει από τη ζώνη draft θα οδηγήσει σε παραβίαση drafting.
 - Οι αθλητές που προσπερνιούνται και παραμένουν εντός της ζώνης draft του διερχόμενου αθλητή για περισσότερο από τον προβλεπόμενο χρόνο, θα **παραβιάζουν τον κανόνα drafting.**
 - Οι αθλητές πρέπει να παραμένουν στο πλάι της διαδρομής και να μην μπλοκάρουν τους άλλους. Μπλοκάρισμα συμβαίνει όταν ένας αθλητής που

βρίσκεται πίσω δεν μπορεί να περάσει λόγω της κακής τοποθέτησης του προπορευόμενου αθλητή στη διαδρομή.

- Ο τεχνικός αντιπρόσωπος θα καθοδηγήσει τους αθλητές κατά τη διάρκεια της ενημέρωσης σχετικά με την πλευρά από την οποία μπορούν να προσπεράσουν έναν άλλο αθλητή όταν οδηγούν το ποδήλατό τους.

(vii) Ανατρέξτε στα παρακάτω διαγράμματα για τις διοργανώσεις στις οποίες ισχύουν οι κανόνες για τη δεξιά πλευρά του δρόμου.



Κανονικές και μικρότερες αποστάσεις: 10 m
Μεσαίες και μεγαλύτερες αποστάσεις: 12 m

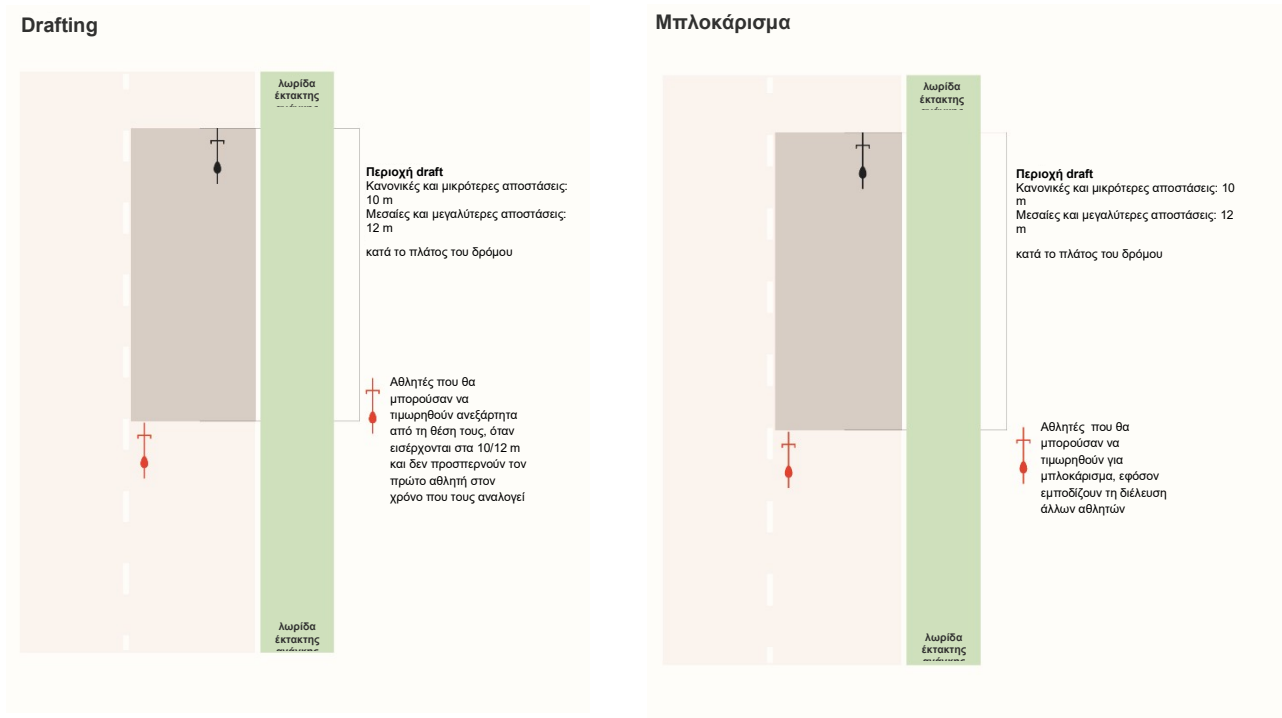
5.6 Ποινές λόγω drafting:

- Απαγορεύεται το drafting σε αγώνες που έχουν κηρυχθεί ως draft-illegal.
- Οι υπεύθυνοι επί τεχνικών θεμάτων θα ειδοποιήσουν τους αθλητές που κάνουν draft ότι υπόκεινται σε χρονική ποινή. Αυτή η ειδοποίηση πρέπει να είναι σαφής και να μην επιδέχεται αμφισημία.
- Ο αθλητής που τιμωρείται πρέπει να σταματήσει στο επόμενο πεδίο ποινής και πρέπει να παραμείνει εκεί για συγκεκριμένο χρονικό διάστημα, ανάλογα με την απόσταση του αγώνα. Ένα λεπτό για την απόσταση σπριντ, δύο λεπτά για την κανονική απόσταση και πέντε λεπτά για τις μεσαίες και μεγάλες αποστάσεις.
- Είναι ευθύνη του αθλητή να σταματήσει στο επόμενο πεδίο ποινής. Εάν δεν σταματήσει, θα αποκλειστεί.
- Δεύτερη παραβίαση drafting θα οδηγήσει σε αποκλεισμό στις διοργανώσεις κανονικών αποστάσεων ή μικρότερης διάρκειας.
- Η τρίτη παραβίαση drafting θα οδηγήσει σε αποκλεισμό στις διοργανώσεις μεσαίων και μεγάλων αποστάσεων.
- Δεν μπορεί να ασκηθεί έφεση για τις παραβιάσεις drafting.

5.7 Μπλοκάρισμα:

- Οι αθλητές που βρίσκονται πίσω από έναν άλλο αθλητή στη διαδρομή, κινδύνος μπλοκάρισμα. Μπλοκάρισμα συμβαίνει όταν ένας αθλητής που βρίσκεται πίσω από έναν άλλο αθλητή δεν μπορεί να περάσει λόγω της κακής τοποθέτησης του προπορευόμενου αθλητή στη διαδρομή. Οι αθλητές που

μπλοκάρουν θα λαμβάνουν κίτρινη κάρτα, η οποία θα επιδίδεται στο επόμενο πεδίο ποινής ποδηλασίας.



5.8 Θέσεις ποδηλασίας:

- α) Ενώ τα χέρια ή οι αγκώνες έρχονται σε επαφή με το τιμόνι ή το στήριγμα βραχιόνων, τα χέρια πιάνουν το clip-on.
- β) Ο παρακάτω κανόνας συνδέεται με τη μη επιτρεπόμενη χρήση clip-on και θα τεθεί σε ισχύ την 1η Ιανουαρίου 2023. Η θέση οδήγησης απαιτεί τα μόνα σημεία στήριξης να είναι τα εξής: τα πόδια στα πηδάλια, τα χέρια στο τιμόνι και το κάθισμα στη σέλα.
- γ) Επιπλέον, κατά τη διάρκεια των αγώνων draft-illegal, τα χέρια μπορούν να χρησιμοποιηθούν ως σημείο στήριξης στο τιμόνι.

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Εικόνα 1: Επιτρεπόμενες θέσεις σε όλους τους αγώνες:



Εικόνα 2: Επιτρεπόμενη θέση μόνο σε αγώνες draft-illegal:



Εικόνα 3: Απαγορευμένες θέσεις σε όλους τους αγώνες:



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6. ΤΡΕΞΙΜΟ:

6.1 Γενικοί κανόνες:

- α) Οι αθλητές πρέπει:
 - (i) Να τρέχουν ή να περπατούν.
 - (ii) Να φέρουν αριθμό συμμετοχής (ισχύει πάντα στους αγώνες Age-Group). Για άλλες διοργανώσεις, ο τεχνικός αντιπρόσωπος μπορεί να το καταστήσει αυτό υποχρεωτικό και οι αθλητές θα ενημερωθούν κατά την ενημέρωση για τον αγώνα).
 - (iii) Να μην έρπονται.
 - (iv) Να μην τρέχουν με γυμνό κορμό.
 - (v) Να μην τρέχεις φορώντας κράνος ποδηλάτου.
 - (vi) Να μην χρησιμοποιούν στύλους, δέντρα ή άλλα σταθερά στοιχεία ως υποβοήθηση στους ελιγμούς στις στροφές.
 - (vii) Να μην συνοδεύονται από μη αγωνιζόμενους αθλητές, μέλη ομάδων, μάνατζερ ομάδων ή άλλα άτομα που δίνουν τον ρυθμό στη διαδρομή ή κατά μήκος της διαδρομής.
 - (viii) Να μην τρέχουν μαζί ή/και να μην παίρνουν ρυθμό από άλλους αθλητές που προηγούνται (ισχύει μόνο για τους αθλητές Elite, U23, Junior, Youth και τους παρατριαθλητές).

6.2 Ορισμός τερματισμού:

- α) Ένας αθλητής θα θεωρείται ότι έχει τερματίσει τη στιγμή που οποιοδήποτε μέρος του κορμού του διασχίσει μια κάθετη γραμμή που εκτείνεται από το μπροστινό άκρο της γραμμής τερματισμού.

6.3 Οδηγίες για την ασφάλεια:

- α) Η ευθύνη της παραμονής στη διαδρομή είναι του αθλητή. Κάθε αθλητής, που οι υπεύθυνοι επί τεχνικών θεμάτων και το ιατρικό προσωπικό κρίνουν ότι αποτελεί κίνδυνο για τον εαυτό του ή για τους άλλους, μπορεί να απομακρυνθεί από τον αγώνα.
- β) Οι αθλητές δεν πρέπει να συνοδεύονται από οποιοδήποτε μη αγωνιζόμενο άτομο στο σημείο τερματισμού.

6.4 Παράνομος εξοπλισμός

- α) Ακουστικά, ακουστικά, ακουστικά ή εχνικές ωτοασπίδες, που φέρουν καλύπτουν τα αυτιά.
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41
ΔΟΜΟΥΣ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 187 05
ΑΜΔΣΑ: 18705
ΤΗΛ: 210 92 25 000
ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com
- β) Γυάλινα δοχεία:

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ΠΡΟΑΦΟΠΙΣΘΕΤΟΥΝΤΑΙ
ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
Ε/Λ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
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- γ) Στολές που δεν συμμορφώνονται με τις οδηγίες της Διεθνούς Ένωσης Τριάθλου σχετικά με την εγκεκριμένη ταυτοποίηση.
- δ) Πατερίτσες, μπαστούνια, στύλοι ή οποιαδήποτε συσκευή που βοηθά την πρόοδο με ώθηση ή έλξη με τα χέρια. Ο ειδικός κανονισμός για τους παρατριάθλητές περιλαμβάνεται στο κεφάλαιο 17.

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41
ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
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ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
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7. ΠΕΡΙΟΧΗ ΜΕΤΑΒΑΣΗΣ:

7.1 Γενικοί κανόνες:

- α) Όλοι οι αθλητές πρέπει να έχουν το κράνος τους καλά στερεωμένο από τη στιγμή που αφαιρούν το ποδήλατό τους από τη σχάρα πριν από την έναρξη του ποδηλατικού σκέλους, μέχρι να τοποθετήσουν το ποδήλατό τους στη σχάρα μετά τον τερματισμό του ποδηλατικού σκέλους.
- β) Οι αθλητές πρέπει να χρησιμοποιούν μόνο την καθορισμένη σχάρα ποδηλάτων για την τοποθέτηση του ποδηλάτου τους:
- (i) Σε μια παραδοσιακή σχάρα ποδηλάτων, το ποδήλατο πρέπει να τοποθετείται ως εξής:
- Για την πρώτη μετάβαση: σε όρθια θέση με το μπροστινό μέρος της σέλας στερεωμένο πάνω από την οριζόντια μπάρα, έτσι ώστε ο μπροστινός τροχός να δείχνει προς τη μέση της λωρίδας μετάβασης. Οι υπεύθυνοι επί τεχνικών θεμάτων μπορεί να εφαρμόσουν εξαιρέσεις.
 - Για τη δεύτερη μετάβαση: Προς οποιαδήποτε κατεύθυνση, με τις δύο πλευρές του τιμονιού, τους δύο μοχλούς των φρένων ή τη σέλα σε απόσταση μικρότερη των 0,5 m από τον αριθμό της σχάρας ή την ενδεικτική πλάκα. Το ποδήλατο πρέπει να τοποθετείται με τέτοιο τρόπο ώστε να μην μπλοκάρει ή παρεμποδίζει την πρόοδο άλλου αθλητή.
- (ii) Σε περίπτωση ατομικής σχάρας ποδηλάτου, το ποδήλατο πρέπει να τοποθετείται στην πρώτη μετάβαση από τον πίσω τροχό και στη δεύτερη μετάβαση από έναν από τους δύο τροχούς.
- γ) Οι αθλητές πρέπει να τοποθετούν εντός 0,5 m από τον κάδο όλον τον εξοπλισμό που θα χρησιμοποιηθεί σε μεταγενέστερο στάδιο του αγώνα. Εάν δεν υπάρχει κάδος, τα 0,5 m θα μετρώνται από το σημείο του εδάφους ακριβώς κάτω από τον αριθμό της σχάρας ή την ενδεικτική πλάκα. Ο κάδος, εάν υπάρχει, πρέπει να βρίσκεται σε απόσταση 0,5 m από τον αριθμό της σχάρας ή την ενδεικτική πλάκα. Όλος ο εξοπλισμός που έχει ήδη χρησιμοποιηθεί πρέπει να τοποθετηθεί στον αντίστοιχο αριθμημένο κάδο που παρέχεται, με εξαίρεση τα παπούτσια ποδηλασίας, τα οποία μπορούν να παραμείνουν στερεωμένα στα πηδάλια. Ένα αντικείμενο εξοπλισμού θεωρείται ότι έχει εναποτεθεί στον κάδο όταν ένα μέρος του εξοπλισμού βρίσκεται μέσα στον κάδο. Μόνο ο εξοπλισμός που θα χρησιμοποιηθεί κατά τη διάρκεια του αγώνα μπορεί να παραμείνει στη μετάβαση. Όλα τα άλλα αντικείμενα και ο εξοπλισμός πρέπει να απομακρυνθούν πριν από την έναρξη του αγώνα.
- δ) Εάν ένας αθλητής επιθυμεί να χρησιμοποιήσει τα ίδια παπούτσια σε ένα διάθλο για τη δεύτερη διαδρομή, αυτά δεν χρειάζεται να τοποθετηθούν στον κάδο στην πρώτη μετάβαση, ως εξοπλισμός, αλλά τα παπούτσια τρεξίματος μπορεί να βρίσκεται στο έδαφος ανά πάσα στιγμή κατά τη διάρκεια του αγώνα. Τα παπούτσια τρεξίματος πρέπει να βρίσκονται εντός του κάδου του αθλητή (αριθμός σχάρας/ενδεικτική πλάκα).
- ε) Τα παπούτσια ποδηλασίας, τα νυαλιά, το κράνος και ο υπολοίπος ποδηλατικός εξοπλισμός μπορούν να τοποθετηθούν στο ποδήλατο στη μετάβαση.

- στ) Οι αθλητές δεν πρέπει να παρεμποδίζουν την πρόοδο άλλων αθλητών στην περιοχή μετάβασης.
- ζ) Οι αθλητές δεν πρέπει να παρεμβαίνουν στον εξοπλισμό άλλου αθλητή στην περιοχή μετάβασης.
- η) Η ποδηλασία δεν επιτρέπεται εντός του χώρου μετάβασης, παρά μόνο κατά τη διάρκεια του τμήματος ποδηλασίας. Οι γραμμές ανάβασης και αποβίβασης αποτελούν μέρος της περιοχής μετάβασης.
- θ) Οι αθλητές πρέπει να ανεβαίνουν στα ποδήλατά τους μετά τη γραμμή ανάβασης, έχοντας μία πλήρη επαφή του ποδιού τους με το έδαφος μετά τη γραμμή ανάβασης.
- ι) Οι αθλητές πρέπει να κατεβαίνουν από τα ποδήλατά τους πριν από τη γραμμή αποβίβασης, έχοντας μία πλήρη επαφή του ποδιού τους με το έδαφος πριν από τη γραμμή αποβίβασης.
- ια) Ενώ οι αθλητές βρίσκονται στον χώρο μετάβασης (πριν από τη γραμμή ανάβασης και μετά τη γραμμή αποβίβασης), το ποδήλατο μπορεί να δεχτεί ώθηση μόνο με τα χέρια του αθλητή.
- ιβ) Εάν κατά τη διάρκεια του ελιγμού ανάβασης ή αποβίβασης ο αθλητής χάσει τα παπούτσια του ή άλλο εξοπλισμό, θα τα παραλάβουν οι υπεύθυνοι επί τεχνικών θεμάτων και δεν θα επιβληθεί καμία ποινή.
- ιγ) Απαγορεύεται η γύμνια ή η άσεμνη έκθεση.
- ιδ) Οι αθλητές δεν μπορούν να σταματήσουν στις ζώνες ροής του χώρου μετάβασης.
- ιε) Απαγορεύεται η σήμανση θέσεων στην περιοχή μετάβασης. Σημάδια, πετσέτες και αντικείμενα που χρησιμοποιούνται για λόγους σήμανσης θα αφαιρούνται και οι αθλητές δεν θα ειδοποιούνται.
- ιστ) Ο ιμάντας του κράνους πρέπει να παραμείνει απασφαλισμένος στην περιοχή μετάβασης ενώ ο αθλητής ολοκληρώνει το πρώτο τμήμα.

8. ΚΑΤΗΓΟΡΙΕΣ ΑΓΩΝΩΝ

8.1 Παγκόσμια πρωταθλήματα:

- α) Η Διεθνής Ένωση Τριάθλου μπορεί να διοργανώσει Παγκόσμια Πρωταθλήματα στις αποστάσεις, τις μορφές και τις κατηγορίες που παρουσιάζονται σε αυτόν τον πίνακα:

	ΦΩΤΙΟΣ ΜΠΑΤΙΡΩΝΗΣ ΔΙΚΗΓΟΡΟΣ	U23	Junior	Age-Group	Παρατρίαθλο
	ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ	ΤΡΙΑΘΛΟ		INTERTRANSLATIONS MON A.E. INTERTRANSLATIONS ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε. ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ	
Ομαδική σκυταλοδρομία	ΑΜΔΣΑ: 18705 ΤΗΛ: 210 92 25000 ΗΛΕΚΤΡΟΝΙΚΗ: info@intertranslations.com	Ναι (U23/Jr σε συνδυασμό ή χωριστά)	Ναι	ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76 ΑΦΜ: 095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ ΤΗΛ 2109225000	

Φάση αποκλεισμού	Ναι				
Απόσταση σούπερ σπριντ	Ναι	Ναι	Ναι	Ναι	
Απόσταση σπριντ	Ναι	Ναι	Ναι	Ναι	Ναι
Κανονική απόσταση	Ναι	Ναι		Ναι	Ναι
Μεσαία απόσταση	Ναι			Ναι	Ναι
Μεγάλη απόσταση	Ναι			Ναι	Ναι
ΔΙΑΘΛΟ					
Ομαδική σκυταλοδρομία	Ναι		Ναι		
Απόσταση σπριντ	Ναι	Ναι	Ναι	Ναι	Ναι
Κανονική απόσταση	Ναι	Ναι		Ναι	Ναι
Μεσαία απόσταση	Ναι			Ναι	Ναι
Μεγάλη απόσταση	Ναι			Ναι	Ναι
AQUATHLON					
Κανονική απόσταση	Ναι	Ναι	Ναι	Ναι	Ναι
Μεγάλη απόσταση	Ναι			Ναι	Ναι
ΧΕΙΜΕΡΙΝΙΟ ΤΡΙΑΘΛΟ ΚΑΙ ΧΕΙΜΕΡΙΝΟ ΔΙΑΘΛΟ					
Ομαδική σκυταλοδρομία	Ναι		Ναι		
Απόσταση σπριντ			Ναι	Ναι	Ναι
Κανονική απόσταση	Ναι	Ναι			
CROSS TRIATHLON ΚΑΙ CROSS DUATHLON					
Ομαδική σκυταλοδρομία	Ναι		Ναι		
Απόσταση σπριντ			Ναι		Ναι
Κανονική απόσταση	Ναι	Ναι		Ναι	Ναι
AQUABIKE					
Κανονική απόσταση				Ναι	
Μεγάλη απόσταση				Ναι	

ΓΩΓΙΟΣ ΜΠΑΜΠΑΝΗΣ
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 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
 ΑΜΔΣΑ: 18705
 ΤΗΛ:210 92 25 000
 ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com

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 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
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- β) Οι Εθνικές Ομοσπονδίες και οι Ηπειρωτικές Συνομοσπονδίες **πρέπει** να ενθαρρύνονται να συμπεριλάβουν κάθε μία από αυτές τις κατηγορίες στα Εθνικά και Ηπειρωτικά Πρωταθλήματα τους.
- γ) Οι Εθνικές Ομοσπονδίες και οι Ηπειρωτικές Συνομοσπονδίες μπορούν να διοργανώνουν Εθνικά και Ηπειρωτικά Πρωταθλήματα σούπερ σπριντ και μικρότερων αποστάσεων για αθλητές ηλικίας 15 ετών και κάτω. Η απόφαση σχετικά με το ποιες ηλικίες θα ομαδοποιηθούν μαζί είναι αρμοδιότητα της Εθνικής Ομοσπονδίας και της Ηπειρωτικής Συνομοσπονδίας αντίστοιχα.

9. ΕΠΑΘΛΑ ΚΑΙ ΔΙΑΚΡΙΣΕΙΣ

9.1 Χρηματικό έπαθλο:

- α) Γενικοί κανόνες:
- (i) Τα χρηματικά έπαθλα για τις διοργανώσεις της Διεθνούς Ένωσης Τριάθλου θα κατανέμονται εξίσου μεταξύ ανδρών και γυναικών σε ποσό και βάθος, σύμφωνα με την Ποσοστιαία Ανάλυση Χρηματικών Επάθλων της Διεθνούς Ένωσης Τριάθλου, όπως περιγράφεται στο Παράρτημα Η.
- (ii) Τα χρηματικά έπαθλα θα καταβάλλονται ανεξάρτητα από τον ποσοστιαίο χρόνο αποκοπής πόντων του νικητή.

9.2 Διακρίσεις:

- α) Στους αθλητές ή στα μέλη των ομάδων που καταλαμβάνουν την πρώτη, δεύτερη ή τρίτη θέση σε οποιοδήποτε αγώνισμα θα απονέμεται ένα επίσημο μετάλλιο (χρυσό, ασημένιο, χάλκινο).
- β) Επιπλέον, οι ομάδες μπορούν να λάβουν μετάλλιο ή/και κύπελλο για την πρώτη, τη δεύτερη και την τρίτη θέση.

9.3 Έπαθλα, πόντοι και διακρίσεις σε συνδυασμένα αγωνίσματα/κατηγορίες:

- α) Σε περίπτωση διοργανώσεων που διεξάγονται μαζί ή διαφορετικών κατηγοριών με συναγωνισμό στην ίδια υπο-ομάδα, οι διακρίσεις, τα χρηματικά έπαθλα και οι πόντοι θα κατανέμονται ως εξής:

Διοργανώσεις που διεξάγονται μαζί:	Διακρίσεις (μετάλλια) σε:	Χρηματικό έπαθλο σε:	Πόντοι σε:
Elite και U23	- Διακρίσεις Elite για ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΟΙΚΗΤΗΣ ΜΑΧΗΤΩΝ/2 ΠΕΙΡΑΙΑΣ U23/41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΑΣ ΑΜΕΣΑ: 18705 ΤΗΛ:210 92 25 000 ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com	- Συνολικά	INTERTRANSLATIONS MON.A.E. ΣΥΝΟΛΙΚΑ INTERTRANSLATIONS ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε. ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET ΣΑ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ ΤΗΛ. 2109225000

Elite, U23 και Junior	- Διακρίσεις Elite για όλους - Διακρίσεις U23 για U23 - Διακρίσεις Junior για Junior	- Συνολικά	- Συνολικά
U23 και Junior	- Διακρίσεις U23 για U23 - Διακρίσεις Junior για Junior	- Συνολικά	- Συνολικά
Όλες οι κατηγορίες	- Διακρίσεις Elite για όλους - Διακρίσεις κατηγοριών ανά κατηγορία	- Συνολικά	- Συνολικά
Ηπειρωτικά Πρωταθλήματα Τριάθλου με αθλητές από άλλες ηπείρους	- Διάκριση για τους αθλητές από την ήπειρο	- Όλοι είναι επιλέξιμοι	- Αθλητές από την ήπειρο
Ηπειρωτικά Πρωταθλήματα Πολλαπλών Αθλημάτων με αθλητές από άλλες ηπείρους	- Διάκριση για τους αθλητές από την ήπειρο	- Όλοι είναι επιλέξιμοι	- Συνολικά
Ηπειρωτικά Κύπελλα	- Συνολικά	- - Συνολικά	- Πόντοι Διεθνούς Ένωσης Τριάθλου: συνολικά - Ηπειρωτικοί πόντοι: Αθλητές από την ήπειρο

β) Οι αθλητές από άλλες ηπείρους μπορούν να συμμετάσχουν σε Ηπειρωτικά Πρωταθλήματα με την προϋπόθεση ότι η διοργάνωση δεν είναι πλήρης με αθλητές από τη διοργανώτρια ήπειρο. Στην περίπτωση αυτή, οι πόντοι και τα μετάλλια πηγαίνουν στους αθλητές από τη διοργανώτρια ήπειρο, αλλά τα χρηματικά έπαθλα κατανέμονται στους αθλητές με βάση τα συνολικά αποτελέσματα. Εξαιρέση στην παρούσα παράγραφο αποτελούν τα Ηπειρωτικά Πρωταθλήματα Διάθλου και Τριάθλου μεγάλων αποστάσεων που αποτελούν επίσης μέρος του World Series: στην περίπτωση αυτή οι βαθμοί κατανέμονται με βάση τα συνολικά αποτελέσματα.

10. ΔΙΟΡΓΑΝΩΣΕΙΣ

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
10.Α. Διοργανώσεις: Ασφάλεια και αθλητική ακεραιότητα:
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41
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10.1 Ασφάλεια νερού:

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 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
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Κανόνες Συναγωνισμού της Διεθνούς Ένωσης
 Τριάθλου
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- α) Ο τεχνικός αντιπρόσωπος μπορεί να τροποποιήσει την απόσταση του τμήματος κολύμβησης ή ακόμη και να ακυρώσει την κολύμβηση, ανάλογα με την ταχύτητα του ρεύματος.
- β) Ασφάλεια νερού:
- (i) Δείγματα νερού που συλλέγονται από τρία διαφορετικά σημεία της κολυμβητικής διαδρομής θα αναλύονται ξεχωριστά και τα χειρότερα αποτελέσματα θα καθορίζουν αν η κολύμβηση μπορεί να διεξαχθεί. Η κολύμβηση επιτρέπεται εάν οι ακόλουθες τιμές είναι κάτω από το επίπεδο ανοχής στους διαφορετικούς τύπους νερού:
- Θάλασσα και νερό μετάβασης:
 - ΡΗ μεταξύ 6 και 9.
 - Εντεροκόκκοι σε περιεκτικότητα όχι μεγαλύτερη από 100 ανά 100 ml (cfu/100 ml).
 - Escherichiacoli E. Coli σε περιεκτικότητα όχι μεγαλύτερη από 250 ανά 100 ml (cfu/100ml).
 - Απουσία θετικής οπτικής ένδειξης έξαρσης ερυθρόχρωμου πλαγκτού.
 - Εσωτερικά ύδατα:
 - ΡΗ μεταξύ 6 και 9.
 - Εντεροκόκκοι σε περιεκτικότητα όχι μεγαλύτερη από 200 ανά 100 ml (cfu/100 ml).
 - Escherichiacoli E. Coli σε περιεκτικότητα όχι μεγαλύτερη από 500 ανά 100 ml (cfu/100ml).
 - Παρουσία εξάρσεων κυανοφυκών (κυανοβακτηρίων) σε περιεκτικότητα όχι μεγαλύτερη από 100.000 κύτταρα/ml. Ο έλεγχος αυτός απαιτείται μόνο σε περίπτωση θετικής οπτικής ένδειξης έξαρσης κυανοφυκών. Λόγω του ενδεχόμενου γρήγορου σχηματισμού αφρού είναι υποχρεωτική η καθημερινή υγειονομική επιθεώρηση από τον Ιατρικό Διευθυντή της Τοπικής Οργανωτικής Επιτροπής τις δύο εβδομάδες πριν από τον αγώνα στην περιοχή που είναι επιρρεπής στον σχηματισμό αφρού αλγών. Όταν δεν είναι ορατός ο αφρός αλγών, αλλά το νερό παρουσιάζει έντονο πρασινωπό αποχρωματισμό, θολερότητα και η διαφάνεια είναι μικρότερη από 0,5 m, πρέπει να διενεργείται ο έλεγχος για την παρουσία κυανοβακτηρίων.
 - Όλες οι μονάδες πρέπει να είναι cfu/100 ml ή nmp/100 ml. (cfu: Μονάδες σχηματισμού αποικιών, nmp: πιθανότερος αριθμός)
- (ii) Εάν ο έλεγχος της ποιότητας του νερού δείξει τιμές εκτός των ορίων ανοχής που αναφέρονται παραπάνω, η κολύμβηση θα ακυρωθεί, εκτός εάν το επιτρέψει η Ιατρική Επιτροπή και Επιτροπή Αντιντόπινγκ της Διεθνούς Ένωσης Τριάθλου.

10.2 Πληροφορίες για την ποιότητα του νερού και ροή λήψης αποφάσεων:

- α) Δεδομένα ποιότητας νερού
- (i) Σύμφωνα με τους Κανόνες της Διεθνούς Ένωσης Τριάθλου, η Τοπική Οργανωτική Επιτροπή πρέπει να υποβάλει τεστ ποιότητας νερού από τρία σημεία του αγωνιστικού χώρου κολύμβησης:
- 2 μήνες πριν από τον αγώνα.

- 7 ημέρες πριν από τον αγώνα.
 - Την πρώτη ημέρα συναγωνισμού της διοργάνωσης, μόνο για στατιστικούς λόγους.
- (ii) Ωστόσο, η παράδοση των αποτελεσμάτων μπορεί να διαφέρει από 48 έως 96 ώρες ανάλογα με τη μεθοδολογία που χρησιμοποιεί το εργαστήριο. **Αποτελέσματα που λαμβάνονται περισσότερες από επτά ημέρες μετά τη συλλογή του δείγματος δεν θα γίνονται δεκτά.**
- (iii) Ως εκ τούτου, η λήψη απόφασης σχετικά με την καθυστέρηση ενός αγώνα αποκλειστικά με βάση δεδομένα που δεν αντικατοπτρίζουν 100% τις τρέχουσες συνθήκες δεν ενδείκνυται.
- (iv) **Επιπλέον, για τους Ολυμπιακούς και Παραολυμπιακούς Αγώνες θα γίνει συλλογή δειγμάτων νερού:**
- **Ένα τεστ ανά ημέρα για περίοδο δέκα ημερών πριν από τον πρώτο αγώνα έως δύο ημέρες μετά τον τελευταίο αγώνα, ένα, δύο και τρία έτη πριν από τους Ολυμπιακούς και Παραολυμπιακούς Αγώνες.**
 - **Από δέκα ημέρες πριν από τον πρώτο αγώνα έως δύο ημέρες μετά τον τελευταίο αγώνα δύο φορές καθημερινά, το πρωί και το βράδυ κατά τη διάρκεια των Ολυμπιακών και Παραολυμπιακών Αγώνων.**
 - **Τα αποτελέσματα θα παραδίδονται εντός 24 ωρών από τη συλλογή του δείγματος**
- β) Ισχύουσα διαδικασία:
- (i) Χρήση προσέγγισης, ενδεικτικά, στις περιπτώσεις όπου η διοργάνωση διεξάγεται υπό συνθήκες βροχής που συνιστώνται από τον ΠΟΥ για καθοδήγηση της λήψης αποφάσεων συνδυάζοντας:
- (ii) υγειονομικό έλεγχο,
- (iii) ανάλυση ποιότητας νερού,
- (iv) προβλέψεις καιρού.
- γ) Υγειονομικός έλεγχος:
- (i) Αξιολόγηση των εξής στοιχείων:
- Απουσία ελαίων και οσμής φαινόλης.
 - Το χρώμα του νερού που δεν μπορεί να αλλάξει με μη φυσιολογικό τρόπο.
 - Ορατότητα του νερού άνω του ενός μέτρου (μπορεί να είναι μικρότερη μόνο όταν οφείλεται σε φυσικές συνθήκες).
 - Μια τοποθεσία με πολλά σκουπίδια μπορεί να αποτελέσει το ιδανικό περιβάλλον για την ύπαρξη αρουραίων.
 - **Απορρίψιμο νερού ψύξης από εργοστάσιο.**
 - **Αφίπνευση του νερού από βλήτων σπιτιών και σκαφών.**
 - **Αποκλειστικότητα.**
 - Έξαρση φυτοπλαγκτόν.

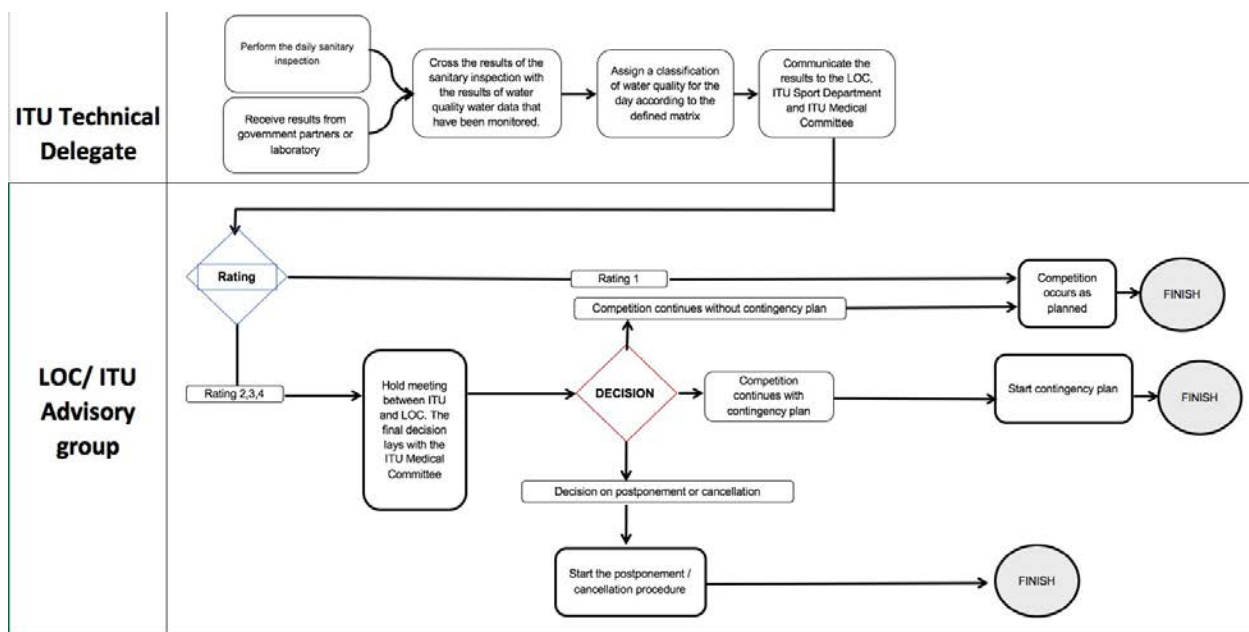
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δ) Ροή πληροφοριών για την ποιότητα του νερού:

(i) Η συμβουλευτική ομάδα ποιότητας νερού της Διεθνούς Ένωσης Τριάθλου / Τοπικής Οργανωτικής Επιτροπής εκπροσωπείται από τους εξής φορείς:

- Ιατρική Επιτροπή της Διεθνούς Ένωσης Τριάθλου
- Τεχνικό αντιπρόσωπο της Διεθνούς Ένωσης Τριάθλου
- Ιατρικό αντιπρόσωπο της Διεθνούς Ένωσης Τριάθλου (εάν διατίθεται).
- Αρχηγό ομάδας της Διεθνούς Ένωσης Τριάθλου (εάν διατίθεται).
- Τμήμα αθλητισμού της Διεθνούς Ένωσης Τριάθλου (συμπεριλαμβανομένου του διαχειριστή έργου).
- Διευθυντής αγώνων της Τοπικής Οργανωτικής Επιτροπής.
- Ιατρικής διευθυντής της Τοπικής Οργανωτικής Επιτροπής.



ε) Πίνακας αποφάσεων για την ποιότητα του νερού (θαλάσσια και μεταβατικά ύδατα)

		Δύο προηγούμενα αποτελέσματα E.Coli < 250* Enterococci < 100*	Τελευταίο αποτέλεσμα E.Coli: 250 έως 500* Enterococci 100 έως 200*	Δύο προηγούμενα αποτελέσματα E.Coli: 250 έως 500* Enterococci 100 έως 200*	Τελευταίο αποτέλεσμα E.Coli > 500* Enterococci > 200*
Κατηγορία υγειονομικού	ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΕΛΗ 16705 ΤΗΛ:210 92 25 000 ΗΛΕΚ.Δ/ΝΣΗ: info@translations.com	1	2	2	4
		1	2	3	4

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ελέγχου (ευαισθησία σε επιρροή περιττωμάτων)	Υψηλή	2	3	3	4
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* cfu/100ml

(i) Επεξήγηση επιπέδων:

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- 1 = Πολύ καλή ποιότητα νερού: (E.Coli < 250 ή Enterococci < 100) με μηδενική ή δυνητική οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.
- 2 = Καλή ποιότητα νερού: (E.Coli < 250 ή Enterococci < 100) με κακή οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.
- 2 = Καλή ποιότητα νερού: (E.Coli: 250 έως 500 ή Enterococci 100 έως 200) αλλά χωρίς ή με πιθανή οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.
- 3 = Μέτρια ποιότητα νερού: (E.Coli: 250 έως 500 ή Enterococci 100 έως 200), αλλά με πιθανή ή κακή οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.
- 4 = Κακή ποιότητα νερού: (E.Coli > 500 ή Enterococci > 200), με οποιαδήποτε οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.

στ) Πίνακας αποφάσεων για την ποιότητα του νερού (εσωτερικά ύδατα)

		Δύο προηγούμενα αποτελέσματα E.Coli < 500* Enterococci < 200*	Τελευταίο αποτέλεσμα E.Coli: 500 έως 1.000* Enterococci 200 έως 400*	Δύο προηγούμενα αποτελέσματα E.Coli: 500 έως 1.000* Enterococci 200 έως 400*	Τελευταίο αποτέλεσμα E.Coli > 1000* Enterococci > 400*
Κατηγορία υγειονομικού ελέγχου (ευαισθησία σε επιρροή περιπτώσεων)	Χαμηλή	1	2	2	4
	Μέτρια	1	2	3	4
	Υψηλή	2	3	3	4

* cfu/100ml

(i) Επεξήγηση επιπέδων:

- 1 = Πολύ καλή ποιότητα νερού: (E.Coli < 500 ή Enterococci < 200) με μηδενική ή δυνητική οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.

- 2 = Καλή ποιότητα νερού: (E.Coli < 500 ή Enterococci < 200) με κακή οπτική ρύπανση ή με πιθανή οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.

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- 2 = Καλή ποιότητα νερού: (E.Coli: 500 έως 1000 ή Enterococci 200 έως 400) αλλά χωρίς ή με πιθανή οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.
- 3 = Μέτρια ποιότητα νερού: (E.Coli: 500 έως 1000 ή Enterococci 200 έως 400), αλλά με πιθανή ή κακή οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.
- 4 = Κακή ποιότητα νερού: (E.Coli > 1000 ή Enterococci > 400), με οποιαδήποτε οπτική ρύπανση κατά τη διάρκεια υγειονομικού ελέγχου ή προβλεπόμενης έντονης βροχόπτωσης.

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10.3 Τροποποιήσεις λόγω θερμότητας:

- a) Ο ιατρικός αντιπρόσωπος ή, εάν απουσιάζει, ο ιατρικός διευθυντής του αγώνα θα μετρήσει τον δείκτη WBGT. Όλες οι μετρήσεις με το εργαλείο WBGT πρέπει να γίνονται στον χώρο του τερματισμού κάθε 30 λεπτά, αρχίζοντας 3 ώρες πριν από την έναρξη του αγώνα. Η συσκευή πρέπει να τοποθετείται σε άμεσο ηλιακό φως 1,5 m πάνω από το έδαφος.
- b) Οι τιμές του δείκτη WBGT κατηγοριοποιούνται:
- (i) Αξιολόγηση της περιβαλλοντικής θερμικής καταπόνησης στο χώρο σε τακτά χρονικά διαστήματα με τη χρήση του δείκτη Wet-Bulb-Globe-Temperature (WBGT) και παροχή ανακοινώσεων για τις ενδείξεις του. Τα επίπεδα WBGT για την τροποποίηση της άσκησης ή του συναγωνισμού σε υγιείς ενήλικες βασίζονται στη σύσταση του Αμερικανικού Κολλεγίου Αθλητιατρικής (American College of Sports Medicine) (2007)
 - (ii) Κάθε απόφαση που λαμβάνεται θα λαμβάνει υπόψη το επίπεδο της ιατρικής βοήθειας, τις εγκαταστάσεις της ιατρικής σκηνής, την εξέλιξη των καιρικών συνθηκών και των προβλέψεων, την περίοδο της αγωνιστικής περιόδου, την απόσταση και την κατηγορία του αγώνα, το επίπεδο φυσικής κατάστασης του αθλητή και την ηλικία των αθλητών. Οι διοργανωτές των αγωνισμάτων θα δίνουν ιδιαίτερη προσοχή σε απροσδόκητες ή ασυνήθιστα θερμές καιρικές συνθήκες σε εκδηλώσεις μαζικής συμμετοχής, λαμβάνοντας υπόψη ότι οι μη εγκλιματισμένοι συμμετέχοντες ή οι συμμετέχοντες χωρίς επαρκές επίπεδο κατάρτισης διατρέχουν υψηλότερο κίνδυνο θερμικής ασθένειας.
 - (iii) Κατά τη διάρκεια των αγώνων, πληροφορίες για τις καιρικές συνθήκες και τον δείκτη WBGT θα παρέχονται στο Κέντρο Αθλητικών Πληροφοριών και στο lounge των αθλητών. Οι πληροφορίες θα αναρτώνται στο lounge των αθλητών εγκαίρως για την προσέλευση των αθλητών. Ο δείκτης WBGT θα μετατρέπεται σε ένα σύστημα έγχρωμων σημαιών πέντε επιπέδων που θα υποδεικνύει τον κίνδυνο θερμικής ασθένειας από τις τρέχουσες καιρικές συνθήκες. Οι πληροφορίες θα παραδίδονται με τη μορφή γραπτής ανακοίνωσης

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ΤΗΛ. 2109225000

Κατηγορίες κινδύνου WBCT		
Χρώμα σημαίας	Δείκτης θερμότητας WBCT	Κίνδυνος
Μαύρο	> 32,2 °C	Ακραίος
Κόκκινο	30,1 - 32,2 °C	Πολύ υψηλός
Πορτοκαλί	27,9 - 30 °C	Υψηλός
Κίτρινο	25,7 - 27,8 °C	Μέτριος
Πράσινο	< 25,7 °C	Χαμηλός

c) Στις διοργανώσεις σπριντ και κανονικών αποστάσεων, σε περίπτωση πολύ υψηλού κινδύνου (κόκκινη σημαία) θα λαμβάνονται υπόψη τα εξής:

(i) Εάν η Τοπική Οργανωτική Επιτροπή και το ιατρικό προσωπικό μπορούν να παράσχουν ιατρική βοήθεια τηρώντας όλους τους κανόνες του εγγράφου Χειροκίνητες ιατρικές υπηρεσίες και πρόληψη της θερμικής ασθένειας λόγω άσκησης για διοργανωτές αγώνων της Διεθνούς Ένωσης Τριάθλου, ιδιαίτερα σε μεγάλες διοργανώσεις μαζικής συμμετοχής:

- Διοργανώσεις κανονικής απόστασης: αλλαγή σε απόσταση σπριντ
- Διοργανώσεις απόστασης σπριντ και μικρότερης απόστασης: παραμένουν σύμφωνα με τον αρχικό προγραμματισμό

(ii) Εάν η Τοπική Οργανωτική Επιτροπή και το ιατρικό προσωπικό δεν μπορούν να παράσχουν ιατρική βοήθεια τηρώντας όλους τους κανόνες του εγγράφου Χειροκίνητες ιατρικές υπηρεσίες και πρόληψη της θερμικής ασθένειας λόγω άσκησης για διοργανωτές αγώνων της Διεθνούς Ένωσης Τριάθλου, ιδιαίτερα σε μεγάλες διοργανώσεις μαζικής συμμετοχής, ο αγώνας πρέπει να επαναπρογραμματιστεί.

d) Στις διοργανώσεις σπριντ και κανονικών αποστάσεων, σε περίπτωση ακραίου κινδύνου (δείκτης WBGT: >32,2°C, μαύρη σημαία) ο αγώνας πρέπει να επαναπρογραμματιστεί ή να ακυρωθεί.

e) Στις διοργανώσεις μεσαίων και μεγάλων αποστάσεων, πρέπει να πραγματοποιηθεί συνάντηση μεταξύ των κλιπών κινδύνου τεχνικού αντιπροσώπου, του εντεταλμένου ιατρικού αντιπροσώπου, του διοργανωτή αγώνων της Τοπικής Οργανωτικής Επιτροπής και του αθλητή/αθλητριών. Η Ομάδα Συμβουλευτικής Ομάδα των διοργανώσεων για να συμφωνηθούν τα μέτρα αντιμετώπισης του κινδύνου που πρέπει να εφαρμοστούν στις περιπτώσεις που ο αγώνας συνεχίζεται να διεξαχθεί σε συνθήκες υψηλού και ακραίου υψηλού κινδύνου.

10.4 Ρεύμα κολύμβησης:

- α) Ο αγώνας πρέπει να επαναπρογραμματιστεί ή να ακυρωθεί στην περίπτωση που οι αθλητές κολυμπούν ενάντια σε ρεύμα ίσο ή μεγαλύτερο από 1,5m/s σε ευθεία γραμμή και ίσο ή μεγαλύτερο από 1m/s όταν πρέπει να στρίψουν σε οποιοδήποτε σημείο σε γωνία 90 μοιρών ή μεγαλύτερη.

10.5 Καταιγίδα και κεραυνοί:

- α) Οι κεραυνοί αποτελούν άμεση απειλή για τους αθλητές. Εάν πλησιάζουν κεραυνοί στον τόπο διεξαγωγής του αγώνα και βρίσκονται σε ακτίνα 8 μιλίων / 13 χιλιομέτρων, ο αγώνας πρέπει να διακοπεί, ο τόπος διεξαγωγής πρέπει να εκκενωθεί και οι αθλητές πρέπει να μεταφερθούν σε ασφαλή περιοχή.

10. Β. Διοργανώσεις: Τεχνικές λεπτομέρειες

10.6 Εκκίνηση υπο-ομάδων:

- α) Για να διασφαλιστεί η ασφάλεια των αθλητών, υπάρχουν όρια στον αριθμό των αθλητών που ξεκινούν ταυτόχρονα. Ο τεχνικός αντιπρόσωπος μπορεί να εφαρμόσει χαμηλότερα όρια από τα αναφερόμενα, ανάλογα με τις συνθήκες της διοργάνωσης:

	WT CS / WT PS	Τελικό Πρωταθλήματος Διεθνούς Ένωσης Τρίαθλου	World Triathlon Cup / WTPC	Άλλα Τρίαθλα κανονικών και μικρότερων αποστάσεων	Τρίαθλο μεσαίας και μεγάλης απόστασης - Όλες οι διοργανώσεις (*)	Cross Triathlon - Όλες οι διοργανώσεις	Διάθλο - Όλες οι διοργανώσεις	Mixed Relay
Elite	55	65	65	70	100	100	100	30
U23	δ/ι	70	δ/ι	70	δ/ι	100	100	30
Junior	δ/ι	70	δ/ι	70	δ/ι	100	100	30
Youth	δ/ι	δ/ι	δ/ι	70	δ/ι	δ/ι	δ/ι	30
Ημιτελικός/Τελικός (Οποιαδήποτε κατηγορία)	90	δ/ι	90	90	δ/ι	δ/ι	δ/ι	Δ/ι
Παρατρίαθλο	80	122	80	52/80 (**)	80	80	80	Δ/ι

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Age-Group	δ/ι	200	δ/ι	200	500	500	500	200
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(*) Τα τρίαθλα μεγάλων αποστάσεων μπορούν να έχουν μεγαλύτερες ομάδες εκκίνησης εάν πρόκειται για αγώνες εκκίνησης από το νερό και μετά από έγκριση του τεχνικού αντιπροσώπου.

(**) Το 52 ισχύει για ηπειρωτικά κύπελλα, το 80 ισχύει για ηπειρωτικά πρωταθλήματα

- β) Οι αθλητές της ίδιας ηλικιακής ομάδας μπορούν να χωριστούν σε δύο ή περισσότερες υπο-ομάδες εκκίνησης:
- Και οι δύο / όλες οι υπο-ομάδες θα έχουν τον ίδιο αριθμό αθλητών.
 - Οι αθλητές από την ίδια Εθνική Ομοσπονδία θα χωριστούν σε όλες τις ομάδες τυχαία, ορίζοντας τον ίδιο αριθμό σε κάθε υπο-ομάδα.
 - Οι Εθνικές Ομοσπονδίες με έναν μόνο αθλητή θα συμμετέχουν στη μία ή στην άλλη υπο-ομάδα, ούτως ώστε να διατηρηθεί η αριθμητική ισορροπία. Η ίδια αρχή θα ισχύει και για τον πλεονάζοντα αριθμό που προκύπτει από Εθνικές Ομοσπονδίες με μονό αριθμό αθλητών.
 - Πρωταθλητής θα είναι ο αθλητής με τον ταχύτερο χρόνο, ανεξάρτητα από την υπο-ομάδα με την οποία ξεκινά.
 - Η λίστα αποτελεσμάτων των Age-Group που επηρεάζονται θα περιέχει τους αθλητές και των δύο υπο-ομάδων ταξινομημένους κατά χρόνο.
 - Οι υπο-ομάδες που περιλαμβάνουν αθλητές του ίδιου Age-Group θα προγραμματίζονται η μία αμέσως μετά την άλλη.
 - Αυτές οι υποομάδες δεν θα περιλαμβάνουν αθλητές διαφορετικού Age-Group.

10.7 Μετάβαση:

- α) Ο τεχνικός αντιπρόσωπος θα καθορίσει τη θέση των γραμμών ανάβασης και αποβίβασης. Και οι δύο γραμμές θα θεωρηθούν μέρος της περιοχής μετάβασης.

10.8 Ποδήλατο:

- α) Ένα περιθώριο ανοχής 10% είναι αποδεκτό για την απόσταση του τμήματος ποδηλασίας, υπό την προϋπόθεση ότι έχει εγκριθεί από τον τεχνικό αντιπρόσωπο. Στις διοργανώσεις μεσαίων και μεγάλων αποστάσεων, η ανοχή αυτή περιορίζεται στο 5%.
- β) Πρέπει να υπάρχει ένας ελάχιστος αριθμός πεδίων ποινής ως εξής:
- Διοργανώσεις κανονικής ή μικρότερης απόστασης: ένα κάθε 10 χιλιόμετρα.
 - Διοργανώσεις μεσαίας ή μεγάλης απόστασης: ένα κάθε 30 χιλιόμετρα.

10.9 Ομάδα υποστήριξης:

- α) Αναλογία Εθνικών Ομοσπονδιών ανά ομάδα Εθνική Ομοσπονδία έχει επαναληφθεί σε όλες τις παρακάτω πίνακες. Όταν μια Εθνική Ομοσπονδία έχει περισσότερα από ένα μέλη στην ομάδα, η αναλογία θα εκπροσωπείται από τον μεγαλύτερο αριθμό μελών της ομάδας. Διαφορετικά η αναλογία θα μειώνεται κατά 1.

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ΑΡΧ. ΚΑΡΑΪΣΚΑΚΗ 13
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ΤΗΛ: 210 92 25 000

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(i) Διοργανώσεις Elite:

Αθλητές	1 έως 3	4 έως 6	7 ή περισσότεροι
Προπονητές	2	3	4
Ιατροί	1	1	1

(ii) Διοργανώσεις U23 (U23 χωρίς ανάμειξη με άλλες κατηγορίες):

Αθλητές	1 έως 6	7 ή περισσότεροι
Προπονητές	2	3

(iii) Διοργανώσεις Junior:

Αθλητές	1 έως 6	7 ή περισσότεροι
Προπονητές	2	3

(iv) Διοργανώσεις Youth

Αθλητές	1 έως 6	7 ή περισσότεροι
Προπονητές	2	3

(v) Διοργανώσεις παρατριάθλου:

Αθλητές	1 έως 3	4 έως 6	7 ή περισσότεροι
Προπονητές	2	3	4
Ιατροί	1	1	1

(vi) Διοργανώσεις μεικτής σκυταλοδρομίας:

Ομάδα	1 ή περισσότεροι
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ: ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΠΣΑΣ 18705 ΤΗΛ: 210 92 25 000 ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com	1

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* Σε περίπτωση που ένα αγώνισμα μεικτής σκυταλοδρομίας διεξάγεται σε συνδυασμό με ένα ατομικό αγώνισμα, πρέπει να ληφθεί υπόψη η αντιπροσωπεία που είναι ήδη διαπιστευμένη για το ατομικό αγώνισμα.

(vii) Υποστήριξη αντιπροσωπειών για διοργανώσεις Age-Group:

Συνολικός αριθμός αθλητών σε όλες τις διοργανώσεις	1 έως 50	51 έως 100	Περισσότεροι από 101
Προπονητές	2	4	6
Bike mechanic/Ski man	1	2	2
Ιατροί	1	1	1
Εκπρόσωποι NF*	2	2	2

* Μόνο σε περίπτωση που δεν πραγματοποιηθεί Συνέδριο σε συνδυασμό με τη διοργάνωση.

β) Επικεφαλής αντιπροσωπείας:

- (i) Οι εθνικές ομοσπονδίες με αθλητές σε κάθε κατηγορία Elite, U23, Junior και στα δύο φύλα, θα έχουν επιπλέον διαπίστευση με πρόσβαση προπονητή για όλα τα αγώνισματα κατά τη διάρκεια των τελικών του Παγκόσμιου Πρωταθλήματος Τριάθλου.
- (ii) Εθνικές Ομοσπονδίες με αθλητές και στα τέσσερα αγώνισματα - Duathlon, Aquathlon, Cross Triathlon και Long Distance Triathlon - στην κατηγορία Elite και στα δύο φύλα, θα λάβουν επιπλέον διαπίστευση με πρόσβαση προπονητή για όλα τα αγώνισματα κατά τη διάρκεια του Παγκόσμιου Πρωταθλήματος Τριάθλου Multisport.

γ) Όλο το προσωπικό που είναι εγγεγραμμένο ως μέρος της ομάδας υποστήριξης θα λάβει διαπίστευση με πρόσβαση ανάλογα με τον ρόλο του,

δ) Οι εθνικές ομοσπονδίες είναι υπεύθυνες για την εισαγωγή του προσωπικού υποστήριξης στο ηλεκτρονικό σύστημα εγγραφών του World Triathlon. Το World Triathlon θα εγκρίνει το προσωπικό υποστήριξης σύμφωνα με την ποσόστωση επτά ημέρες πριν από τον αγώνα. Δεν θα γίνονται δεκτές προσθήκες μετά την προθεσμία αυτή.

10.10 Ώρες έναρξης:

α) Η ελάχιστη χρονική διαφορά μεταξύ των υπο-ομάδων θα είναι:

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Ηπειρωτικό Κέντρο Σφαιρών ΗΛΕΚ.Δ/ΣΗ: info@intertranslations.com	45 λεπτά	1 ώρα ΤΗΛ. 2109225000

Ηπειρωτικό Κύπελλο - Κανονική απόσταση	1 ώρα και 30 λεπτά	2 ώρες
Παγκόσμιο Κύπελλο - Σπριντ	1 ώρα και 45 λεπτά	1 ώρα και 30 λεπτά
Παγκόσμιο Κύπελλο - Κανονική απόσταση	2 ώρες και 45 λεπτά	2 ώρες και 30 λεπτά
World Triathlon Championship Series Sprint	1 ώρα και 45 λεπτά	1 ώρα και 45 λεπτά
World Triathlon Championship Series Standard	2 ώρες και 45 λεπτά	2 ώρες και 45 λεπτά
Duathlon Standard Distance	1 ώρα και 30 λεπτά	2 ώρες και 30 λεπτά
Τρίαθλο και διάθλο μεσαίας και μεγάλης απόστασης	5 λεπτά	5 λεπτά
3x ομαδική σκυταλοδρομία	1 ώρα και 45 λεπτά	δ/ι

- (1) Αυτό ισχύει ανεξάρτητα από το αν ξεκινήσει πρώτα το αγώνισμα ανδρών ή γυναικών.
(2) Αυτό ισχύει για τις υπο-ομάδες Age-Group που ξεκινούν μετά τους αγώνες Elite. Οι αγώνες Elite που ξεκινούν μετά τους αγώνες Age-Group θα ξεκινούν μόνο όταν ολοκληρωθούν οι αγώνες Age-Group.

- β) Ο Τεχνικός Αντιπρόσωπος μπορεί να αποφασίσει να μειώσει τις προαναφερθείσες διαφορές σε αγώνες Continental Cup και Duathlon κανονικής απόστασης, υπό την προϋπόθεση ότι οι άνδρες και οι γυναίκες δεν θα βρίσκονται ταυτόχρονα στο τμήμα ποδηλάτου,
- γ) Ο Τεχνικός Αντιπρόσωπος μπορεί να αποφασίσει να μειώσει τις παραπάνω αναφερόμενες διαφορές στα Continental Cups και στα αγωνίσματα Duathlon κανονικής απόστασης σε ένα ελάχιστο πέντε λεπτών, εάν σε ένα από τα αγωνίσματα συμμετέχουν λιγότεροι από 10 αθλητές και αρκετοί αξιωματούχοι για να ελέγξουν κάθε πιθανό τράβηγμα μεταξύ αθλητών και αθλητριών,
- δ) Ο Τεχνικός Αντιπρόσωπος μπορεί επίσης να ζητήσει διαφορετικές ώρες εκκίνησης ζητώντας συγκεκριμένο κανονισμό, όπως αναφέρεται στο τμήμα 1.6,
- ε) Οι διοργανώσεις που δεν περιλαμβάνονται στον προηγούμενο πίνακα θα πρέπει να εγκριθούν από τον Τεχνικό Αντιπρόσωπο πριν από τη δημοσίευση των ωρών εκκίνησης.

10.11 Τροποποιημένες διοργανώσεις:

- α) Όταν ένας αγώνας δεν μπορεί να διεξαχθεί στην αρχική του μορφή λόγω ανωτέρας βίας, όλοι οι βαθμοί για όλες τις σχετικές κατατάξεις, συμπεριλαμβανομένων των βαθμών του Ολυμπιακού Προκριματικού Καταλόγου, θα μειωθούν ανάλογα με τις τελικές συνθήκες κάτω από τις οποίες διεξήχθη ο αγώνας:

- (i) Εάν η διοργάνωση είναι τρίαθλο ή ως πολυαθλητισμός που έχει αρχικά προγραμματιστεί, αλλά οποιοδήποτε από όλα τα τμήματα μειωθεί σημαντικά με τους Παγκόσιους Κανόνες Τρίαθλου, θα απονεμηθεί το 100% των βαθμών,

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ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε.
ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
ΕΛ. ΒΕΝΙΖΕΛΟΥ 4, ΚΑΛΥΘΕΩΝ - Τ.Κ. 176 76
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ΤΗΛ. 2109225000

- (ii) Εάν ο αγώνας γίνει άλλος αγώνας multisport του World Triathlon, σύμφωνα με τους κανονισμούς του World Triathlon όσον αφορά τις αποστάσεις και τους όρους, θα απονεμηθεί το 75 % των βαθμών,
- (iii) Εάν ένα αγώνισμα τριάθλου μετατραπεί σε δίαθλο και η κολύμβηση αντικατασταθεί από ένα τμήμα τρεξίματος με παρόμοια διάρκεια με την ακυρωθείσα κολύμβηση, θα απονεμηθεί το 75% των βαθμών,
- (iv) Εάν η διοργάνωση μετατραπεί σε έναν άλλο διαγωνισμό multisport του World Triathlon με αποκλίσεις από τους κανονισμούς του World Triathlon όσον αφορά τις αποστάσεις και τους όρους, το 50% των βαθμών θα απονεμηθεί.

10.12 Ωρα λήξης:

- α) Ο Τεχνικός Αντιπρόσωπος μπορεί να καθορίσει χρόνο λήξης για ολόκληρο τον αγώνα ή για οποιοδήποτε ενδιάμεσο σημείο,
- β) Εάν υπάρχει καταληκτική ημερομηνία, πρέπει να ανακοινωθεί τουλάχιστον 30 ημέρες πριν από τη λήξη της εγγραφής.

11. ΥΠΕΥΘΥΝΟΙ ΕΠΙ ΤΕΧΝΙΚΩΝ ΘΕΜΑΤΩΝ

11.1 Γενικά:

- α) Τα καθήκοντα των υπευθύνων επί τεχνικών θεμάτων είναι να διεξάγουν τον αγώνα σύμφωνα με τους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου
- β) Υπεύθυνοι επί τεχνικών θεμάτων της Διεθνούς Ένωσης Τριάθλου είναι οι εξής φορείς:
 - (i) Υπεύθυνοι επί τεχνικών θεμάτων.
 - (ii) Ειδικοί υπεύθυνοι επί τεχνικών θεμάτων παρατριάθλου
 - (iii) Καθήκοντα της Κριτικής Επιτροπής Αγωνισμάτων:
- γ) Οι Τεχνικοί Αξιωματούχοι πρέπει να είναι τουλάχιστον 19 ετών στις 31 Δεκεμβρίου του έτους του διαγωνισμού στον οποίο εργάζονται,
- δ) Για να διεξαχθεί ένας διαγωνισμός βάσει των παρόντων Κανόνων Διαγωνισμού, είναι απαραίτητη η παρουσία:
 - (i) έναν τεχνικό αντιπρόσωπο- και
 - (ii) Ένας επικεφαλής ομάδας

11.2 Υπεύθυνοι επί τεχνικών θεμάτων της Διεθνούς Ένωσης Τριάθλου είναι οι εξής φορείς:

ΚΕΦΑΛΑΙΟ ΔΙΑΠΡΑΞΕΩΣ
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- (i) Ο Τεχνικός Αντιπρόσωπος του Παγκοσμίου Τριάθλου (TD) διασφαλίζει ότι πληρούνται όλες οι πτυχές των Κανόνων Αγώνων του Παγκοσμίου Τριάθλου και του Εγχειριδίου Οργανωτών Αγώνων του Παγκοσμίου Τριάθλου. Οι τοπικές οργανωτικές επιτροπές θα τροποποιούν τους όρους του διαγωνισμού, σύμφωνα με τις υποδείξεις του Τεχνικού Αντιπροσώπου ανά πάσα στιγμή. Οι διαπιστευμένοι προπονητές θα ενημερωθούν για τις τροποποιήσεις,
- (ii) Ο Βοηθός Τεχνικού Αντιπροσώπου (BTA) επικουρεί τον Τεχνικό Αντιπρόσωπο στα καθήκοντά του,
- (iii) Ο Επικεφαλής Διαιτητής ελέγχει την πιστοποίηση των Τεχνικών Αξιωματούχων, επισημοποιεί τα αποτελέσματα υπογράφοντάς τα και αποφασίζει οριστικά για τις παραβιάσεις των κανόνων,
- (iv) Ο επικεφαλής αξιωματούχος αγώνα (CRO) αναθέτει και παρακολουθεί το έργο όλων των τεχνικών αξιωματούχων,
- (v) Οι τεχνικοί αξιωματούχοι είναι τοποθετημένοι στην εγγραφή, την εκκίνηση, τον τερματισμό, την περιοχή(ες) μετάβασης, την περιοχή πριν τη μετάβαση, την κολύμβηση, την έξοδο κολύμβησης, το ποδήλατο, το τρέξιμο, τους σταθμούς τροχών, τους σταθμούς βοήθειας, την τεχνολογία, τα κουτιά ποινών, τον μετρητή γύρων, το πρωτόκολλο, το γραφείο ελέγχου αγώνα, την επισκόπηση βίντεο και τον έλεγχο οχημάτων. Ένας επαρκής αριθμός Τεχνικών Αξιωματούχων θα οριστεί σε κάθε περιοχή και θα είναι υπεύθυνοι για την εφαρμογή των Αγωνιστικών Κανόνων του Παγκοσμίου Τριάθλου εντός της δικαιοδοσίας τους. Ένας τεχνικός υπάλληλος μπορεί να αναλάβει περισσότερες από μία θέσεις. Ενδεχομένως να δημιουργηθούν πρόσθετες θέσεις, εάν είναι απαραίτητο,
- (vi) Οι τεχνικοί αξιωματούχοι μπορούν να διαπιστευτούν ως αξιωματούχοι ελέγχου ποδηλάτων για να διεξάγουν τεχνολογικό έλεγχο απάτης. Η πλήρης διαδικασία βρίσκεται στο προσάρτημα N,
- (vii) Η κριτική επιτροπή του διαγωνισμού διορίζεται από τον Τεχνικό Αντιπρόσωπο,
- (viii) Ο Ιατρικός Αντιπρόσωπος του Παγκόσμιου Τριάθλου, που διορίζεται από την Ιατρική Επιτροπή και την Επιτροπή Αντιντόπινγκ του Παγκόσμιου Τριάθλου, είναι υπεύθυνος για όλα τα ιατρικά θέματα και θέματα αντιντόπινγκ εκ μέρους του Παγκόσμιου Τριάθλου.

11.3 Ειδικοί υπεύθυνοι επί τεχνικών θεμάτων παρατριάθλου

- α) Ο επικεφαλής ταξινομητής είναι ταξινομητής υπεύθυνος για τη διεύθυνση, τη διοίκηση, το συντονισμό και την εφαρμογή των θεμάτων ταξινόμησης,
- β) Οι ταξινομητές θα είναι υπεύθυνοι για τον προσδιορισμό της Αθλητικής Κατηγορίας και της Κατάστασης Αθλητικής Κατηγορίας των Παρατριάθλων από PTS2 έως PTS5, των Παρατριάθλων PTV1, PTV2 και PTV3,
- γ) Οι ταξινομητές που είναι πιστοποιημένοι από τη Διεθνή Ομοσπονδία Αθλητισμού Τυφλών και την Ολυμπιακή Επιτροπή θα είναι υπεύθυνοι για τον προσδιορισμό της αθλητικής κατηγορίας και του καθεστώτος αθλητικής κατηγορίας των παρατριάθλων PTV11, PTV12 και PTV13,

- δ) Οι κανόνες κατάταξης του Παγκόσμιου Τριάθλου Παρατριάθλου περιλαμβάνονται στο Παράρτημα Ζ.

11.4 Κριτική Επιτροπή Αγωνισμάτων:

- α) Ο Τεχνικός Αντιπρόσωπος του Παγκοσμίου Τριάθλου θα διορίσει τα μέλη της Αγωνόδικης Επιτροπής ως εξής:
- (i) Για τους Ολυμπιακούς Αγώνες και τους αγώνες Elite των τελικών του Παγκόσμιου Πρωταθλήματος Τριάθλου, η Κριτική Επιτροπή αποτελείται από πέντε άτομα που επιλέγονται από:
- Ο Τεχνικός Αντιπρόσωπος ή ο Βοηθός Τεχνικός Αντιπρόσωπος, ο οποίος προεδρεύει της Κριτικής Επιτροπής του Διαγωνισμού,
 - Εγκρίθηκαν από το Εκτελεστικό Συμβούλιο της Διεθνούς Ένωσης Τριάθλου
 - Ένας εκπρόσωπος της Εθνικής Ομοσπονδίας υποδοχής,
 - Ένας εκπρόσωπος της Τεχνικής Επιτροπής της Διεθνούς Ένωσης Τριάθλου.
 - Ένας εκπρόσωπος της Ιατρικής Επιτροπής και της Επιτροπής Αντιντόπινγκ του Παγκόσμιου Τριάθλου.
- (ii) Για όλους τους άλλους Παγκόσμιους Αγώνες Τριάθλου και άλλους Αγώνες που δεν περιλαμβάνουν τους Ολυμπιακούς Αγώνες, η Κριτική Επιτροπή αποτελείται από τρία άτομα που επιλέγονται από:
- Ο Τεχνικός Αντιπρόσωπος ή ο Βοηθός Τεχνικός Αντιπρόσωπος, ο οποίος προεδρεύει της Κριτικής Επιτροπής του Διαγωνισμού,
 - Ένα μέλος του Εκτελεστικού Συμβουλίου του Παγκόσμιου Τριάθλου ή οποιονδήποτε επιτροπών ή επιτροπών, ή αν δεν υπάρχουν, ένα μέλος του Εκτελεστικού Συμβουλίου της Ηπειρωτικής Συνομοσπονδίας ή οποιονδήποτε επιτροπών ή επιτροπών, ή σύνδεσμοι του προσωπικού, ή αν δεν υπάρχουν, ένας εκπρόσωπος της Εθνικής Ομοσπονδίας υποδοχής,
 - Ένας εκπρόσωπος από την Εθνική Ομοσπονδία υποδοχής.
- (iii) Η κριτική επιτροπή του διαγωνισμού μπορεί να προσκαλέσει εμπειρογνώμονες στην ακρόαση, οι οποίοι έχουν δικαίωμα λόγου αλλά όχι ψήφου.
- β) Η ιδιότητα του μέλους της Κριτικής Επιτροπής του Διαγωνισμού σε ένα αγώνισμα δεν είναι συμβατή με:
- (i) Να είναι Τεχνικός Αξιωματικός στην ίδια διοργάνωση εκτός από τον Τεχνικό Αντιπρόσωπο.
- (ii) Να είναι Οργανωτής στην ίδια εκδήλωση.
- (iii) Ο Ηλεκτρονικός Οργανωτής στην ίδια διοργάνωση.

- γ) Καθήκοντα της Κριτικής Επιτροπής Αγωνισμάτων:
- (i) Η Κριτική Επιτροπή του Διαγωνισμού αποφασίζει για όλες τις προσφυγές και όλες τις διαμαρτυρίες,
 - (ii) Η κριτική επιτροπή του διαγωνισμού έχει την εξουσία να τροποποιήσει τα αποτελέσματα του διαγωνισμού ως συνέπεια της απόφασής της επί της έφεσης ή της διαμαρτυρίας. Αυτή η τροποποίηση των αποτελεσμάτων είναι απόφαση του πεδίου παιχνιδιού,
 - (iii) Η Αγωνόδικος Επιτροπή πρέπει να είναι διαθέσιμη από την έναρξη της ενημέρωσης των αθλητών μέχρι το τέλος του αγώνα,
 - (iv) Ο πρόεδρος της κριτικής επιτροπής του διαγωνισμού είναι υπεύθυνος για την υποβολή γραπτής δήλωσης σχετικά με όλες τις προσφυγές και τις αποφάσεις που λαμβάνονται.
- δ) Πρόγραμμα συνεδριάσεων της Κριτικής Επιτροπής του Διαγωνισμού:
- (i) Η κριτική επιτροπή του διαγωνισμού θα συνεδριάσει, τουλάχιστον:
 - Μετά την ενημέρωση για τον αγώνα,
 - Μία ώρα πριν από την έναρξη της εκδήλωσης,
 - Μετά τον τελευταίο τερματιστή.
 - (ii) Επιπλέον, στα αγωνίσματα των ηλικιακών ομάδων, η Αγωνόδικος Κριτική Επιτροπή θα συνεδριάζει τουλάχιστον:
 - Μετά τον πρώτο τερματιστή,
 - Μετά τον τερματισμό του πρώτου μισού του αγωνιστικού χώρου.
- ε) Ακεραιότητα της Κριτικής Επιτροπής του Διαγωνισμού:
- (i) Η κριτική επιτροπή του διαγωνισμού τηρεί τις ακόλουθες αρχές:
 - Δώστε ίση βαρύτητα στα αποδεικτικά στοιχεία και τις μαρτυρίες που παρέχονται από όλους,
 - Αναγνωρίστε ότι η ειλικρινής μαρτυρία μπορεί να ποικίλλει και να συγκρούεται ως αποτέλεσμα προσωπικής παρατήρησης ή ανάμνησης,
 - Να έχετε μια ανοιχτόμυαλη προσέγγιση έως ότου υποβληθούν όλα τα αποδεικτικά στοιχεία,
 - Αναγνωρίζουν ότι ένας αθλητής είναι αθώος μέχρι να αποδειχθεί η υποτιθέμενη παράβαση προς πλήρη ικανοποίηση της Αγωνόδικος Επιτροπής.
 - (ii) Σύγκρουση συμφερόντων:
 - Ο πρόεδρος της Κριτικής Επιτροπής του διαγωνισμού επιφορτίζεται, εάν κοποί

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- Σε περίπτωση σύγκρουσης συμφερόντων ή απουσίας ή για οποιοδήποτε άλλο λόγο, ο πρόεδρος της κριτικής επιτροπής του διαγωνισμού μπορεί να αντικαταστήσει το μέλος που έχει τη σύγκρουση συμφερόντων. Ο πρόεδρος της κριτικής επιτροπής του διαγωνισμού μπορεί να ορίσει τον αντικαταστάτη κατά την κρίση του. Η κριτική επιτροπή του διαγωνισμού θα παραμείνει με τον ίδιο αριθμό μελών που είχε αρχικά,
- Ο πρόεδρος της κριτικής επιτροπής του διαγωνισμού θεωρείται ότι δεν έχει σύγκρουση συμφερόντων.

11.5 Τεχνολογικά εργαλεία:

- α) Οι τεχνικοί αξιωματούχοι μπορούν να χρησιμοποιούν κάθε είδους ηλεκτρική, ηλεκτρονική, μαγνητική ή άλλη τεχνολογική υποστήριξη για την απόκτηση δεδομένων ή αποδεικτικών στοιχείων σχετικά με παραβάσεις κανόνων ως αποδεικτικά στοιχεία.

11.6 Πιστοποίηση εθελοντών:

- α) Όλοι οι εθελοντές, οι οποίοι έχουν αναλάβει τομείς ευθύνης στον αγωνιστικό χώρο, πρέπει να είναι εκπαιδευμένοι σύμφωνα με τα ελάχιστα πρότυπα του World Triathlon. Τα εκπαιδευτικά πακέτα που θα προμηθευτείτε από το World Triathlon θα καλύπτουν βασικούς τομείς ευθύνης του αγωνιστικού χώρου.

11.7 Υγεία:

- α) Το Παγκόσμιο Τρίαθλο ενθαρρύνει τους Τεχνικούς Αξιωματούχους να υποβάλλονται σε ετήσια αξιολόγηση της υγείας τους.

11.8 Πιστοποίηση τεχνικών υπαλλήλων:

- α) Όλα τα έγγραφα που σχετίζονται με τις διαδικασίες και τους κανονισμούς για την πιστοποίηση των Τεχνικών Υπαλλήλων, καθώς και ο κατάλογος των πιστοποιημένων Τεχνικών Υπαλλήλων βρίσκονται στην ιστοσελίδα http://www.triathlon.org/development/technical_officials/certification.

11.9 Δικαίωμα συμμετοχής Διεθνείς Τεχνικοί Αξιωματούχοι:

- α) Ένας Τεχνικός Αξιωματούχος (ΤΑ) μπορεί να ανήκει σε οποιαδήποτε Εθνική Ομοσπονδία (ΕΟ) σύμφωνα με τους όρους επιλεξιμότητας της κάθε Εθνικής Ομοσπονδίας όσον αφορά την εθνικότητα, την κατοικία, την ηλικία ή οποιαδήποτε άλλη προϋπόθεση μπορεί να εφαρμοστεί,
- β) Μόνο μία υπαγωγή θα αναγνωρίζεται από το World Triathlon,
- γ) Εάν ένας ΤΟ που είναι υπαλλήλος ως διεθνής ΤΟ (επίπεδο 1, 2 και 3) στο World Triathlon επιθυμεί να γίνει ΤΑ σε ένα NF σε ένα άλλο ΝΕ, τότε ο ΤΟ πρέπει να υποβάλει μια διεθνή μετεγγραφή στο World Triathlon,

ΠΡΟΙΟΣ ΜΠΑΜΦΑΝΗΣ
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 ΑΦΜ 037285370 ΑΟΥ ΑΤ ΠΕΡΙΦΕΡΕΙΑΣ
 ΑΜΔΣΑ: 18705
 ΤΗΛ: 210 92 25 000
 ΗΛΕΚΤΡΟΝΙΚΗ ΔΙΕΠΙΧΕΙΡΗΣΗ: info@intertranslations.gr
- δ) Για να λάβει χώρα η διεθνή μετεγγραφή, ο ΤΟ πρέπει να υπογράψει από τον ΕΦ της ΕΟ που οποίο θέλει να μετεγγραφεί και από τον ΕΦ στον οποίο θέλει να μετεγγραφεί,

- ε) Όταν ένας ΥΕ υποβάλλει αίτηση διεθνούς μετάθεσης, ο ΕΦ από τον οποίο μετατίθεται, υπογράφοντας την αίτηση μετάθεσης, θεωρείται ότι επιβεβαιώνει ότι δεν υπάρχει λόγος να εμποδίσει τον ΥΕ να μετατεθεί στον νέο ΕΦ,
- στ) Η αίτηση για διεθνή μεταφορά ΕΦ υποβάλλεται μεταξύ της 1ης Νοεμβρίου και της 31ης Δεκεμβρίου κάθε ημερολογιακού έτους,
- ζ) Όταν και οι δύο ΕΦ εγκρίνουν τη μετεγγραφή, ο ΤΟ θα αλλάξει ΕΦ σε διεθνές επίπεδο από τις 15 Ιανουαρίου του επόμενου έτους,
- η) Όταν μόνο η παραλαμβάνουσα ΕΦ εγκρίνει τη μεταγραφή, η ΤΟ θα αλλάξει ΕΦ σε διεθνές επίπεδο από τις 15 Ιανουαρίου του δεύτερου επόμενου έτους,
- θ) Εν τω μεταξύ, ο ΤΟ μπορεί να συνεχίσει να ενεργεί ως διεθνής ΤΟ υπό τη σημαία του Παγκόσμιου Τριάθλου, χωρίς να εκπροσωπεί κανέναν ΕΦ. Το World Triathlon θα φροντίσει για την απαραίτητη διαχείριση, ώστε να μπορεί να συνεχίσει να ενεργεί ως διεθνής ΤΟ,
- ι) Οποιαδήποτε έφεση από οποιοδήποτε μέρος σχετικά με τη διεθνή διαδικασία μεταφοράς πρέπει να απευθύνεται στο Παγκόσμιο Δικαστήριο Τριάθλου.

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12. ΔΙΑΜΑΡΤΥΡΙΕΣ

12.1 Γενικά:

- α) Η διαμαρτυρία στρέφεται κατά της συμπεριφοράς ενός αθλητή, ενός Τεχνικού Αξιωματούχου ή κατά των συνθηκών του αγώνα. Ένας αθλητής ή ένας εκπρόσωπος της Εθνικής Ομοσπονδίας μπορεί να υποβάλει ένσταση στον Επικεφαλής Διαιτητή, υπό την προϋπόθεση ότι η ένσταση δεν έχει ήδη παρατηρηθεί από τους Τεχνικούς Αξιωματούχους και δεν έχει κριθεί από τον Επικεφαλής Διαιτητή.

12.2 Διαμαρτυρίες σχετικά με την καταλληλότητα:

- α) Διαμαρτυρίες σχετικά με την επιλεξιμότητα ενός αθλητή πρέπει να υποβάλλονται στον επικεφαλής διαιτητή πριν από την ενημέρωση των αθλητών. Η Αγωνόδικος Επιτροπή θα αποφασίσει σχετικά σε μια συνεδρίαση που έχει προγραμματιστεί αμέσως μετά την ενημέρωση των αθλητών.

12.3 Διαμαρτυρίες σχετικά με τον αγωνιστικό χώρο:

- α) Διαμαρτυρίες σχετικά με την ασφάλεια της διαδρομής ή την απόκλιση της από τους κανονισμούς πρέπει να υποβάλλονται στον επικεφαλής διαιτητή το αργότερο είκοσι τέσσερις (24) ώρες πριν από την έναρξη του αγώνα.

12.4 Διαμαρτυρίες σχετικά με τον συναγωνισμό:

- α) Ένας αθλητής Elite, Youth, Junior, U23 και Para triathlete, που διαμαρτύρεται για κάποιον άλλο αθλητή ή Τεχνικό Αξιωματούχο, πρέπει να το κάνει στον Επικεφαλής Διαιτητή εντός πέντε (5) λεπτών από τον χρόνο τερματισμού του. Σε περίπτωση διαμαρτυρίας που ξεκινά εντός αυτής της περιόδου, η προθεσμία παρατείνεται κατά δεκαπέντε (15) λεπτά.
- β) Ένας αθλητής ηλικιακής ομάδας, ο οποίος διαμαρτύρεται για άλλον αθλητή ή Τεχνικό Αξιωματούχο, πρέπει να το κάνει στον Επικεφαλής Διαιτητή εντός δεκαπέντε (15) λεπτών μετά τον τερματισμό του τελευταίου αθλητή στον αγώνα. Σε περίπτωση διαμαρτυρίας που ξεκινά εντός αυτής της περιόδου, η προθεσμία παρατείνεται κατά τριάντα (30) λεπτά από τη στιγμή που ο αθλητής ξεκίνησε τη διαμαρτυρία.

12.5 Διαμαρτυρίες σχετικά με τον εξοπλισμό:

- α) Οι διαμαρτυρίες που αφορούν τον εξοπλισμό ενός αθλητή σε αγώνες τριάθλου Elite, Youth, Junior, U23 και Para, ο οποίος παραβιάζει τους όρους που ορίζονται στους Παγκόσμιους Κανονισμούς Αγώνων Τριάθλου, πρέπει να παραδίδονται στον επικεφαλής διαιτητή εντός πέντε (5) λεπτών από τον τερματισμό του. Σε περίπτωση διαμαρτυρίας που ξεκινά εντός αυτής της περιόδου, η προθεσμία παρατείνεται κατά δεκαπέντε (15) λεπτά.
- β) Οι διαμαρτυρίες που αφορούν τον εξοπλισμό ενός αθλητή σε έναν αγώνα ηλικιακής ομάδας, ο οποίος παραβιάζει τους όρους που ορίζονται στους κανονισμούς αγώνων του Παγκόσμιου Τριάθλου, πρέπει να παραδίδονται στον επικεφαλής διαιτητή εντός

δεκαπέντε (15) λεπτών μετά τον τερματισμό του τελευταίου αθλητή στον αγώνα. Σε περίπτωση διαμαρτυρίας που ξεκινά εντός αυτής της περιόδου, η προθεσμία παρατείνεται κατά τριάντα (30) λεπτά από τη στιγμή που ο αθλητής ξεκίνησε τη διαμαρτυρία.

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12.6 Διαμαρτυρίες σχετικά με το χρονοδιάγραμμα και τα αποτελέσματα:

- α) Διαμαρτυρίες σχετικά με λάθη στα αποτελέσματα, τα οποία δεν αντικατοπτρίζουν τις αποφάσεις του επικεφαλής διαιτητή ή της αγωνιστικής επιτροπής, μπορούν να παραδίδονται γραπτώς από τον αθλητή ή την εθνική ομοσπονδία στον τεχνικό αντιπρόσωπο του Παγκόσμιου Τριάθλου εντός τριάντα (30) ημερών μετά τον αγώνα.

12.7 Περιεχόμενο μιας διαμαρτυρίας:

- α) Η διαμαρτυρία σχετικά με τις παραγράφους 12.1, 12.2, 12.3, 12.4 και 12.5 πρέπει να συνοδεύεται από προκαταβολή 50 δολαρίων ΗΠΑ ή το ισοπίσσο αυτής, η οποία θα επιστραφεί σε περίπτωση επιτυχίας της διαμαρτυρίας. Εάν η διαμαρτυρία απορριφθεί, δεν θα υπάρξει επιστροφή χρημάτων και τα χρήματα θα παρακρατηθούν από το World Triathlon. Έντυπα διαμαρτυρίας μπορείτε να προμηθευτείτε από τον επικεφαλής διαιτητή. Ένα δείγμα του εντύπου διαμαρτυρίας περιλαμβάνεται στο προσάρτημα Β:
- (i) Πληροφορίες που πρέπει να συμπεριληφθούν:
- Ο υποτιθέμενος κανόνας που παραβιάστηκε,
 - Τον τόπο και τον κατά προσέγγιση χρόνο της φερόμενης παράβασης,
 - Πρόσωπα που εμπλέκονται στην εικαζόμενη παράβαση,
 - Δήλωση, συμπεριλαμβανομένου διαγράμματος της φερόμενης παράβασης, εάν είναι δυνατόν,
 - Τα ονόματα των μαρτύρων που παρατήρησαν την εικαζόμενη παράβαση.

12.8 Διαδικασίες διαμαρτυρίας:

- α) Σε περίπτωση διαμαρτυρίας ακολουθείται η ακόλουθη διαδικασία:
- (i) Οι διαμαρτυρίες θα κατατίθενται στον επικεφαλής διαιτητή, υπογεγραμμένες από τον διαμαρτυρόμενο, εντός των προθεσμιών που ορίζονται ανωτέρω,
- (ii) Ο επικεφαλής διαιτητής θα ανακοινώσει στον πίνακα ανακοινώσεων στον χώρο τερματισμού ότι έχει υποβληθεί διαμαρτυρία,
- (iii) Ο διαμαρτυρόμενος και ο κατηγορούμενος ή/και ο εθνικός προπονητής ή εκπρόσωπός τους πρέπει να είναι παρόντες. Εάν ο διαμαρτυρόμενος δεν παραστεί, η ακρόαση μπορεί να αναβληθεί ή να ακυρωθεί. Η Κριτική Επιτροπή του Διαγωνισμού θα αποφασίσει εάν η απουσία από την ακρόαση είναι έγκυρη,
- (iv) Η μη προσέλευση οποιουδήποτε μέρους στην ακρόαση μπορεί να δικαιολογήσει την κριτική επιτροπή του διαγωνισμού να λάβει απόφαση χωρίς αυτόν,
- (v) Μπορεί να οριστεί εκπρόσωπος είτε του διαμαρτυρόμενου είτε του κατηγορουμένου για να εμφανιστεί, εφόσον το εγκρίνει ο πρόεδρος της επιτροπής διαγωνισμού,
- (vi) Η ακρόαση δεν θα είναι ανοικτή στο κοινό,
- (vii) Ο πρόεδρος της επιτροπής του διαγωνισμού θα εξηγήσει τη διαδικασία και τα δικαιώματα του καθενός
- (viii) Ο πρόεδρος της κριτικής επιτροπής του διαγωνισμού θα διαβάσει τη διαμαρτυρία,

- (ix) Ο διαμαρτυρούμενος και ο κατηγορούμενος θα έχουν επαρκή χρόνο για να δώσουν τις δικές τους εξηγήσεις για το περιστατικό,
- (x) Οι μάρτυρες (έως δύο ο καθένας) μπορούν να μιλήσουν για τρία (3) λεπτά ο καθένας,
- (xi) Η κριτική επιτροπή του διαγωνισμού θα ακούσει τα στοιχεία και θα λάβει απόφαση με απλή πλειοψηφία,
- (xii) Η απόφαση αναρτάται αμέσως και παραδίδεται γραπτώς στα μέρη κατόπιν αιτήματος,
- (xiii) Η κριτική επιτροπή του διαγωνισμού συντάσσει πρακτικά της συνεδρίασης, συμπεριλαμβανομένων των αποφάσεων της κριτικής επιτροπής του διαγωνισμού, τα οποία πρέπει να εγκριθούν από όλα τα μέλη της κριτικής επιτροπής του διαγωνισμού, μέχρι το τέλος της συνεδρίασης. Τα πρακτικά θα υποβληθούν στο World Triathlon.

12.9 Διαδικασία αναθεώρησης των αποτελεσμάτων:

- α) Οι εθνικές ομοσπονδίες, οι ηπειρωτικές συνομοσπονδίες ή το Παγκόσμιο Τρίαθλο μπορούν να ζητήσουν την αναθεώρηση των αποτελεσμάτων με βάση νέα στοιχεία. Το αίτημα αυτό θα απευθύνεται στην Τεχνική Επιτροπή του Παγκοσμίου Τρίαθλου, η οποία αποφασίζει αν θα ανοίξει υπόθεση αναθεώρησης αποτελεσμάτων.
- β) Μια επιτροπή αναθεώρησης που διορίζεται από την Τεχνική Επιτροπή του Παγκοσμίου Τρίαθλου και αποτελείται από τρία μέλη, συμπεριλαμβανομένου τουλάχιστον ενός μέλους της Τεχνικής Επιτροπής του Παγκοσμίου Τρίαθλου, θα υποβάλει πρόταση στην Τεχνική Επιτροπή του Παγκοσμίου Τρίαθλου.
- γ) Η Τεχνική Επιτροπή του Παγκοσμίου Τρίαθλου θα αποφασίσει για την περίπτωση αναθεώρησης των αποτελεσμάτων διατηρώντας ή τροποποιώντας τα αποτελέσματα.
- δ) Τα αναθεωρημένα αποτελέσματα θα ανακοινωθούν, θα δημοσιευθούν και οι αθλητές θα ενημερωθούν.
- ε) Οι αποφάσεις της Τεχνικής Επιτροπής του Παγκοσμίου Τρίαθλου ως αποτέλεσμα της διαδικασίας αναθεώρησης των αποτελεσμάτων μπορούν να αποτελέσουν αντικείμενο έφεσης μέσω της διαδικασίας έφεσης επιπέδου 2.

13. ΕΦΕΣΕΙΣ

13.1 Δικαιοδοσία έφεσης:

- α) Η έφεση είναι ένα αίτημα για αναθεώρηση μιας απόφασης του επικεφαλής διαιτητή (επίπεδο 1), της αγωνιστικής επιτροπής ή οποιασδήποτε επιτροπής του Παγκοσμίου Τρίαθλου (επίπεδο 2) και της ιατρικής επιτροπής και επιτροπής αντανόπινγκ του Παγκοσμίου Τρίαθλου (επίπεδο 3) ή οποιασδήποτε επιτροπής που διορίζεται από την Τεχνική Επιτροπή του Παγκοσμίου Τρίαθλου (επίπεδο 3). Υπόδειγμα του εγγράφου έφεσης διατίθεται στο www.wtr.com.

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- β) Οι αποφάσεις οποιασδήποτε Κριτικής Επιτροπής Αγώνων και οποιασδήποτε επιτροπής του World Triathlon μπορούν να προσβληθούν στο Δικαστήριο του World Triathlon, εκτός από:
- (i) Αποφάσεις που λαμβάνονται από την επιτροπή ακρόασης του World Triathlon Anti-Doping,
 - (ii) Αποφάσεις για το πεδίο του παιχνιδιού.

13.2 Διαδικασία έφεσης επιπέδου 1:

- α) Η ακόλουθη διαδικασία θα ακολουθηθεί σε περίπτωση ένστασης επιπέδου 1 μέχρι την τελετή απονομής των μεταλλίων:
- (i) Ένας εκπρόσωπος μιας Εθνικής Ομοσπονδίας ή ένας αθλητής μπορεί να προσφύγει κατά της απόφασης του Επικεφαλής Διαιτητή στην Αγωνόδοκο Επιτροπή. Το κατάλληλο έντυπο έφεσης μπορεί να ληφθεί από τον επικεφαλής διαιτητή,
 - (ii) Οι προσφυγές θα υποβάλλονται γραπτώς στον επικεφαλής διαιτητή, υπογεγραμμένες από τον προσφεύγοντα και θα συνοδεύονται από παράβολο 50 δολαρίων ΗΠΑ ή ισοδύναμο ποσό. Θα επιστραφεί σε περίπτωση επιτυχίας της προσφυγής. Εάν η έφεση απορριφθεί, δεν θα υπάρξει επιστροφή χρημάτων και τα χρήματα θα παρακρατηθούν από το World Triathlon,
 - (iii) Ο επικεφαλής διαιτητής θα αναρτήσει στον πίνακα ανακοινώσεων πληροφορίες ότι έχει κατατεθεί έφεση,
- β) Η ακόλουθη διαδικασία θα ακολουθηθεί σε περίπτωση ένστασης επιπέδου 1 μετά την τελετή απονομής των μεταλλίων και μέχρι 48 ώρες μετά το τέλος:
- (i) Ένας εκπρόσωπος μιας Εθνικής Ομοσπονδίας ή ένας αθλητής μπορεί να ασκήσει έφεση κατά της απόφασης του επικεφαλής διαιτητή στην επιτροπή εφέσεων του Παγκόσμιου Τριάθλου. Το κατάλληλο έντυπο έφεσης μπορεί να ληφθεί από τον επικεφαλής διαιτητή,
 - (ii) Οι προσφυγές θα υποβάλλονται γραπτώς στον επικεφαλής διαιτητή, υπογεγραμμένες από τον προσφεύγοντα και θα συνοδεύονται από παράβολο 50 δολαρίων ΗΠΑ ή ισοδύναμο ποσό. Θα επιστραφεί σε περίπτωση επιτυχίας της προσφυγής. Εάν η έφεση απορριφθεί, δεν θα υπάρξει επιστροφή χρημάτων και τα χρήματα θα παρακρατηθούν από το World Triathlon,

13.3 Χρονοδιαγράμματα έφεσης επιπέδου 1:

- α) Ένσταση κατά απόφασης που λαμβάνεται από τον επικεφαλής διαιτητή μεταξύ της ενημέρωσης των αθλητών/διευθυντών ομάδων και της έναρξης του αγώνα:

- (i) Ένας αθλητής **ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ** Elite, Νέων, Εφήβων, Νεανίδων, U23 και Παράτριάθλου ή εκπρόσωπος της Εθνικής Ομοσπονδίας εκ μέρους του εν λόγω αθλητή ή ο αθλητής ασκεί έφεση **ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41** κατά της απόφασης του Επικεφαλής Διαιτητή που ελήφθη μετά από την ενημέρωσή των αθλητών και της έναρξης του αγώνα, **ΑΦΜ 037385370-ΔΟΥ:21 ΠΕΙΡΑΙΑΣ** προέπει να το κάνει στον Επικεφαλής Διαιτητή εντός πέντε (5) λεπτών από την ανακοίνωση της απόφασης. **ΤΗΛ: 210 93 25 080**
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του Επικεφαλής Διαιτητή. Σε περίπτωση προσφυγής που ασκείται εντός αυτής της προθεσμίας, η προθεσμία παρατείνεται κατά δεκαπέντε (15) λεπτά επιπλέον.

- (ii) Ένας αθλητής ηλικιακής ομάδας ή εκπρόσωπος της Εθνικής Ομοσπονδίας εκ μέρους του εν λόγω αθλητή, ο οποίος υποβάλλει ένσταση κατά της απόφασης του Επικεφαλής Διαιτητή που λαμβάνεται μεταξύ της ενημέρωσης των αθλητών και της έναρξης του αγώνα, πρέπει να το κάνει στον Επικεφαλής Διαιτητή εντός δεκαπέντε (15) λεπτών από την ανακοίνωση της απόφασης του Επικεφαλής Διαιτητή. Σε περίπτωση προσφυγής που ασκείται εντός αυτής της περιόδου, η προθεσμία παρατείνεται κατά τριάντα (30) λεπτά.
- β) Ένσταση κατά της απόφασης που έλαβε ο επικεφαλής διαιτητής κατά τη διάρκεια του αγώνα πριν από τον τερματισμό του αθλητή:
- (i) Ένας αθλητής/ομάδα Elite, Νέων, Εφήβων, Νεανίδων, U23 και Παρατριάθλου ή εκπρόσωπος της Εθνικής Ομοσπονδίας εκ μέρους του εν λόγω αθλητή, ο οποίος ασκεί έφεση κατά της απόφασης του Επικεφαλής Διαιτητή που ελήφθη πριν ο αθλητής τερματίσει τον αγώνα, πρέπει να το κάνει στον Επικεφαλής Διαιτητή εντός πέντε (5) λεπτών από τον τερματισμό του. Σε περίπτωση προσφυγής που ασκείται εντός αυτής της προθεσμίας, η προθεσμία παρατείνεται κατά δεκαπέντε (15) λεπτά επιπλέον. Για τους ομαδικούς διαγωνισμούς, αυτό το χρονικό όριο σχετίζεται με τον τελικό χρόνο της ομάδας,
- (ii) Ένας αθλητής ηλικιακής ομάδας ή εκπρόσωπος της Εθνικής Ομοσπονδίας εκ μέρους του εν λόγω αθλητή, ο οποίος υποβάλλει ένσταση κατά της απόφασης του Επικεφαλής Διαιτητή που ελήφθη πριν ο αθλητής ολοκληρώσει τον αγώνα, πρέπει να το κάνει στον Επικεφαλής Διαιτητή εντός δεκαπέντε (15) λεπτών μετά τον τερματισμό του τελευταίου αθλητή. Σε περίπτωση έφεσης που ασκείται εντός αυτής της περιόδου, η προθεσμία παρατείνεται κατά τριάντα (30) λεπτά από τη στιγμή που ο αθλητής άσκησε την έφεση,
- γ) Ένσταση κατά της απόφασης που έλαβε ο επικεφαλής διαιτητής μετά τον τερματισμό του αθλητή στον αγώνα:
- (i) Ένας αθλητής/ομάδα ή εκπρόσωπος της Εθνικής Ομοσπονδίας εκ μέρους του εν λόγω αθλητή, ο οποίος ασκεί έφεση κατά της απόφασης του Επικεφαλής Διαιτητή που ελήφθη μετά τον τερματισμό του αθλητή αλλά πριν από 48 ώρες μετά το τέλος του αγώνα, πρέπει να το πράξει εντός πέντε (5) ημερών μετά το τέλος του αγώνα,
- δ) Προσφυγές 48 ώρες ή περισσότερο μετά τη λήξη του διαγωνισμού:
- (i) Οποιοσδήποτε αποφάσεις σχετικά με παραβιάσεις διαχειρίζεται η Τεχνική Επιτροπή του Παγκοσμίου Τριάθλου μέσω της διαδικασίας αναθεώρησης των αποτελεσμάτων,
- ε) Ύπαρξη Κριτικής Επιτροπής Διαγωνισμού:
- (i) Οι ενστάσεις μετά τις ενημερώσεις των αθλητών/υπεθυμάτων των ομάδων και των τελετών που λαμβάνονται από τον Επικεφαλής Διαιτητή θα διαχειρίζεται η Αγνώστικη Επιτροπή, ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
- (ii) Οι ενστάσεις μετά τις τελικές απονομές των μεταλλίων θα διαχειρίζεται η Επιτροπή ενστάσεων του Παγκόσμιου Τριάθλου με εκπροσώπους από την Τεχνική Επιτροπή

του Παγκόσμιου Τριάθλου, το Αθλητικό Τμήμα του Παγκόσμιου Τριάθλου και τον Τεχνικό Αντιπρόσωπο της διοργάνωσης ή, εάν δεν είναι διαθέσιμος, τον εκπρόσωπο της διοργάνωσης.

13.4 Περιεχόμενο έφεσης επιπέδου 1:

- α) Η έφεση θα περιέχει:
 - (i) Όνομα διαγωνισμού, τοποθεσία, ημερομηνία,
 - (ii) Ονοματεπώνυμο, διεύθυνση, τηλέφωνο, φαξ, ηλεκτρονικό ταχυδρομείο,
 - (iii) Όνομα μάρτυρα(ων),
 - (iv) Υποτιθέμενη απόφαση που προσβάλλεται με έφεση,
 - (v) Γεγονότα της παράβασης,
 - (vi) Αιτιολογία/σύνοψη της προσφυγής.

13.5 Ακρόαση έφεσης επιπέδου 1 σε περίπτωση Κριτικής Επιτροπής Διαγωνισμού:

- α) Ο προσφεύγων και ο κατηγορούμενος ή/και ο εθνικός τους εκπρόσωπος πρέπει να είναι παρόντες. Εάν ο προσφεύγων δεν προσέλθει, η ακρόαση μπορεί να αναβληθεί ή να ακυρωθεί. Η Κριτική Επιτροπή του Διαγωνισμού θα αποφασίσει εάν η απουσία από την ακρόαση είναι έγκυρη,
- β) Η μη προσέλευση οποιουδήποτε μέρους στην ακρόαση μπορεί να δικαιολογήσει την κριτική επιτροπή του διαγωνισμού να λάβει απόφαση χωρίς αυτόν,
- γ) Μπορεί να οριστεί εκπρόσωπος είτε του προσφεύγοντος είτε του κατηγορουμένου για να εμφανιστεί, εφόσον το εγκρίνει ο πρόεδρος της επιτροπής διαγωνισμού,
- δ) Η ακρόαση δεν θα είναι ανοικτή στο κοινό,
- ε) Ο πρόεδρος της κριτικής επιτροπής του διαγωνισμού θα εξηγήσει τη διαδικασία και τα δικαιώματα του καθενός,
- στ) Ο πρόεδρος της κριτικής επιτροπής του διαγωνισμού θα διαβάσει την προσφυγή,
- ζ) Στον προσφεύγοντα και στον κατηγορούμενο θα δοθεί επαρκής χρόνος για να δώσουν τις δικές τους εξηγήσεις για το περιστατικό,
- η) Οι μάρτυρες (έως δύο ο καθένας) μπορούν να μιλήσουν για τρία (3) λεπτά ο καθένας,
- θ) Η κριτική επιτροπή του διαγωνισμού θα ακούσει τα στοιχεία και θα λάβει απόφαση με απλή πλειοψηφία, **ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ**
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ΑΜΔΣΑ: 18705
- ι) Οι επηρεαζόμενοι από τη διαδικασία μπορούν να ακουστούν από την **Αγωνοδίκη Επιτροπή** και θα ενημερωθούν για τη διαδικασία, **ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com**
- ια) Η απόφαση αναρτάται αμέσως και παραδίδεται γραπτώς στα μέρη κατόπιν αιτήματος,

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- ιβ) Η κριτική επιτροπή του διαγωνισμού συντάσσει πρακτικά της συνεδρίασης, συμπεριλαμβανομένων των αποφάσεων της κριτικής επιτροπής του διαγωνισμού, τα οποία πρέπει να εγκριθούν από όλα τα μέλη της κριτικής επιτροπής του διαγωνισμού, μέχρι το τέλος της συνεδρίασης. Τα πρακτικά θα υποβληθούν στο World Triathlon.

13.6 Ακρόαση έφεσης επιπέδου 1 σε περίπτωση προσφυγής από την επιτροπή του World Triathlon:

- α) Ο προσφεύγων και ο κατηγορούμενος ή/και ο εθνικός τους εκπρόσωπος μπορούν να είναι παρόντες. Εάν ο προσφεύγων δεν προσέλθει αυτοπροσώπως ή με οποιοδήποτε άλλο μέσο επικοινωνίας, η ακρόαση της προσφυγής μπορεί να αναβληθεί ή να ακυρωθεί. Η επιτροπή προσφυγών θα αποφασίσει εάν η απουσία από την ακρόαση είναι έγκυρη,
- β) Η παράλειψη οποιουδήποτε μέρους να παραστεί στην ακρόαση μπορεί να δικαιολογήσει την επιτροπή προσφυγών να λάβει απόφαση χωρίς το μέρος αυτό,
- γ) Μπορεί να οριστεί εκπρόσωπος είτε του προσφεύγοντος είτε του κατηγορουμένου για να ακουστεί, εφόσον το εγκρίνει ο πρόεδρος της επιτροπής προσφυγών,
- δ) Η ακρόαση δεν θα είναι ανοικτή στο κοινό,
- ε) Ο πρόεδρος της επιτροπής προσφυγών θα εξηγήσει τη διαδικασία και τα δικαιώματα του καθενός,
- στ) Ο πρόεδρος της επιτροπής προσφυγών διαβάζει την προσφυγή,
- ζ) Στον προσφεύγοντα και στον κατηγορούμενο θα δοθεί επαρκής χρόνος για να δώσουν τις δικές τους εξηγήσεις για το περιστατικό,
- η) Οι μάρτυρες (έως δύο ο καθένας) μπορούν να μιλήσουν για τρία (3) λεπτά ο καθένας,
- θ) Η επιτροπή προσφυγών θα ακούσει τα αποδεικτικά στοιχεία και θα εκδώσει απόφαση με απλή πλειοψηφία,
- ι) Οι ενδιαφερόμενοι αθλητές θα μπορούν να ακουστούν από την επιτροπή προσφυγών και θα ενημερωθούν για την απόφαση,
- ια) Η απόφαση κοινοποιείται αμέσως και παραδίδεται εγγράφως στα μέρη κατόπιν αιτήματος,
- ιβ) Η επιτροπή προσφυγών συντάσσει πρακτικά της συνεδρίασης, συμπεριλαμβανομένων των αποφάσεων της επιτροπής προσφυγών, τα οποία πρέπει να εγκριθούν από όλα τα μέλη της επιτροπής προσφυγών, μέχρι το τέλος της συνεδρίασης. Τα πρακτικά θα υποβληθούν στο World Triathlon.

13.7 Διαδικασία έφεσης επιπέδου 2:

- α) Σε περίπτωση προσφυγής επιπέδου 2 θα ακολουθηθεί η ακόλουθη διαδικασία:

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- (i) Κατά των αποφάσεων οποιασδήποτε κριτικής επιτροπής αγώνων και οποιασδήποτε επιτροπής του World Triathlon (εκτός από την επιτροπή ακροάσεων του World Triathlon AD) μπορεί να ασκηθεί έφεση στο World Triathlon Tribunal,
- (ii) Θα γίνονται δεκτές μόνο προσφυγές που υποστηρίζονται από την Εθνική Ομοσπονδία,
- (iii) Οι προσφυγές μπορούν να υποβληθούν εντός τριάντα φυσικών ημερών από τη συνεδρίαση της Κριτικής Επιτροπής του Διαγωνισμού ή εντός τριάντα φυσικών ημερών από την απόφαση της Κριτικής Επιτροπής ή της Επιτροπής του Διαγωνισμού,
- (iv) Οι προσφυγές θα υποβάλλονται γραπτώς στον Γενικό Γραμματέα του World Triathlon και θα συνοδεύονται από προκαταβολή 500 δολαρίων ΗΠΑ. Θα επιστραφεί μόνο αν η προσφυγή είναι επιτυχής.,
- (v) Οι αποφάσεις του επιπέδου 2 μπορούν να προσβληθούν στο CAS (επίπεδο 3 της προσφυγής)

13.8 Διαδικασία έφεσης επιπέδου 3:

- α) Σε περίπτωση προσφυγής επιπέδου 3 θα ακολουθηθεί η ακόλουθη διαδικασία:
 - (i) Η απόφαση του Παγκόσμιου Δικαστηρίου Τριάθλου ή της Ιατρικής Επιτροπής και της Επιτροπής Αντιντόπινγκ του Παγκόσμιου Τριάθλου (αποκλειστικά όσον αφορά την επιλεξιμότητα) μπορεί να προσβληθεί, ως τελικό και έσχατο μέσο, στο Αθλητικό Διαιτητικό Δικαστήριο (CAS), αποκλεισμένης οποιασδήποτε προσφυγής στα τακτικά δικαστήρια, εντός τριάντα (30) φυσικών ημερών από την απόφαση του Παγκόσμιου Δικαστηρίου Τριάθλου.
 - (ii) Οποιαδήποτε απόφαση λαμβάνεται από το εν λόγω δικαστήριο (CAS) δεν υπόκειται σε έφεση και είναι δεσμευτική για τα ενδιαφερόμενα μέρη.

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14. INDOOR TRIATHLON

14.1 Ορισμός:

- α) Το κλειστό τρίαθλο αποτελείται από ένα τρίαθλο που διεξάγεται σε κλειστό χώρο, όπως ένα αθλητικό περίπτερο, το οποίο διαθέτει πισίνα, ποδηλατοδρόμιο και πίστα τρεξίματος.

14.2 Κολύμβηση:

- α) Επιτρέπονται το πολύ δύο αθλητές ανά λωρίδα πλάτους 2,5 μέτρων, όπου πρέπει να παραμένουν συνεχώς στο πλάι.

14.3 Περιοχή μετάβασης:

- α) Μετά την κολύμβηση μπορεί να υπάρξει μια περίοδος δέκα (10) δευτερολέπτων "εξουδετέρωσης" που είναι υποχρεωτική για όλους τους αθλητές. Ο σκοπός αυτής της περιόδου είναι να σφουγγαρίσουν οι αθλητές την περίσσεια νερού. Το νερό στον στίβο τον καθιστά πολύ ολισθηρό και επικίνδυνο για όλους τους αθλητές. Η μη συμμόρφωση με αυτόν τον κανόνα θα έχει ως αποτέλεσμα τον αποκλεισμό.

14.4 Ποδηλασία:

- α) Οι αθλητές που έχουν μείνει πίσω δεν θα αποσυρθούν από τον αγώνα- β.) Οι αθλητές μπορούν να κάνουν draft από άλλους που βρίσκονται σε διαφορετικό γύρο.

14.5 Τρέξιμο:

- α) Τα παπούτσια με καρφιά δεν επιτρέπονται.

15. ΔΙΟΡΓΑΝΩΣΕΙΣ ΜΕΣΑΙΑΣ ΚΑΙ ΜΕΓΑΛΗΣ ΑΠΟΣΤΑΣΗΣ

15.1 Ιατρικές οδηγίες:

- α) Ειδικές ιατρικές οδηγίες, συμπεριλαμβανομένων των οδηγιών για "καυτές καιρικές συνθήκες" και των σχεδίων ιατρικής εκκένωσης, θα αναπτυχθούν από τον Ιατρικό Διευθυντή του αγώνα σε συνεργασία με τον Ιατρικό Αντιπρόσωπο του World Triathlon.

15.2 Αποστάσεις:

- α) Η διαδρομή θα πρέπει να έχει απαιτητικούς λόφους και απαιτητικές τεχνικές κινήσεις. Ένα περιθώριο ανοχής 5% είναι αποδεκτό για την απόσταση του τμήματος ποδηλασίας, υπό την προϋπόθεση ότι έχει εγκριθεί από τον τεχνικό αντιπρόσωπο.

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15.3 Ποινές:

- α) Λεπτομέρειες σχετικά με τις ποινές περιγράφονται στην ενότητα 3.

15.4 Σταθμοί προπονητών:

- α) Στους αγώνες ελίτ, οι προπονητές θα έχουν έναν καθορισμένο χώρο στο ποδήλατο και στο τρέξιμο, προκειμένου να εφοδιάζουν τους αθλητές με τα δικά τους τρόφιμα και ποτά.

15.5 Σταθμός για ειδικές ανάγκες:

- α) Για ειδικές ανάγκες μπορούν να προβλεφθούν πρόσθετοι σταθμοί για το ποδήλατο ή το τρέξιμο,
β) Τα είδη που θα διανέμονται σε αυτούς τους σταθμούς θα διανέμονται από εθελοντές που θα παρέχονται από την τοπική οργανωτική επιτροπή,

15.6 Περιοχή μετάβασης:

- α) Στο χώρο μετάβασης, οι τεχνικοί υπάλληλοι ή το προσωπικό της τοπικής οργανωτικής επιτροπής μπορούν να βοηθήσουν τους αθλητές να παραλάβουν και να τοποθετήσουν τα ποδήλατά τους και να τους δώσουν τον εξοπλισμό τους. Αυτή η υπηρεσία πρέπει να είναι ίση για όλους τους αθλητές.
β) Οι αθλητές επιτρέπεται να αντικαταστήσουν τις στολές τους στην περιοχή μετάβασης. Εάν ο αθλητής πρέπει να γδυθεί για να το κάνει, αυτή η ενέργεια πρέπει να γίνει μέσα στη σκηνή που έχει παραχωρηθεί από την τοπική οργανωτική επιτροπή για το σκοπό αυτό. Όλες οι στολές που χρησιμοποιεί ο αθλητής πρέπει να συμμορφώνονται με τους Παγκόσμιους Αγωνιστικούς Κανόνες Τριάθλου,
γ) Τα wetsuit πρέπει να αφαιρούνται στον καθορισμένο χώρο.
δ) Για τις διοργανώσεις στις οποίες εφαρμόζεται το σύστημα παράδοσης σάκων, όλος ο εξοπλισμός πρέπει να τοποθετείται μέσα στον κατάλληλο σάκο που παρέχεται από την τοπική οργανωτική επιτροπή. Η μόνη εξαίρεση είναι τα παπούτσια ποδηλάτου, τα οποία μπορούν να παραμένουν συνδεδεμένα με τα πεντάλ ανά πάσα στιγμή.

15.7 Στολή:

- α) Επιτρέπεται μπροστινό φερμουάρ.
β) Το φερμουάρ μπορεί να ανοίγει μέχρι το σημείο του στέρνου κατά τη διάρκεια του αγώνα, με εξαίρεση τα τελευταία 200 μέτρα της διαδρομής, όπου πρέπει να κλείνει το φερμουάρ.

15.8 Εξωτερική βοήθεια:

- α) Η ιατρική βοήθεια επιτρέπεται να παρέχεται στους σταθμούς ειδικών αναγκών ή στους σταθμούς των προπονητών.
β) Μπορεί να παρέχονται ποδηλατοσυλλέκτες,

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ΑΡΧΗ 0170 537 000
ΑΜΑΣΣΑ 18705
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ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
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- γ) Η υποστήριξη μηχανικών ποδηλάτων μπορεί να παρέχεται στις εγκεκριμένες τοποθεσίες και από τα εγκεκριμένα οχήματα,
- δ) Η Τοπική Οργανωτική Επιτροπή μπορεί να διαθέσει βοηθούς για την αφαίρεση των wetsuit. ε) Απαγορεύεται κάθε άλλη εξωτερική βοήθεια.

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ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
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16. ΟΜΑΔΙΚΕΣ ΔΙΟΡΓΑΝΩΣΕΙΣ ΚΑΙ ΔΙΟΡΓΑΝΩΣΕΙΣ ΜΕΙΚΤΟΥ ΡΕΛΕ:

16.1 Τύποι διοργανώσεων:

- α) Το World Triathlon μπορεί να διοργανώσει ομαδικούς αγώνες στις αποστάσεις και τις κατηγορίες που αναφέρονται σε αυτόν τον πίνακα:

Τύπος αγωνίσματος	
Τρίαθλο	3 x ίδιου φύλου / 4 x μεικτό / μεικτή σκυταλοδρομία 2x2
Τρίαθλο LD	Προσθέτοντας 3 καλύτερους χρόνους
Δίαθλο	3 x ίδιου φύλου / 4 x μεικτό / μεικτή σκυταλοδρομία 2x2
Δίαθλο LD	Προσθέτοντας 3 καλύτερους χρόνους
Χειμερινό	3 x ίδιου φύλου / 4 x μεικτό / μεικτή σκυταλοδρομία 2x2
Cross Triathlon	3 x ίδιου φύλου / 4 x μεικτό / μεικτή σκυταλοδρομία 2x2
Cross Duathlon	3 x ίδιου φύλου / 4 x μεικτό / μεικτή σκυταλοδρομία 2x2
Aquathlon	3 x ίδιου φύλου / 4 x μεικτό / μεικτή σκυταλοδρομία 2x2
Εταιρικό τρίαθλο	Εταιρικό

16.2 Ορισμοί:

- α) **Μεικτή σκυταλοδρομία:** Η ομάδα απαρτίζεται από 4 αθλητές: 2 άνδρες και 2 γυναίκες, οι οποίοι θα αγωνιστούν με την ακόλουθη σειρά: **άνδρας, γυναίκα, άνδρας, γυναίκα**. Κάθε ένα από αυτά θα καλύπτει ένα πλήρες άθλημα aquathlon, τρίαθλο, cross triathlon, duathlon, cross duathlon, χειμερινό τρίαθλο ή χειμερινό duathlon. Ο συνολικός χρόνος για την ομάδα είναι από την εκκίνηση του 1ου μέλους της ομάδας μέχρι τον τερματισμό του 4ου αθλητή. Ο χρόνος είναι συνεχής και η χρονομέτρηση δεν σταματά μεταξύ των αθλητών. Το Παγκόσμιο Τρίαθλο μπορεί να επιτρέψει μικτές εθνικές ομάδες για συγκεκριμένους αγώνες.

- β) **Μεικτή σκυταλοδρομία 2x2:** Η ομάδα απαρτίζεται από 2 αθλητές: **άνδρας, γυναίκα**, οι οποίοι θα αγωνιστούν με την ακόλουθη σειρά: **άνδρας, γυναίκα, άνδρας, γυναίκα**. Κάθε ένα από αυτά θα καλύπτει δύο φορές ένα πλήρες άθλημα aquathlon, τρίαθλο, cross triathlon, duathlon, cross duathlon ή χειμερινό τρίαθλο. Ο συνολικός

χρόνος για την ομάδα είναι από την εκκίνηση του 1ου μέλους της ομάδας μέχρι τον τερματισμό του δεύτερου σκέλους του^{2ου} αθλητή . Ο χρόνος είναι συνεχής και η χρονομέτρηση δεν σταματά μεταξύ των αθλητών. Το Παγκόσμιο Τρίαθλο μπορεί να επιτρέψει μικτές εθνικές ομάδες για συγκεκριμένους αγώνες,

- γ) **Σκυταλοδρομία 3x:** Η ομάδα απαρτίζεται από 3 αθλητές του ίδιου φύλου. Κάθε ένα από αυτά θα καλύπτει ένα πλήρες άθλημα aquathlon, τρίαθλο, cross triathlon, duathlon, cross duathlon ή χειμερινό τρίαθλο. Ο συνολικός χρόνος για την ομάδα είναι από την εκκίνηση του 1ου μέλους της ομάδας μέχρι τον τερματισμό του^{3ου} αθλητή. Ο χρόνος είναι συνεχής και η χρονομέτρηση δεν σταματά μεταξύ των αθλητών. Το Παγκόσμιο Τρίαθλο μπορεί να επιτρέψει μικτές εθνικές ομάδες για συγκεκριμένους αγώνες,
- δ) **Εταιρική:** Μια ομάδα αποτελείται από 3 αθλητές ανεξαρτήτως φύλου. Ο πρώτος αθλητής θα καλύψει το τμήμα κολύμβησης, ο δεύτερος το τμήμα ποδηλασίας και ο τρίτος το τμήμα τρεξίματος. Ο συνολικός χρόνος για την ομάδα είναι από την εκκίνηση του 1ου μέλους της ομάδας μέχρι τον τερματισμό του^{3ου} αθλητή . Ο χρόνος είναι συνεχής και η χρονομέτρηση δεν σταματά μεταξύ των αθλητών. Το Παγκόσμιο Τρίαθλο μπορεί να επιτρέψει μικτές εθνικές ομάδες για συγκεκριμένους αγώνες,
- ε) **Ομαδικός διαγωνισμός με βάση τα ατομικά αποτελέσματα:** Ο συνολικός ομαδικός χρόνος είναι η πρόσθεση των 3 καλύτερων χρόνων των αθλητών από το ίδιο έθνος και φύλο. Σε περίπτωση ισοβαθμίας, ο χρόνος του τρίτου μέλους της ομάδας θα καθορίσει το αποτέλεσμα της ομάδας,

16.3 Αποτελέσματα:

- α) Όταν επιτρέπεται στις εθνικές ομοσπονδίες να συμμετάσχουν περισσότερες από μία ομάδες, μόνο η ομάδα με την καλύτερη θέση τερματισμού θα καταγράφεται στα αποτελέσματα και θα δικαιούται βραβεία (μετάλλια) και χρηματικά έπαθλα.

16.4 Επιλεξιμότητα:

- α) Ισχύουν οι γενικοί κανόνες επιλεξιμότητας. Η ελάχιστη επιτρεπόμενη ηλικία είναι 15 ετών.
- β) Οι αθλητές που αγωνίζονται υπό τη σημαία του World Triathlon δεν έχουν δικαίωμα να συμπεριληφθούν σε καμία ομάδα.

16.5 Στολή:

- α) Στολές που δεν συμμορφώνονται με τις οδηγίες της Διεθνούς Ένωσης Τρίαθλου σχετικά με την εγκεκριμένη ταυτοποίηση.

16.6 Ενημέρωση ομαδικής σκυταλοδρομίας:

- α) Σε περίπτωση που ένας αγώνας σκυταλοδρομίας διεξάγεται μαζί με έναν ατομικό αγώνα της ίδιας κατηγορίας, οι πληροφορίες τόσο για τον ατομικό αγώνα όσο και για τον αγώνα σκυταλοδρομίας θα περιλαμβάνονται στην ίδια ενημέρωση που παραδίδεται στους αθλητές από τον πρώτο αγωνοδότη με το χρονοδιάγραμμα που δίδεται στο 2.7.18.
- ΟΡΓΑΝΙΣΜΟΣ ΜΠΑΜΠΑΝΗΣ
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- β) Σε περίπτωση που ένας αγώνας σκυταλοδρομίας διεξάγεται ανεξάρτητα, μια υποχρεωτική ενημέρωση για όλους τους δηλωμένους αθλητές και 1 εφεδρικό αθλητή ανά φύλο θα διεξαχθεί σύμφωνα με το χρονοδιάγραμμα που ορίζεται στο 2.7.β.

16.7 Σύνθεση ομάδας:

- α) Σε περίπτωση που ένας αγώνας σκυταλοδρομίας διεξάγεται σε συνδυασμό με έναν ατομικό αγώνα της ίδιας κατηγορίας, ο προπονητής της ομάδας θα δηλώσει όλους τους αγωνιζόμενους αθλητές και 1 εφεδρικό αθλητή ανά φύλο σε συγκεκριμένη ώρα την ημέρα πριν από τον αγώνα. Όλες οι συνθέσεις των ομάδων θα δημοσιευθούν μετά από αυτή τη στιγμή,
- β) Σε περίπτωση που ένας αγώνας σκυταλοδρομίας διεξάγεται ανεξάρτητα, θα πραγματοποιηθεί ενημέρωση των προπονητών πριν από την ενημέρωση των αθλητών, όπου θα πρέπει να δηλωθούν όλοι οι διαγωνιζόμενοι αθλητές και 1 εφεδρικός αθλητής ανά φύλο. Όλες οι συνθέσεις των ομάδων θα δημοσιευθούν μετά από αυτή τη στιγμή,
- γ) Οι ομάδες που δεν θα υποβάλουν το έντυπο δήλωσης εντός της καθορισμένης προθεσμίας θα διαγραφούν από τη λίστα εκκίνησης,
- δ) Δύο ώρες πριν από την έναρξη του αγώνα, ο προπονητής μπορεί να ανακοινώσει στον επικεφαλής διαιτητή διαφορετική σύνθεση και σειρά των ομάδων. Αυτοί οι αθλητές πρέπει να αναγράφονται στο έντυπο δήλωσης, διαφορετικά η σύνθεση της ομάδας που ανακοινώθηκε στην ενημέρωση για την ομαδική σκυταλοδρομία θα παραμείνει σε ισχύ.

16.8 Check-in την ημέρα του διαγωνισμού:

- α) Όλα τα μέλη της ομάδας πρέπει να κάνουν check in μαζί.
- β) Τα μέλη της ομάδας μπορούν να χρησιμοποιήσουν το ίδιο ποδήλατο.

16.9 Περιοχή μετάβασης:

- α) Οι γενικοί ισχύοντες κανόνες περιγράφονται στο κεφάλαιο 7. Όλος ο εξοπλισμός που έχει ήδη χρησιμοποιηθεί πρέπει να τοποθετηθεί στον αντίστοιχο αριθμημένο κάδο που παρέχεται, με εξαίρεση τα παπούτσια ποδηλασίας, τα οποία μπορούν να παραμείνουν στερεωμένα στα πηδάλια.

16.10 Ανταλλαγή σκυταλοδρομίας:

- α) Η αλλαγή σκυταλοδρομίας από το ένα μέλος της ομάδας στο άλλο θα γίνει μέσα στη ζώνη ανταλλαγής, η οποία έχει μήκος 15 μέτρα,
- β) Η ανταλλαγή ολοκληρώνεται από τον εισερχόμενο αθλητή, χρησιμοποιώντας το χέρι του για να έρθει σε επαφή με το σώμα του εξερχόμενου αθλητή εντός της ζώνης σκυταλοδρομίας, **ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ**
- γ) Εάν η ανταλλαγή **ΔΙΕΞΑΓΕΤΑΙ** εκτός της ζώνης ανταλλαγής, η ομάδα θα πρέπει να ενημερωθεί από τους δευτερολέπτους **ΤΗΛ: 210 92 25 099** ή να εκτίεται στο κουτί του πέναλτι **Εάν η αλλαγή ΔΙΕΞΑΓΕΤΑΙ** **ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com**

σκυταλοδρομίας έγινε σκόπιμα εκτός της ζώνης σκυταλοδρομίας, η ομάδα θα αποκλειστεί.

- δ) Εάν η ανταλλαγή δεν ολοκληρωθεί, η ομάδα θα αποκλειστεί,
- ε) Πριν από την αλλαγή σκυταλοδρομίας, οι αθλητές θα περιμένουν σε μια περιοχή πριν από την αλλαγή σκυταλοδρομίας μέχρι ο Τεχνικός Αξιωματούχος να τους πει να εισέλθουν στη ζώνη ανταλλαγής.

16.11 Ποινές:

- α) Οι ποινές χρόνου είναι διάρκειας 10 δευτερολέπτων.
- β) Οι παραβάσεις που οφείλονται σε απώλεια της ενημέρωσης ή/και σε εκκίνηση πριν από το επίσημο σήμα εκκίνησης θα εξυπηρετούνται από τον πρώτο αθλητή στη μετάβαση 1,
- γ) Όλες οι άλλες ποινές χρόνου εκτίονται στο κουτί των πέναλτι. Αυτές οι ποινές μπορούν να επιβληθούν από οποιοδήποτε μέλος της ομάδας, το οποίο δεν έχει ακόμη ολοκληρώσει το δικό του μέρος της διοργάνωσης.
- δ) Οι ποινές χρόνου θα αναρτηθούν στον πίνακα ανακοινώσεων του κουτιού ποινών πριν από τον προθεσμίες που αναφέρονται παρακάτω. Οι κοινοποιήσεις που θα αναρτηθούν μετά από αυτές τις ώρες θα θεωρούνται άκυρες.

(i) Οι παραβάσεις που διαπράττονται κατά τη διάρκεια του πρώτου σκέλους (εκτός από την πρόωγη εκκίνηση) θα γνωστοποιούνται πριν ο αθλητής του δεύτερου σκέλους ολοκληρώσει το δεύτερο τμήμα.

(ii) Οι παραβάσεις που διαπράττονται από την πρώτη αλλαγή μέχρι το τέλος του δεύτερου σκέλους θα γνωστοποιούνται πριν ο αθλητής του τρίτου σκέλους ολοκληρώσει το δεύτερο τμήμα.

(iii) Οι παραβάσεις που διαπράττονται από τη δεύτερη αλλαγή μέχρι το τέλος του τρίτου σκέλους θα κοινοποιούνται πριν ο αθλητής στο τέταρτο σκέλος ολοκληρώσει το δεύτερο τμήμα.

(iv) Οι παραβάσεις που διαπράττονται από την τρίτη αλλαγή μέχρι το τέλος του πρώτου μισού του τελευταίου τμήματος, θα γνωστοποιούνται πριν ο αθλητής στο τέταρτο σκέλος πάρει το μισό του τελευταίου τμήματος.

(v) Οι παραβάσεις που διαπράττονται στο δεύτερο μισό του τελευταίου τμήματος του τελευταίου σκέλους, θα γνωστοποιούνται αμέσως και προσωπικά στον αθλητή. Θα σερβιριστεί επί τόπου.

16.12 Τερματισμός:

- α) Μόνο το τελευταίο μέλος της ομάδας επιτρέπεται να περάσει τη γραμμή τερματισμού.

16.13 Ειδικό κανόνες Μεμής σκυταλοδρομίας Age-Group:

- α) Επιλεξιμότητα:

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
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- (i) Οι εθνικές ομοσπονδίες επιτρέπεται να δηλώσουν το πολύ 10 ομάδες ανά ηλικιακή κατηγορία,
- (ii) Κάθε ομάδα αποτελείται από δύο γυναίκες και δύο άνδρες,
- (iii) Ισχύουν οι γενικοί κανόνες επιλεξιμότητας. Η ελάχιστη επιτρεπόμενη ηλικία είναι 15 ετών.
- (iv) Οι κατηγορίες θα είναι οι εξής: 15-19 ετών (X15), 20-29 ετών (X20), 30-39 ετών (X30), 40-49 ετών (X40), 50-59 ετών (X50), 60-69 ετών (X60), 70 ετών και άνω (X70). Όλοι οι αθλητές της ομάδας πρέπει να είναι εντός του εύρους της ηλικιακής κατηγορίας της ομάδας.
- β) Αποτελέσματα:
- (i) Όλες οι ομάδες θα καταχωρούνται στα αποτελέσματα και θα δικαιούνται βραβεία (μετάλλια).
- γ) Στολή:
- (i) Στολές που δεν συμμορφώνονται με τις οδηγίες της Διεθνούς Ένωσης Τριάθλου σχετικά με την εγκεκριμένη ταυτοποίηση.
- δ) Ενημέρωση ομαδικής σκυταλοδρομίας:
- (i) Η ενημέρωση των υπευθύνων των ομάδων θα πραγματοποιηθεί δύο ημέρες πριν από τον αγώνα.
- ε) Δήλωση σύνθεσης ομάδας:
- (i) Οι εθνικές ομοσπονδίες θα δηλώσουν τις ομάδες (χωρίς τη σύνθεση της ομάδας) μέχρι την καταληκτική ημερομηνία δήλωσης συμμετοχής.
- (ii) Δέκα ημέρες πριν από τον αγώνα, η Εθνική Ομοσπονδία θα δηλώσει τη σύνθεση των ομάδων (ονόματα των αθλητών και σειρά αγώνων) και έναν κατάλογο ονομάτων σε κάθε μία από τις ηλικιακές κατηγορίες ως εφεδρεία για τη συγκεκριμένη ηλικιακή κατηγορία.
- (iii) Την ημέρα πριν από τον αγώνα μεταξύ 19:00 και 20:00 οι υπεύθυνοι των ομάδων ηλικιακών ομάδων μπορούν να αντικαταστήσουν αθλητές από τις ομάδες τους με αθλητές από τον κατάλογο των εφεδρικών. Δεν επιτρέπεται η μετακίνηση αθλητών από τη μία ομάδα στην άλλη.
- στ) Παραλαβή πακέτου:
- (i) Όλοι οι αθλητές πρέπει να παραλάβουν το πακέτο τους για τα αγωνίσματα στον επίσημο χώρο εγγραφής σε μια καθορισμένη ώρα. Η παραλαβή των πακέτων θα είναι ανοικτή την ημέρα πριν από τον διαγωνισμό,
- (ii) Τα πακέτα για τα αγωνίσματα θα περιέχουν τουλάχιστον: (5) επίσημο αριθμούς αγώνων (ένα (1) για το σώμα, έναν (1) για το ποδήλατο και τρεις (3) για το κράνος) και τέσσερις (4) παραμανές, αριθμημένο σκουφάκι καλυμμένο, τσιπ

χρονομέτρησης, πάσο διαπίστευσης, οδηγό αθλητών, εισιτήρια για όλες τις κοινωνικές εκδηλώσεις. Η διανομή των δώρων της Τοπικής Οργανωτικής Επιτροπής μπορεί να πραγματοποιηθεί την ίδια στιγμή.

- (iii) Τα τσιπ χρονομέτρησης θα διανεμηθούν κατά το check-in στο χώρο μετάβασης την ημέρα του αγώνα.
- ζ) Check-in την ημέρα του διαγωνισμού:
 - (i) Όλα τα μέλη της ομάδας πρέπει να κάνουν check in μαζί.
 - (ii) Τα μέλη της ομάδας μπορούν να χρησιμοποιήσουν το ίδιο ποδήλατο.
- η) Ποδηλασία:
 - (i) Η κλήρωση θα επιτρέπεται μεταξύ αθλητών του ίδιου φύλου.
- θ) Ανταλλαγή σκυταλοδρομίας:
 - (i) Οι ίδιοι κανόνες θα ισχύουν από τις 16.10 Δεκεμβρίου.
- ι) Ποινές:
 - (i) Θα ισχύουν οι γενικοί κανόνες ποινής για τις ηλικιακές ομάδες.
- ια) Τερματισμός:
 - (i) Οι ίδιοι κανόνες θα ισχύουν από τις 16 Δεκεμβρίου.

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ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
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ΤΗΛ. 2109225000

17. ΠΑΡΑΤΡΙΑΘΛΟ

17.1 Γενικά:

- α) Το παρατριάθλο, σύμφωνα με το Καταστατικό της Διεθνούς Ένωσης Τριάθλου, διέπεται από τους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου. Αυτή η ενότητα περιέχει τους κανόνες που αφορούν μόνο το παρατριάθλο.

17.2 Αθλητικές κατηγορίες παρατριάθλου:

- α) Το παρατριάθλο της Διεθνούς Ένωσης Τριάθλου εφαρμόζει ένα τεκμηριωμένο σύστημα ταξινόμησης για την ομαδοποίηση των αναπηριών σε αθλητικές κατηγορίες ανάλογα με την έκταση του περιορισμού της δραστηριότητας που προκαλούν στον αθλητή όταν επιδίδεται σε ένα άθλημα παρατριάθλου.
- β) Υπάρχουν εννέα (9) κατηγορίες αθλημάτων, όπως ορίζονται στο Παράρτημα Ζ:
- (i) PTWC1: Οι αθλητές με μεγαλύτερη αναπηρία που χρησιμοποιούν αναπηρικό αμαξίδιο. Οι αθλητές πρέπει να χρησιμοποιούν ξαπλωτό ποδήλατο χειρός στην ποδηλατική διαδρομή και αγωνιστικό αναπηρικό αμαξίδιο στο τμήμα του τρεξίματος.
 - (ii) PTWC2: Οι αθλητές με μικρότερη αναπηρία που χρησιμοποιούν αναπηρικό αμαξίδιο. Οι αθλητές πρέπει να χρησιμοποιούν ξαπλωτό ποδήλατο χειρός στην ποδηλατική διαδρομή και αγωνιστικό αναπηρικό αμαξίδιο στο τμήμα του τρεξίματος.
 - (iii) PTS2: Σοβαρή αναπηρία. Τόσο στο τμήμα ποδηλασίας όσο και στο τμήμα τρεξίματος, οι ακρωτηριασμένοι αθλητές μπορούν να χρησιμοποιούν εγκεκριμένες προθέσεις ή άλλες υποστηρικτικές συσκευές.
 - (iv) PTS3: Σημαντική αναπηρία. Τόσο στο τμήμα ποδηλασίας όσο και στο τμήμα τρεξίματος, οι αθλητές μπορούν να χρησιμοποιούν εγκεκριμένες προθέσεις ή άλλες υποστηρικτικές συσκευές.
 - (v) PTS4: Μέτρια αναπηρία. Τόσο στο τμήμα ποδηλασίας όσο και στο τμήμα τρεξίματος, οι αθλητές μπορούν να χρησιμοποιούν εγκεκριμένες προθέσεις ή άλλες υποστηρικτικές συσκευές.
 - (vi) PTS5: Ήπια αναπηρία. Τόσο στο τμήμα ποδηλασίας όσο και στο τμήμα τρεξίματος, οι αθλητές μπορούν να χρησιμοποιούν εγκεκριμένες προθέσεις ή άλλες υποστηρικτικές συσκευές.
 - (vii) PTV11: Περιλαμβάνει αθλητές που είναι τελείως τυφλοί, από καμία αντίληψη του φωτός σε κανένα από τα δύο μάτια έως κάποια αντίληψη του φωτός. Ένας οδηγός-συνοδός είναι υποχρεωτικός καθ' όλη τη διάρκεια του αγώνα. Πρέπει να χρησιμοποιούν tandem κατά τη διάρκεια του τμήματος ποδηλασίας.
 - (viii) PTV12: Περιλαμβάνει αθλητές με πιο σοβαρή μερική ή ολική απώλεια όρασης. Ένας οδηγός-συνοδός είναι υποχρεωτικός καθ' όλη τη διάρκεια του αγώνα. Πρέπει να χρησιμοποιούν tandem κατά τη διάρκεια του αγώνα.

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- (ix) PTVI3: Περιλαμβάνει αθλητές με λιγότερο σοβαρή μειωμένη όραση. Ένας οδηγός-συνοδός είναι υποχρεωτικός καθ' όλη τη διάρκεια του αγώνα. Πρέπει να χρησιμοποιούν tandem κατά τη διάρκεια του αγώνα.

17.3 Διοργανώσεις απονομής μεταλλίων παρατριάθλου:

- α) Θα υπάρχουν έξι (6) διοργανώσεις απονομής μεταλλίων ως εξής:
- (i) PTWC: Αθλητές των αθλητικών κατηγοριών PTWC1 και PTWC2 που συναγωνίζονται μαζί.
 - (ii) PTS2;
 - (iii) PTS3;
 - (iv) PTS4;
 - (v) PTS5;
 - (vi) PTVI: Αθλητές των αθλητικών κατηγοριών PTVI1, PTVI2 και PTVI3 που συναγωνίζονται μαζί.

17.4 Κατάταξη:

- α) Μπορείτε να βρείτε τους Κανόνες Κατάταξης Παρατριάθλου στο Παράρτημα Z.
- β) Όλοι οι παρατριάθλου που αγωνίζονται σε έναν εγκεκριμένο από το World Triathlon αγώνα πρέπει να έχουν μια διεθνή κατάταξη παρατριάθλου για να διασφαλιστεί ότι πληρούν τα ελάχιστα κριτήρια επιλεξιμότητας για τον αγώνα και ότι τους έχει ανατεθεί η κατάλληλη αθλητική κατηγορία. Οι παρατριαθλητές που χρειάζονται ταξινόμηση θα πρέπει να:
- (i) να είναι διαθέσιμοι να συμμετάσχουν σε ένα ραντεβού διεθνούς κατάταξης με μια επιτροπή κατάταξης που έχει οριστεί από το World Triathlon πριν από τον αγώνα,
 - (ii) να προσκομίσει, κατά την κατάταξη, το "World Triathlon PI Medical Diagnostics Form" ή το "World Triathlon VI Medical Diagnostics Form" υπογεγραμμένο από το αρμόδιο ιατρικό προσωπικό, μια φωτογραφία μεγέθους διαβατηρίου και κάθε άλλο σχετικό ιατρικό έγγραφο.
- γ) Οι παρατριαθλητές που αγωνίζονται σε αγώνα του Παγκόσμιου Τριάθλου, όπου δεν υπάρχει διαθέσιμη κατάταξη, θα ενημερωθούν μέσω της εθνικής τους ομοσπονδίας να υποβάλουν συγκεκριμένα ιατρικά έγγραφα στο Παγκόσμιο Τρίαθλο, το αργότερο έξι εβδομάδες πριν από τον αγώνα, ώστε να τους αποδοθεί προσωρινή κατάταξη,

- δ) Όταν αλλάζει η αθλητική κατηγορία ενός αθλητή, μπορεί να ζητηθεί αναθεώρηση των προηγούμενων αποτελεσμάτων. Το World Triathlon θα μελετήσει κάθε αίτημα κατά περίπτωση και θα αποφασίσει εάν τα σχετικά αποτελέσματα των αγώνων πρέπει να τροποποιηθούν.

17.5 Επιλέξιμοι για διεθνή κατάταξη διαγωνισμού:



- α) Όλοι οι παρατριάθλητές επιτρέπεται να αγωνίζονται σε αγώνες τρίαθλου, ντουάθλου και aquathlon. Μόνο οι παρατριάθλουστες των αθλητικών κατηγοριών PTS2, PTS3, PTS4 και PTS5 επιτρέπεται να αγωνίζονται σε χειμερινό τρίαθλο, τρίαθλο cross και duathlon cross,
- β) Όλοι οι παρατριάθλητές μπορούν να ξεκινήσουν όλοι μαζί ή ομαδοποιημένοι σε κύματα. Οι αθλητές της ίδιας αθλητικής κατηγορίας και του ίδιου φύλου πρέπει να ξεκινούν στο ίδιο κύμα,
- γ) Οι αγώνες παρατριάθλου στους Παραολυμπιακούς Αγώνες, το Παγκόσμιο Πρωτάθλημα Παρατριάθλου, το Ηπειρωτικό Πρωτάθλημα Παρατριάθλου, η Παγκόσμια Σειρά Παρατριάθλου και τα Παγκόσμια Κύπελλα Παρατριάθλου διεξάγονται στην απόσταση Sprint και έχουν χρονικό όριο 2 ώρες,
- δ) Σε ένα αγώνισμα Duathlon, ένας αγώνας παρατριάθλου θα πρέπει να οργανώνεται τουλάχιστον σε δύο εκκινήσεις με διαφορά τουλάχιστον ενός (1) λεπτού. Οι αθλητές PTWC1 και PTWC2 θα πρέπει να ξεκινήσουν στο πρώτο κύμα και οι υπόλοιποι αθλητές στο δεύτερο κύμα,
- ε) Κατά τη διακριτική ευχέρεια του τεχνικού εκπροσώπου, η μορφή του διαγωνισμού μπορεί να αλλάξει,
- στ) Αθλητές διαφορετικών κατηγοριών μπορούν να αγωνιστούν μαζί χρησιμοποιώντας την κλιμακωτή εκκίνηση που ονομάζεται "Σύστημα Διαλειμματικής Εκκίνησης":
- (i) Σε αγώνες όπου όλες οι κατηγορίες ξεκινούν μαζί, ο σχετικός χρόνος αντιστάθμισης θα προστίθεται στους τελικούς χρόνους των αθλητών που αγωνίζονται στις κατηγορίες, ως εξής:

	PTWC1 Άνδρες	PTWC2 Άνδρες	PTWC1 Γυναίκες	PTWC2 Γυναίκες
Τρίαθλο σπριντ	0:00	+2:59	0:00	+3:42
Sprint duathlon	0:00	+2:42	0:00	+3:21

	PTVI1 Άνδρες	PTVI2/PTVI3 Άνδρες	PTVI1 Γυναίκες	PTVI2/PTVI3 Γυναίκες
Τρίαθλο σπριντ	0:00	+2:46	0:00	+3:19
Sprint duathlon	0:00	+2:36	0:00	+3:06

* Σε περίπτωση που ένα τρίαθλο μετατραπεί σε τρίαθλο, θα χρησιμοποιηθούν οι τιμές για το τρίαθλο.

- (ii) Στους αγώνες που χρησιμοποιούν το "Σύστημα Διαλειμματικής Εκκίνησης", ο κατάλογος εκκίνησης πρέπει να προετοιμάζεται σύμφωνα με τα παρακάτω με την παρουσία του Διευθυντή των Αγώνων. Ηλεκτρονική διεύθυνση: info@intertranslating.com
- (iii) Εάν ένας αθλητής αγωνιστεί σε διαφορετική κατηγορία μετά την παρατήρηση, ο χρόνος τερματισμού του θα προσαρμοστεί σύμφωνα με τους καθορισμένους χρόνους αντιστάθμισης,

- (iv) Προκειμένου να αποφευχθούν επικαλύψεις ή προβλήματα λόγω χρονικών περιορισμών, ο επικεφαλής διαιτητής μπορεί να επιτρέψει μαζική εκκίνηση,
- (v) Τυχόν ενστάσεις που υποβάλλονται σχετικά με τη σειρά εκκίνησης και/ή τους χρόνους αποζημίωσης, θα γίνονται σύμφωνα με το άρθρο του World Triathlon. 12., "Διαμαρτυρία επιλεξιμότητας".

17.6 Ενημέρωση των παρατριαθλητών:

- α) Παρακαλούμε δείτε τους κανόνες στο σημείο 2.7 β.) σχετικά με την ενημέρωση των παρατριαθλητών.
- β) Όλοι οι οδηγοί και οι προσωπικοί χειριστές πρέπει να είναι εγγεγραμμένοι στην ενημέρωση,
- γ) Όλοι οι παρατριαθλητές θα παραλάβουν το δικό τους πακέτο αγώνα μετά την ενημέρωση. Το πακέτο του αγώνα θα περιλαμβάνει:
 - (i) PTWC1 και PTWC2: κόκκινο, **κίτρινο ή πράσινο** σκουφάκι κολύμβησης, 3 αυτοκόλλητα αριθμού αγώνα για το κράνος, 1 αυτοκόλλητο αριθμού αγώνα για το χειροκίνητο ποδήλατο, 1 αυτοκόλλητο αριθμού αγώνα για το αγωνιστικό αναπηρικό αμαξίδιο, 1 αυτοκόλλητο αριθμού αγώνα για το καθημερινό αναπηρικό αμαξίδιο, 1 αριθμός συμμετοχής για τον αθλητή και 1 αριθμός συμμετοχής για τον προσωπικό συνοδό,
 - (ii) PTS2, PTS3, PTS4 και PTS5- κόκκινο, κίτρινο ή πράσινο σκουφάκι κολύμβησης, 3 αυτοκόλλητα με αριθμό αγώνα για το κράνος, 1 αυτοκόλλητο με αριθμό αγώνα για το ποδήλατο, 3 αυτοκόλλητα με αριθμό αγώνα για την πρόθεση/βοηθητικές συσκευές, 1 αριθμός συμμετοχής για τον αθλητή ή 4 σετ σωματικής σήμανσης και 1 αριθμός συμμετοχής για τον προσωπικό χειριστή, εφόσον επιτρέπεται,
 - (iii) PTVI1: 1 πορτοκαλί σκουφάκι κολύμβησης για τον αθλητή και 1 λευκό σκουφάκι κολύμβησης για τον οδηγό, 6 αυτοκόλλητα με τον αριθμό αγώνα για τα κράνη, 1 αυτοκόλλητο με τον αριθμό αγώνα για το ποδήλατο, 1 αριθμό συμμετοχής ή 4 σετ σήμανσης σώματος για τον αθλητή και 1 αριθμό συμμετοχής για τον οδηγό με τη λέξη "GUIDE" γραμμένη πάνω του.
 - (iv) PTVI2 και PTVI3: 1 πράσινο σκουφάκι κολύμβησης για τον αθλητή και 1 λευκό σκουφάκι κολύμβησης για τον οδηγό, 6 αυτοκόλλητα με τον αριθμό αγώνα για τα κράνη, 1 αυτοκόλλητο με τον αριθμό αγώνα για το ποδήλατο, 1 αριθμό συμμετοχής ή 4 σετ σήμανσης σώματος για τον αθλητή και 1 αριθμό συμμετοχής για τον οδηγό με τη λέξη "GUIDE" γραμμένη πάνω του.

17.7 Προσωπικοί χειριστές παρατριάθλου:

- α) Η εξασφάλιση εξειδικευμένων προσωπικών χειριστών είναι ευθύνη του παρατριαθλητή και όλοι αυτοί θα πρέπει να αναγνωριστούν και να λάβουν διαπιστευτήριο από τους τεχνικούς αξιωματικούς του Παγκόσμιου Τριάθλου κατά τη μεταφραστική Ημερίδα παρατριάθλου, **ΑΜΔΣΑ: 18705**
ΤΗΛ: 210 92 25 000
ΗΛΕΚ.Δ/ΣΗ: info@intertranslations.com
- β) Οι προσωπικοί χειριστές κατανέμονται ως εξής:

- (i) Μέχρι ένας (1) προσωπικός χειριστής για τις αθλητικές κατηγορίες PTS2, PTS3, PTS4 και PTS5. Η διαδικασία κατάταξης θα καθορίσει για κάθε αθλητή το δικαίωμα χρήσης ενός χειριστή στους αγώνες. Η έγκριση για τους ήδη ταξινομημένους αθλητές θα γίνεται από μια Επιτροπή Έγκρισης που αποτελείται από:
- Επικεφαλής Ταξινόμησης του Παγκόσμιου Τριάθλου,
 - Μέλος της Επιτροπής Παρατριάθλου του Παγκόσμιου Τριάθλου,
 - Ένα πρόσωπο που ορίζεται από το Τμήμα Αθλητισμού.
- (ii) Μέχρι ένας (1) προσωπικός χειριστής για αθλητική κατηγορία PTWC,
- (iii) Δεν υπάρχουν προσωπικοί χειριστές για τις αθλητικές κατηγορίες PTVI1, PTVI2 και PTVI3 (οι οδηγοί μπορούν να ενεργούν ως προσωπικοί χειριστές για αυτή την αθλητική κατηγορία).
- γ) Οι προσωπικοί χειριστές επιτρέπεται ρητά να βοηθούν τους παρατριαθλητές με:
- (i) Βοήθεια με προσθετικές συσκευές ή άλλες βοηθητικές συσκευές,
- (ii) Ανύψωση παρατριαθλητών μέσα και έξω από χειροκίνητα ποδήλατα και αναπηρικά αμαξίδια,
- (iii) Αφαίρεση wetsuit ή άλλων ενδυμάτων.
- (iv) Επισκευή ποδηλάτων και παροχή βοήθειας στους παρατριαθλητές με άλλο εξοπλισμό στην περιοχή μετάβασης ή στον επίσημο σταθμό τροχών. Οι οδηγοί PTVI1, PTVI2 και PTVI3 μπορούν να βοηθήσουν στην επισκευή του ποδηλάτου κατά μήκος ολόκληρης της ποδηλατικής διαδρομής, χωρίς εξωτερική βοήθεια,
- (v) Τοποθέτηση των ποδηλάτων στη μετάβαση.
- δ) Όλοι οι προσωπικοί χειριστές υπόκεινται στους Παγκόσμιους Αγωνιστικούς Κανόνες του Τριάθλου, επιπρόσθετα σε περαιτέρω κανονισμούς που κρίνονται κατάλληλοι ή απαραίτητοι από τον επικεφαλής διαιτητή,
- ε) Οποιαδήποτε ενέργεια από τον προσωπικό χειριστή, η οποία ωθεί τους παρατριαθλητές προς τα εμπρός, μπορεί να οδηγήσει σε αποκλεισμό,
- στ) Ένας προσωπικός χειριστής μπορεί να βοηθήσει το πολύ έναν αθλητή,
- ζ) Όλοι οι προσωπικοί χειριστές πρέπει να βρίσκονται εντός δύο (2) μέτρων από το σημείο μετάβασης των αθλητών τους κατά τη διάρκεια του αγώνα. Απαιτείται άδεια από Τεχνικό Αξιωματούχο για να μετακινηθείτε εκτός αυτής της ζώνης.

17.8 Παρατριάθλο Εγγραφή

α) Ενημέρωση

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- (i) Οι παρατριαθλητές πρέπει να υπογράψουν στη λίστα παρουσίας για να εισέλθουν στην αίθουσα ενημέρωσης. Σε αυτό το στάδιο, πρέπει να γνωστοποιήσουν στους υπαλλήλους εγγραφής αν θα έχουν τον προσωπικό τους χειριστή,
 - (ii) Οι παρατριαθλητές πρέπει να παρευρίσκονται στην ενημέρωση μαζί με τον προσωπικό τους συνοδό,
 - (iii) Αμέσως μετά την ενημέρωση, θα παραλάβουν το αγωνιστικό τους πακέτο και ο προσωπικός τους συνοδός θα παραλάβει το μπλουζάκι του προσωπικού συνοδού, όπως παρέχεται από την τοπική οργανωτική επιτροπή.
- β) Check in στο σαλόνι των παρατριάθλων:
- (i) Οι παρατριαθλητές και οι προσωπικοί χειριστές πρέπει να κάνουν check in μαζί,
 - (ii) Οι προσωπικοί χειριστές πρέπει να παρουσιαστούν με τον αριθμό συμμετοχής και το επίσημο μπλουζάκι του προσωπικού χειριστή,
 - (iii) Εάν ένας παρατριαθλητής είναι παρών χωρίς τον/τους προσωπικό/ούς του/της χειριστή/ές, πρέπει να περιμένει μέχρι να φτάσει/ουν ο/οι προσωπικός/οί χειριστής/ές. Εάν ο παρατριαθλητής επιθυμεί να εγγραφεί μόνος/η του/της, τότε ο/οι προσωπικός/οί χειριστής/ές δεν θα έχει/ουν πρόσβαση στον αγωνιστικό χώρο,
 - (iv) Αφού καταχωρηθεί ένας προσωπικός χειριστής, μπορεί να αντικατασταθεί μόνο σε εξαιρετικές περιπτώσεις και μόνο μετά από έγκριση του Τεχνικού Αντιπροσώπου,
 - (v) Δύο τσιπ χρονομέτρησης θα παραδοθούν σε όλους τους αθλητές κατά τη διάρκεια αυτής της διαδικασίας,
 - (vi) Εξοπλισμός (προσθετικά, πατερίτσες κ.λπ.) για την περιοχή πριν από τη μετάβαση (πρέπει να φέρει αριθμό αγώνα) και θα ελέγχεται στο σαλόνι των παρατριαθλητών.

17.9 Περιοχή μετάβασης:

- α) Εάν υπάρχει χώρος πριν από την περιοχή μετάβασης, οι παρατριαθλητές των αθλητικών κατηγοριών PTWC1, PTWC2, PTS2, PTS3, PTS4 και PTS5 μπορούν να βγάλουν τα wetsuit τους σε αυτόν τον χώρο. Μόνο οι προσωπικοί χειριστές των αθλητών που αγωνίζονται στην αθλητική κατηγορία PTWC1 και PTWC2 επιτρέπεται να βοηθήσουν τον παρατριάθλητή τους σε αυτή την περιοχή, αλλά δεν μπορούν να προωθήσουν ή να σπρώξουν τον αθλητή προς τα εμπρός,
- β) Όλοι οι αθλητές PTWC1 και PTWC2 πρέπει να μεταφερθούν σε καρέκλα ημέρας από την προ-μετάβαση στη μετάβαση. Τα αναπηρικά αμαξίδια που παρέχονται από τους παρατριάθλους PTWC1 και PTWC2 για αυτόν τον τομέα πρέπει να διαθέτουν λειτουργικά φρένα,
- γ) Ο πλησιέστερος διαθέσιμος χώρος στην περιοχή εξόδου από την κολύμβηση θα χρησιμοποιηθεί για την παράταξη των αναπηρικών αμαξιδίων PTWC1 και PTWC2 σύμφωνα με τον αριθμό του αγώνα τους,
- δ) Θα πρέπει να υπάρχει ένας ειδικός χώρος στην περιοχή πριν από τη μετάβαση με αριθμημένες καρέκλες από 1-9+0, για να τοποθετηθούν και να εκτεθούν όλες οι

προσθετικές συσκευές/καροτσάκια για τους αθλητές του Παρατριάθλου από τις αθλητικές κατηγορίες PTS2, PTS3, PTS4 και PTS5 (εάν απαιτείται). Οι αθλητές PTS2, PTS3, PTS4 και PTS5 πρέπει να αφήσουν το προσθετικό ή τις πατερίτσες τους στην καρέκλα με τον ίδιο αριθμό με το τελευταίο ψηφίο του αριθμού αγώνα τους. Τουλάχιστον δύο (2) Τεχνικοί Αξιωματούχοι θα συντονίζουν τη διανομή αυτών των συσκευών εξοπλισμού στους αθλητές κατά την έξοδό τους από το νερό και θα λαμβάνουν ειδοποίηση για τον αριθμό του αγώνα από τον Τεχνικό Αξιωματούχο που βρίσκεται στην έξοδο του νερού. Όλος ο εξοπλισμός θα παραταχθεί με αριθμητική σειρά,

- ε) Ο εξοπλισμός των αθλητών δεν μπορεί να παραμείνει στον χώρο πριν από τη μετάβαση, μόλις ο αθλητής βγει από τον χώρο πριν από τη μετάβαση. Ο χειριστής επιτρέπεται να μεταφέρει τον εξοπλισμό ενός αθλητή.
- στ) Οι προσαρμοσμένες τάπες και τα παπούτσια ποδηλάτου με μη εκτεθειμένες τάπες - που τοποθετούνται σε προσθετικά πόδια - επιτρέπονται στην περιοχή πριν από τη μετάβαση, υπό την προϋπόθεση ότι οι τάπες καλύπτονται ή περικλείονται από αντλιοθητικό υλικό.
- ζ) Οι παρατριαθλητές των κατηγοριών PTS2 έως PTS5 με απουσία κάτω άκρου πρέπει να χρησιμοποιούν προσθετικό μέλος ή πατερίτσες μεταξύ της περιοχής Προ-Μετάβασης και της περιοχής Μετάβασης 1. Το άλμα με το ένα πόδι δεν επιτρέπεται από την περιοχή Pre-Transition στην περιοχή Transition 1.

17.10 Περιοχή μετάβασης:

- α) Η Τοπική Οργανωτική Επιτροπή πρέπει να διαθέσει τουλάχιστον 16 βοηθούς εξόδου κολύμβησης στην περιοχή εξόδου κολύμβησης, οι οποίοι θα είναι υπεύθυνοι για την παροχή βοήθειας στους παρατριάθλους από την έξοδο κολύμβησης στην περιοχή πριν από τη μετάβαση. Ο τελικός αριθμός των βοηθών εξόδου κολύμβησης θα καθοριστεί από τον Τεχνικό Αντιπρόσωπο του Παγκοσμίου Τριάθλου. Μόνο σε αυτά τα άτομα θα επιτρέπεται η είσοδος σε αυτόν τον χώρο. Η προπόνησή τους θα πρέπει να επιβλέπεται από τον Τεχνικό Αντιπρόσωπο του Παγκοσμίου Τριάθλου,
- β) Κατά τη διάρκεια της εξόδου από την κολύμβηση, οι παρατριάθλου θα λάβουν βοήθεια από τους βοηθούς εξόδου από την κολύμβηση σύμφωνα με τα χρώματα του σκουφιού τους, ως εξής:
 - (i) **Κόκκινο** Ο παρατριαθλητής πρέπει να μεταφερθεί από την έξοδο κολύμβησης στο χώρο αφαίρεσης του wetsuit.
 - (ii) **Κίτρινο** Ο παρατριαθλητής πρέπει να υποστηριχθεί για να περπατήσει/τρέξει από την έξοδο κολύμβησης μέχρι τον χώρο αφαίρεσης του wetsuit.
 - (iii) Πράσινο, πορτοκαλί ή λευκό: Ο παρατριαθλητής δεν χρειάζεται καμία βοήθεια στην έξοδο κολύμβησης. Για τους οδηγούς θα χρησιμοποιηθούν λευκά καπάκια.
- γ) Οι βοηθοί εξόδου από την κολύμβηση θα βοηθούν τους αθλητές με τον καλύτερο δυνατό τρόπο, με καλή πλάτη και πόδια, εξασφαλίζοντας την ασφάλεια ως βασική αρχή.
- δ) Τα ποδήλατα, τα παπούτσια ή τα χειροκίνητα ποδήλατα δεν επιτρέπονται από την έξοδο κολύμβησης έως τη μετάβαση.

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- ε) Όλος ο κινητικός εξοπλισμός πρέπει να παραμένει εντός του χώρου που έχει οριστεί για κάθε παρατριαθλητή στη ζώνη μετάβασης. Όλα τα χρησιμοποιημένα σκουφάκια κολύμβησης, γυαλιά, wetsuit, κολυμβητικά σχοινιά, κράνη στο πεδίο.
- στ) Τα παπούτσια ποδηλάτου πρέπει να αφήνονται στον χώρο που έχει οριστεί για τους αθλητές στην περιοχή μετάβασης, πριν και μετά το ποδηλατικό τμήμα,
- ζ) Οι θέσεις PTVI1, PTVI2 και PTVI3 στην περιοχή μετάβασης πρέπει να είναι οι πλησιέστερες στη γραμμή στήριξης (γυναίκες και άνδρες), ακολουθούμενες από τις υπόλοιπες αθλητικές κατηγορίες PTS5, PTS4, PTS3, PTS2 και PTWC1 και PTWC2. Οι παρατριαθλητές PTWC1 και PTWC2 επιτρέπεται να οδηγούν το χειροκίνητο ποδήλατο εντός του χώρου μετάβασης,
- η) Κάθε παρατριαθλητής PTWC1 και PTWC2 θα έχει ατομικό χώρο 4x2 μέτρων. Ο αθλητής, οι χειριστές και όλος ο εξοπλισμός θα βρίσκονται εντός αυτού του χώρου, κατά τη διάρκεια των ελιγμών στην περιοχή μετάβασης.

17.11 Παρατριάθλο Κολύμβησης:

- α) Για λόγους ασφαλείας, οι κατηγορίες θα παρουσιαστούν κατά την παρουσίαση των παρατριαθλητών κατά την έναρξη του αγώνα με την ακόλουθη σειρά: PTVI1, PTVI2, PTVI3, PTS5, PTS4, PTS3, PTS2, PTWC1 και PTWC2. Για λόγους ασφαλείας, οι παρατριαθλητές PTWC1 και PTWC2 θα πρέπει πάντα να μπαίνουν στο νερό αφού όλοι οι υπόλοιποι παρατριαθλητές είναι στη θέση τους,
- β) Η εκκίνηση κολύμβησης θα είναι εκκίνηση "μέσα στο νερό",
- γ) Εάν το κολυμβητικό τμήμα αποτελείται από πολλούς γύρους, οι παρατριάθλου δεν απαιτείται να βγαίνουν από το νερό μεταξύ των γύρων,
- δ) Δεν επιτρέπονται τεχνητές προωθητικές συσκευές, συμπεριλαμβανομένων (αλλά όχι μόνο) πτερύγων, κουπιών ή πλωτών συσκευών οποιοδήποτε είδους. Όλες οι προσθετικές ή/και ορθωτικές συσκευές θεωρούνται συσκευές προώθησης, εκτός από τα εγκεκριμένα στηρίγματα γόνατος. Η χρήση τέτοιων συσκευών θα επιφέρει αποκλεισμό,
- ε) Κατά τη διάρκεια του τμήματος κολύμβησης δεν επιτρέπονται αιχμηρά αντικείμενα, βίδες, προσθετικές επενδύσεις ή προσθετικές συσκευές που μπορεί να είναι επιβλαβείς,
- στ) Η χρήση του wetsuit καθορίζεται από τον παρακάτω πίνακα:

Μήκος κολύμβησης	Υποχρεωτικά wetsuit παρακάτω	Μέγιστη παραμονή στο νερό
750 m	18 °C	45 λεπτά
1.500 m	18 °C	1 ώρα και 10 λεπτά
3.000 m	18 °C	2 ώρες και 40 λεπτά
4.000 m	18 °C	2 ώρες και 15 λεπτά

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- ζ) Εάν κάποιος παρατριάθλης δεν έχει ολοκληρώσει την κολυμβητική διαδρομή εντός αυτού του χρονικού ορίου και απέχει περισσότερο από 100 μέτρα από τον τερματισμό, θα πρέπει να απομακρυνθεί αμέσως από το νερό,
- η) Τα wetsuit δεν επιτρέπονται όταν η θερμοκρασία του νερού είναι 24,6 °C ή υψηλότερη,
- θ) Εάν η θερμοκρασία του νερού είναι μεταξύ 30,1°C και 32,0°C, η μέγιστη παραμονή στο νερό είναι 20 λεπτά,
- ι) Το τμήμα κολύμβησης μπορεί να ακυρωθεί, εάν η επίσημη θερμοκρασία του νερού είναι υψηλότερη από 32°C ή χαμηλότερη από 15°C. (Η επίσημη θερμοκρασία του νερού υπολογίζεται, όπως υποδεικνύεται στον παρακάτω πίνακα):
- (i) Οι παραπάνω θερμοκρασίες δεν είναι πάντα η θερμοκρασία του νερού που χρησιμοποιείται στην τελική απόφαση. Εάν η θερμοκρασία του νερού είναι χαμηλότερη από 22°C και η θερμοκρασία του αέρα είναι χαμηλότερη από 15°C, τότε η ρυθμισμένη τιμή είναι η μείωση της μετρούμενης θερμοκρασίας του νερού σύμφωνα με το επόμενο διάγραμμα:

		Θερμοκρασία αέρα (Όλες οι τιμές σε °C)								
		15	14	13	12	11	10	9	8	7
Θερμοκρασία νερού (Όλες οι τιμές σε °C)	22	18,5	18,0	17,5	17,0	16,5	16,0	15,5	15,0	Ακύρωση
	21	18,0	17,5	17,0	16,5	16,0	15,5	15,0	Ακύρωση	Ακύρωση
	20	17,5	17,0	16,5	16,0	15,5	15,0	Ακύρωση	Ακύρωση	Ακύρωση
	19	17,0	16,5	16,0	15,5	15,0	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση
	18	16,5	16,0	15,5	15,0	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση
	17	16,0	15,5	15,0	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση
	16	15,5	15,0	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση
	15	15,0	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση	Ακύρωση

17.12 Παρατριάθλο Ποδηλασία:

- α) Οι αγώνες παρατριάθλου είναι παράνομες διοργανώσεις. Το Χειμερινό Τρίαθλο, το Cross Duathlon και το Cross Triathlon είναι νόμιμα αγωνίσματα για παρατριάθλους,

- β) Στους αγώνες ποδηλασίας τρίαθλου, ο όρος "ποδήλατο" που χρησιμοποιείται στο παρόν περιλαμβάνει ποδήλατα, e-bikes ή χειροκίνητα ποδήλατα.

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- γ) Όλα τα ποδήλατα πρέπει να κινούνται με ανθρώπινη δύναμη. Τα χέρια ή τα πόδια μπορούν να χρησιμοποιηθούν για την κίνηση του ποδηλάτου, αλλά όχι και τα δύο. Οποιαδήποτε παράβαση συνεπάγεται αποκλεισμό,
- δ) Οι προδιαγραφές των ποδηλάτων για τους αγώνες παρατριάθλου περιγράφονται στην ενότητα 5.2 των Παγκόσμιων Κανόνων Αγώνων Τριάθλου,

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ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
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- ε) Τα ποδήλατα, τα tandems και τα χειροκίνητα ποδήλατα πρέπει να διαθέτουν δύο ανεξάρτητα συστήματα πέδησης. Τα ποδήλατα και τα tandems πρέπει να διαθέτουν ανεξάρτητο φρένο σε κάθε τροχό. Και τα δύο φρένα των χειροκίνητων ποδηλάτων θα επενεργούν στον μπροστινό τροχό,
- στ) Τα δισκόφρενα επιτρέπονται.
- ζ) Οι παρατριαθλητές με αναπηρία ενός άνω άκρου μπορούν να χρησιμοποιούν ένα διαχωριστικό στο σύστημα πέδησης και δεν θεωρείται προσαρμογή του ποδηλάτου,
- η) Δεν επιτρέπονται προστατευτικές ασπίδες, επενδύσεις ή άλλες διατάξεις που έχουν ως αποτέλεσμα τη μείωση της αντίστασης,
- θ) Οι τεχνητές χειρολαβές και τα προσθετικά εξαρτήματα μπορούν να στερεωθούν στο ποδήλατο ή στο σώμα του αθλητή, αλλά όχι και τα δύο ταυτόχρονα.
- ι) Εκτός από τις μοτοσικλέτες χειρός (PTWC1 και PTWC2), η θέση του αναβάτη πρέπει να υποστηρίζεται αποκλειστικά από τα πεντάλ, τη σέλα και το τιμόνι,
- ια) Οι παρατριαθλητές με ακρωτηριασμό κάτω άκρου πάνω από το γόνατο ή ανεπάρκεια άκρου που δεν φέρουν προσθετικό μέλος μπορούν να χρησιμοποιήσουν ένα στήριγμα/υποδοχή για το μηρό, το οποίο δεν θεωρείται προσαρμογή που απαιτεί έγκριση.
- ιβ) Όλα τα αιτήματα για προσαρμογές σε οποιοδήποτε ποδήλατο ή χειροκίνητο ποδήλατο πρέπει να υποβάλλονται από την αντίστοιχη Εθνική Ομοσπονδία εγγράφως για έγκριση από το World Triathlon τουλάχιστον ένα (1) μήνα πριν από τον αγώνα στον οποίο ο αθλητής επιθυμεί να αγωνιστεί, με σαφή εξήγηση και τουλάχιστον 5 φωτογραφίες, χρησιμοποιώντας το έντυπο με την ονομασία "Έντυπο προσαρμογής εξοπλισμού" που είναι αναρτημένο στην ιστοσελίδα: http://www.triathlon.org/about/downloads_category/paratriathlon. Ο αιτών θα ενημερωθεί από το Παγκόσμιο Τρίαθλο για την έκβαση του αιτήματος μόλις η επιτροπή εξετάσει τις πληροφορίες. Εάν γίνουν δεκτές, οι πληροφορίες θα ενσωματωθούν στο αρχείο "Approved Para triathlon Impairment Adaptations on Bicycles" στην ίδια θέση,
- ιγ) Το Παγκόσμιο Τρίαθλο και οι Τεχνικοί Αξιωματούχοι του Παγκοσμίου Τρίαθλου δεν φέρουν καμία ευθύνη για τυχόν συνέπειες που απορρέουν από την επιλογή του εξοπλισμού ή/και τις προσαρμογές που χρησιμοποιεί ο Παρατριαθλητής, ούτε για τυχόν ελαττώματα που μπορεί να έχει ή για τη μη συμμόρφωσή του,
- ιδ) Καμία ποδηλατική διαδρομή δεν πρέπει να έχει μέγιστη κλίση άνω του 12% στο πιο απότομο τμήμα της. ο.) Εάν η χρήση του αριθμού συμμετοχής είναι υποχρεωτική, αυτός πρέπει να είναι ορατός από πίσω.

17.13 Παρατριάθλο PTWC1 και PTWC2 Κολύμβηση:

- α) Οι αθλητές πρέπει να φορούν μόνο μέχρι 5 δεσότες από υλικό που δεν επιπλέει γύρω από το σώμα σε οποιαδήποτε θέση. Οι δεσότες θα έχουν μέγιστο πλάτος 10 εκατοστά.

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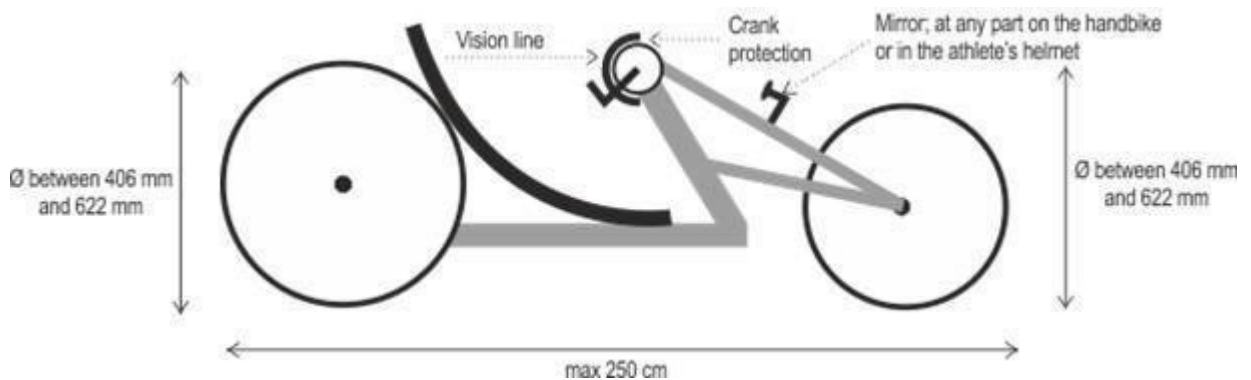
- β) Επιτρέπεται η χρήση επιγονατίδας, με την προϋπόθεση ότι ο εξοπλισμός δεν παρέχει ούτε επίπλευση ούτε πρόωση. Εάν χρησιμοποιείται wetsuit, ο νάρθηκας πρέπει να προσαρμόζεται στο εξωτερικό μέρος του wetsuit. Το στήριγμα γόνατος μπορεί να καλύπτει το πολύ τη μισή επιφάνεια του ποδιού. Το μήκος δεν μπορεί να ξεπερνά το πάνω μισό του μηρού ή το κάτω μισό της γάμπας και πρέπει να φτάνει μέχρι το γόνατο:
- (i) Προδιαγραφές επιγονατίδας:
- Υλικό: Πλαστικό PVC ή ανθρακονήματα χωρίς δυνατότητα πλεύσης ή πρόωσης,
 - Δεν μπορεί να έχει κανένα χώρο ή θάλαμο που να παγιδεύει αέρα ή οποιοδήποτε άλλο είδος αερίου,
 - Το πάχος περιορίζεται στα 5 mm ως μέγιστο.
- γ) Τα στηρίγματα γόνατος πρέπει να είναι εγκεκριμένα από το World Triathlon. Όλα τα αιτήματα πρέπει να υποβληθούν από την αντίστοιχη Εθνική Ομοσπονδία εγγράφως για έγκριση από το World Triathlon τουλάχιστον (1) μήνα πριν από τον αγώνα στον οποίο ο αθλητής επιθυμεί να αγωνιστεί, με σαφή εξήγηση και τουλάχιστον 5 φωτογραφίες, χρησιμοποιώντας το έντυπο με την ονομασία "Knee Brace Approval Request Form" που είναι αναρτημένο στην ενότητα "Documents" της ιστοσελίδας του World Triathlon. Η Εθνική Ομοσπονδία θα ενημερωθεί από το Παγκόσμιο Τρίαθλο για το αποτέλεσμα του αιτήματος μόλις η επιτροπή εξετάσει τις πληροφορίες. Εάν γίνουν δεκτές, οι πληροφορίες θα ενσωματωθούν στον κατάλογο "Approved Knee Braces Catalog" στην ίδια θέση,
- δ) Η χρήση του κάτω μέρους του wetsuit επιτρέπεται πάντα. **5 mm +/- 0,3 mm, το πάχος ισχύει.**

17.14 Παρατριαθλο ΡΤWС1 και ΡΤWС2 Ποδηλασία:

- α) Οι παρατριαθλητές πρέπει να χρησιμοποιούν ένα χειροκίνητο ποδήλατο με βραχίονα (AP) σε ανάκλινδρο θέση- β.) Οι προδιαγραφές ενός χειροκίνητου ποδηλάτου ανάκλισης έχουν ως εξής:
- (i) Το χειροκίνητο ποδήλατο είναι ένα τρίτροχο όχημα με βραχίονα, το οποίο συμμορφώνεται με τις γενικές αρχές της κατασκευής των ποδηλάτων της Διεθνούς Ένωσης Ποδηλασίας (UCI) (εκτός από το ότι οι σωλήνες του πλαισίου δεν χρειάζεται να είναι ευθείες). Για την κατασκευή της έδρας ή της πλάτης, η μέγιστη διάμετρος του σωλήνα του πλαισίου μπορεί να υπερβαίνει τη μέγιστη τιμή που ορίζεται από τις γενικές αρχές της UCI,
- (ii) Ο μονός τροχός μπορεί να έχει διαφορετική διάμετρο από τους διπλούς τροχούς. Ο μπροστινός τροχός πρέπει να μπορεί να κατευθύνεται και να κινείται μέσω συστήματος που αποτελείται από χειρολαβές και αλυσίδα. Η κίνηση του χειροκίνητου ποδηλάτου πρέπει να γίνεται αποκλειστικά μέσω αλυσίδας και συμβατικού αλυσίδα-οδηγητή. Η κίνηση ποδηλάτου, με στροφάλιους αλυσίδα-τροχούς, αλυσίδα-οδηγητή και χειρολαβές που αντικαθιστούν τα πεντάλ. Οι πεντάλ να κινείται μόνο με το χέρι τους βραχίονες και το άνω μέρος του σώματος.
- (iii) Ο παρατριαθλητής πρέπει να έχει καθαρή όραση. Ως εκ τούτου, η οριζόντια γραμμή των ματιών του παρατριαθλητή πρέπει να βρίσκεται πάνω από το κέντρο του

περιβλήματος της μανιβέλας/του σετ στροφάλων, όταν κάθεται με τα χέρια του/της στο τιμόνι και βλέπει προς τα εμπρός σε πλήρη έκταση, η άκρη των ωμοπλαστών του/της σε επαφή με την πλάτη και το κεφάλι του/της σε επαφή με το προσκέφαλο, κατά περίπτωση. Από αυτή τη θέση, οι μετρήσεις συμμόρφωσης υπολογίζονται ως εξής: (#1) Η απόσταση από το έδαφος έως το κέντρο των ματιών του παρατριάθλου και (#2) η απόσταση από το έδαφος έως το κέντρο του περιβλήματος του στροφάλου (σετ στροφάλου). Η μέτρηση (#1) πρέπει να είναι ίση ή μεγαλύτερη από τη μέτρηση (#2),

- (iv) Όλες οι χειροκίνητες μοτοσικλέτες πρέπει να έχουν καθρέφτη στερεωμένο είτε στο κράνος του αθλητή είτε σε κάποιο σημείο στο μπροστινό μέρος της μοτοσικλέτας, ώστε να εξασφαλίζεται η δυνατότητα όρασης προς τα πίσω,
- (v) Ο αθλητής πρέπει να έχει τα πέλματα τοποθετημένα μπροστά από τα γόνατα κατά τη διάρκεια του ποδηλατικού τμήματος,
- (vi) Δεν επιτρέπεται να γίνουν προσαρμογές στο χειροκίνητο ποδήλατο κατά τη διάρκεια του διαγωνισμού,
- (vii) Η διάμετρος των τροχών του χειροκίνητου ποδηλάτου μπορεί να κυμαίνεται μεταξύ (ERTRO) 406 mm τουλάχιστον και 622 mm το πολύ, εξαιρουμένου του ελαστικού. Εάν είναι απαραίτητο, μπορούν να χρησιμοποιηθούν τροποποιημένα εξαρτήματα πλήμνης. Το πλάτος των διπλών τροχών του χειροκίνητου ποδηλάτου μπορεί να κυμαίνεται μεταξύ 55 cm τουλάχιστον και 70 cm το πολύ, μετρούμενο στο κέντρο κάθε ελαστικού, όπου τα ελαστικά ακουμπούν στο έδαφος,
- (viii) Επιτρέπονται οι δίσκοι,
- (ix) Τα δισκόφρενα επιτρέπονται.



- (x) Το μήκος του χειροκίνητου ποδηλάτου δεν πρέπει να υπερβαίνει τα 250 εκατοστά και το πλάτος τα 75 εκατοστά,
- (xi) Η συσκευή αλλαγής ταχυτήτων μπορεί να βρίσκεται είτε στα άκρα του τιμονιού είτε στο πλάι του ελαστικού του παρατριάθλου,
- (xii) Ο μεγάλος κρόκος της αλυσίδας πρέπει να διαθέτει προστατευτικό κέλυφος τοποθετημένο για την προστασία του παρατριάθλου. Η επιρροή του αερίομαζα είναι ανεπιθύμη.

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ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ - INTERNET
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ΑΘΗΝΑ 11527
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ΤΗΛ: 2109225000

πλήρως το δακτύλιο της αλυσίδας στο μισό της περιφέρειας (180°) στην πλευρά που βλέπει προς τον αναβάτη,

- (xiii) Τυχόν φιλέτα ή νευρώσεις, που παρεμβάλλονται στις ενώσεις μεταξύ των σωλήνων, πρέπει να είναι μόνο για λόγους ενίσχυσης. Οι μη λειτουργικές, αεροδυναμικές συσκευές δεν επιτρέπονται στον αγώνα,
 - (xiv) Επιτρέπεται η χρήση ιμάντα σώματος γρήγορης απελευθέρωσης,
 - (xv) Οι παρατριαθλητές πρέπει να διασφαλίζουν ότι τα κάτω άκρα τους έχουν επαρκή στήριξη/στήριξη/αναπαύση για να μην σέρνονται ή έρχονται σε επαφή με το έδαφος κατά τη διάρκεια του αγώνα,
- γ) Ο αριθμός συμμετοχής θα τοποθετηθεί στο πίσω μέρος του ποδηλάτου και θα είναι ορατός από πίσω,
- δ) Το κράνος πρέπει να στερεωθεί πριν ανέβετε στο χειροκίνητο ποδήλατο και πρέπει να παραμείνει στερεωμένο μέχρι τον τερματισμό,
- ε) Οι αθλητές πρέπει να σταματήσουν εντελώς στη γραμμή αναρρίχησης κατά την έξοδο από τη μετάβαση 1 και στη γραμμή αποβίβασης κατά την είσοδο στη μετάβαση 2. Μόλις σταματήσει, ο Τεχνικός Αξιωματούχος θα πει "Go" και ο αθλητής μπορεί να συνεχίσει τον αγώνα. Το αναπηρικό αμαξίδιο θεωρείται σωστά σταματημένο εάν ο μπροστινός τροχός σταματήσει αμέσως πριν από τη γραμμή. Εάν ο μπροστινός τροχός σταματήσει να αγγίζει τη γραμμή ή πέρα από τη γραμμή, θα επιβληθεί ποινή χρόνου.

17.15 Παρατριαθλο PTWC1 και PTWC2 Τρέξιμο:

- α) Όλοι οι παρατριαθλητές εκτελούν το τμήμα του τρεξιματος σε "αγωνιστικό αναπηρικό αμαξίδιο",
- β) Οι προδιαγραφές ενός "αγωνιστικού αναπηρικού αμαξιδίου" (εφεξής "η καρέκλα") έχουν ως εξής:
 - (i) Η καρέκλα πρέπει να έχει δύο μεγάλους τροχούς και έναν μικρό τροχό,
 - (ii) Θα πρέπει να υπάρχει φρένο στον μπροστινό τροχό,
 - (iii) Κανένα μέρος του σώματος της καρέκλας δεν μπορεί να εκτείνεται προς τα εμπρός πέρα από την πλήμνη του μπροστινού τροχού και να είναι φαρδύτερο από το εσωτερικό των πλήμνων των δύο πίσω τροχών. Το μέγιστο ύψος από το έδαφος του κύριου σώματος της καρέκλας είναι 50 cm,
 - (iv) Η μέγιστη διάμετρος του μεγάλου τροχού, συμπεριλαμβανομένου του φουσκωμένου ελαστικού, δεν πρέπει να υπερβαίνει τα 70 cm. Η μέγιστη διάμετρος του μικρού τροχού, συμπεριλαμβανομένου του φουσκωμένου ελαστικού, δεν πρέπει να υπερβαίνει τα 30 cm.
- γ) Επιτρέπεται να χρησιμοποιούνται πλαστική, χειροκίνητη στεφάνη για κάθε μεγάλο τροχό. Δεν επιτρέπεται να χρησιμοποιούνται γρανάζια ή μοχλοί που κινούν την καρέκλα.
- δ) Επιτρέπονται μόνο χειροκίνητες, μηχανικές συσκευές διεύθυνσης,

- (vii) Οι αθλητές του παρατριάθλου πρέπει να μπορούν να στρίβουν τον μπροστινό τροχό με το χέρι προς τα αριστερά και προς τα δεξιά,
- (viii) Κανένα μέρος της καρέκλας δεν επιτρέπεται να προεξέχει πίσω από το κατακόρυφο επίπεδο του πίσω άκρου των πίσω ελαστικών,
- (ix) Ο παρατριαθλητής θα είναι υπεύθυνος να διασφαλίσει ότι το αναπηρικό αμαξίδιο συμμορφώνεται με όλους τους παραπάνω κανόνες και κανένας αγώνας δεν θα καθυστερήσει όσο γίνονται προσαρμογές στο αμαξίδιο,
- (x) Οι παρατριαθλητές πρέπει να διασφαλίζουν ότι τα κάτω άκρα τους έχουν επαρκή στήριξη/στήριξη ώστε να μην σέρνονται ή να μην έρχονται σε επαφή με το έδαφος κατά τη διάρκεια του αγώνα,
- (xi) Οι αθλητές του παρατριάθλου πρέπει να φορούν το εγκεκριμένο κράνος ποδηλάτου ανά πάσα στιγμή όταν κάθονται στην καρέκλα.
- γ) Προώθηση με οποιαδήποτε άλλη μέθοδο εκτός από το να σπρώχνει ο παρατριαθλητής τους τροχούς ή τις ζάντες θα έχει ως αποτέλεσμα τον αποκλεισμό,
- δ) Απαγορεύεται η επιστράτευση μοτοσικλέτας ή οχήματος και οι μπλε κάρτες θα χρησιμοποιούνται για την ενημέρωση των αθλητών. Το τράβηγμα είναι η είσοδος στη ζώνη τράβηγμα μοτοσικλέτας ή οχήματος (ποιινές που περιγράφονται στο 5.6):
- Ζώνη drafting μοτοσικλέτας: η ζώνη drafting πίσω από μια μοτοσικλέτα θα έχει μήκος 15 μέτρα.
 - Ζώνη drafting οχήματος: Η ζώνη drafting πίσω από ένα όχημα θα έχει μήκος 35 μέτρα και ισχύει για κάθε όχημα στο τμήμα ποδηλάτου.
- ε) Ένας παρατριαθλητής που επιχειρεί να προσπεράσει έναν άλλο παρατριαθλητή φέρει την ευθύνη να εξασφαλίσει πλήρη απόσταση από την καρέκλα που προσπερνά πριν κόψει απέναντι. Ο παρατριαθλητής που προσπερνιέται έχει την ευθύνη να μην παρεμποδίζει ή να μην εμποδίζει τον προσπερνώντα παρατριαθλητή μόλις ο μπροστινός τροχός (ή οι μπροστινοί τροχοί) της καρέκλας του προσπερνώντος βρεθεί μπροστά από τον ίδιο,
- στ) Οι αθλητές PTWC1 και PTWC2 θα κριθούν ως τερματίσαντες, τη στιγμή κατά την οποία το κέντρο του άξονα του μπροστινού τροχού φτάνει στο κατακόρυφο επίπεδο του πλησιέστερου άκρου της γραμμής τερματισμού,
- ζ) Ο αριθμός συμμετοχής θα τοποθετείται στο πίσω μέρος του αμαξιδίου και θα είναι ορατός από πίσω. η.) Καμία διαδρομή δεν πρέπει να έχει μέγιστη κλίση άνω του 5% στο πιο απότομο τμήμα.

17.16 Παρατριάθλο PTS2, PTS3, PTS4 και PTS5 Τρέξιμο:

- α) Οι αθλητές PTS2, PTS3, PTS4 και PTS5 επιτρέπεται να χρησιμοποιούν προθέσει μόνο στο άκρο αυτο, ώστε να εξασφαλιστεί η ασφάλεια και των δύο ποδιών και να είναι δυνατή η συμμετρική κίνηση κατά τη διάρκεια του αγώνα. Η προεπιλεγμένη κλίση πρέπει να προθέσει, ορθόσεν ή άλλο ειδικού προσαρμοστικού εξοπλισμού πρέπει να

εγκρίνεται κατά την αξιολόγηση κατάταξης ή/και να αξιολογείται από τη συμβουλευτική ομάδα κατάταξης,

- β) Η χρήση των λεπίδων τρεξίματος επιτρέπεται μόνο εφόσον είναι τοποθετημένες σε **πρόθεση**,
- γ) Οι αθλητές θα φορούν έναν αριθμό συμμετοχής ή τέσσερα σετ αυτοκόλλητων στο σώμα, τα οποία θα είναι ορατά από μπροστά.

17.17 Παρατριάθλο PTVI1, PTVI2 και PTVI3:

Οι ακόλουθοι πρόσθετοι κανόνες ισχύουν για όλους τους αθλητές με προβλήματα όρασης (PTVI1, PTVI2 και PTVI3) και τους συνοδούς τους:

α) Γενικά:

- (i) Δεν επιτρέπονται σκύλοι-οδηγοί σε καμία περίπτωση,
- (ii) Κάθε αθλητής πρέπει να έχει έναν οδηγό του ίδιου φύλου και της ίδιας εθνικότητας. Τόσο ο αθλητής όσο και ο οδηγός θα πρέπει να διαθέτουν άδεια από την ίδια εθνική ομοσπονδία,
- (iii) Σε κάθε αθλητή επιτρέπεται το πολύ ένας (1) συνοδός κατά τη διάρκεια κάθε αγώνα,
- (iv) Ένας αθλητής δεν μπορεί να ενεργεί ως οδηγός μέχρι να περάσουν δώδεκα (12) μήνες από την τελευταία του/της διοργάνωση του Παγκόσμιου Τριάθλου ή οποιασδήποτε διοργάνωσης του Παγκόσμιου Τριάθλου αναγνωρισμένης από το Παγκόσμιο Τριάθλο σε σπριντ ή κανονική απόσταση,
- (v) Όλοι οι οδηγοί πρέπει να συμμορφώνονται με τις ελάχιστες ηλικιακές απαιτήσεις σύμφωνα με τους Παγκόσμιους Κανόνες Αγώνων Τριάθλου Παράρτημα Α,
- (vi) Σε περίπτωση τραυματισμού ή ασθένειας και με την προσκόμιση ιατρικού πιστοποιητικού, ο οδηγός μπορεί να αντικατασταθεί έως και 24 ώρες πριν από την επίσημη έναρξη του αγώνα. Μετά την προθεσμία αυτή δεν θα επιτρέπονται αλλαγές,
- (vii) Οι οδηγοί δεν επιτρέπεται να τραβούν ή να σπρώχνουν τους αθλητές για να αποκτήσουν αθέμιτο πλεονέκτημα,
- (viii) Ο αθλητής και ο οδηγός δεν πρέπει να απέχουν μεταξύ τους περισσότερο από 1,5 μέτρο κατά τη διάρκεια του τμήματος κολύμβησης και όχι περισσότερο από 0,5 μέτρο κατά τη διάρκεια οποιουδήποτε άλλου τμήματος του αγώνα,
- (ix) Οι οδηγοί δεν επιτρέπεται να χρησιμοποιούν σανίδες, καγιάκ κ.λπ. (στο κολυμβητικό τμήμα) ή ποδήλατα, μηχανοκίνητα ποδήλατα κ.λπ. (στο δρομικό τμήμα) ή οποιοδήποτε άλλο μηχανικό μεταφορικό μέσο,
- (x) Όλοι οι αθλητές και οδηγοί πρέπει να φορούν γυαλιά ασφαλείας κατά όλη τη διάρκεια του αγώνα. Τα γυαλιά ασφαλείας που έχουν μαυρίσματα μπορούν να απορροθούν μόνο όταν ο αθλητής ή ο οδηγός έχουν φτάσει στη θέση προημιθέσης στον χώρο μεταβίβασης. Τα γυαλιά ασφαλείας που έχουν μαυρίσματα μπορούν να απορροθούν μόνο όταν χρησιμοποιούνται από την περιοχή μετάβασης 1 μέχρι ο αθλητής και ο οδηγός να

περάσουν τη γραμμή τερματισμού. Τόσο τα γυαλιά συσκότισης όσο και τα γυαλιά θα ελέγχονται κατά την εγγραφή και ο αθλητής θα πρέπει να διασφαλίσει ότι δεν επιτρέπουν την είσοδο του φωτός από την κύρια επιδιορθωμένη ή βαμμένη περιοχή, τη μύτη, τις πλευρές ή το κάτω μέρος,

(xi) Οι αθλητές και οι συνοδοί πρέπει να τηρούν τους Κανόνες κατά του ντόπινγκ της Διεθνούς Ένωσης Τριάθλου.

β) Κολύμβηση:

(i) Κάθε αθλητής πρέπει να είναι δεμένος με τον οδηγό του κατά τη διάρκεια της κολύμβησης,

(ii) Σε καμία περίπτωση ο οδηγός δεν μπορεί να ωθήσει, να τραβήξει ή να σπρώξει τον παρατριαθλητή με οποιοδήποτε μέρος του σώματός του προκειμένου να αποκτήσει αθέμιτο πλεονέκτημα,

(iii) Ο οδηγός πρέπει να κολυμπάει δίπλα στον αθλητή σε μέγιστη απόσταση 1,5μ. από το κεφάλι του αθλητή μέχρι το κεφάλι του οδηγού. Ο ιμάντας πρέπει να είναι ελαστικό σχοινί με φωτεινό ή αντανακλαστικό χρώμα και μήκος έως 80 cm, μετρούμενο χωρίς τάση. Μπορεί να τοποθετηθεί σε οποιοδήποτε σημείο του σώματος των αθλητών.

γ) Ποδηλασία:

(i) Όλοι οι παρατριαθλητές και οι οδηγοί πρέπει να χρησιμοποιούν ποδήλατο tandem. Οι προδιαγραφές του ποδηλάτου tandem έχουν ως εξής:

- Το tandem είναι ένα όχημα για δύο αναβάτες, με δύο τροχούς ίσης διαμέτρου, το οποίο συμμορφώνεται με τις γενικές αρχές της UCI για την κατασκευή ποδηλάτων. Ο μπροστινός τροχός πρέπει να μπορεί να κατευθύνεται από τον μπροστινό αναβάτη, γνωστό ως πιλότο. Και οι δύο αναβάτες πρέπει να κοιτούν προς τα εμπρός στην παραδοσιακή θέση ποδηλασίας και ο πίσω τροχός πρέπει να κινείται και από τους δύο ποδηλάτες μέσω ενός συστήματος που αποτελείται από πεντάλ και αλυσίδες- τα μέγιστα μεγέθη θα είναι 2,70 μέτρα μήκος και 0,5 μέτρα πλάτος,

- Ο άνω σωλήνας tandem και οι τυχόν πρόσθετοι σωλήνες ενίσχυσης μπορούν να έχουν κλίση ανάλογα με τα μορφολογικά μεγέθη των αναβατών.

δ) Τρέξιμο:

(i) Κάθε αθλητής πρέπει να είναι δεμένος κατά τη διάρκεια της διαδρομής με τον οδηγό του. Ο ιμάντας πρέπει να είναι κατασκευασμένος από μη ελαστικό υλικό και να μην αποθηκεύει ενέργεια ή/και να μην προσφέρει κέρδος στην απόδοση του αθλητή.

(ii) Ο αθλητής μπορεί να χρησιμοποιήσει ένα αγκωνάρι κατά τη διάρκεια του τρεξίματος. Ο οδηγός δε μπορεί να σπρώχνει, να τραβάει ή να ωθεί με άλλο τρόπο τους αθλητές προκειμένου να αποκτήσει πλεονέκτημα σε οποιοδήποτε στάδιο της διαδρομής ή της αγώνα. Ένας οδηγός-δρομέας μπορεί να βοηθήσει έναν αθλητή που ο οδηγός σταματάει ή πέσει να ανακτήσει τη θέση του ή/και τον προσανατολισμό του εφόσον η βοήθεια αυτή δεν παρέχει κανένα πλεονέκτημα στον αθλητή προς την κατεύθυνση της διαδρομής του.

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- (iii) Καθώς ο αθλητής διασχίζει τη γραμμή τερματισμού, ο οδηγός πρέπει να βρίσκεται δίπλα ή πίσω από τον παρατριαθλητή, αλλά όχι πιο μακριά από την απαιτούμενη μέγιστη απόσταση 0,5 μέτρων.
- (iv) Ζώνες ελεύθερης οδήγησης: για λόγους ασφαλείας, επιτρέπεται η επαφή 10 μέτρα πριν και μετά από σταθμό βοήθειας, απότομη στροφή, κουτί ποινής, έξοδο κολύμβησης από την περιοχή μετάβασης, περιοχή πριν από τη μετάβαση ή οποιοδήποτε άλλο τμήμα της διαδρομής που καθορίζεται από τον Τεχνικό Υπεύθυνο και υποδεικνύεται στην ενημέρωση του αθλητή,

17.18 Εξωτερική βοήθεια:

- α) Οι Τεχνικοί Αντιπρόσωποι μπορούν να καθορίσουν περιοχές ή τμήματα του μαθήματος όπου η παρατριαθλητές μπορούν να λάβουν βοήθεια, ποια βοήθεια μπορεί να παρασχεθεί και τις οδηγίες και τους όρους που ισχύουν.

17.19 Υγιεινή:

- α) Είναι υποχρεωτικό για όλους τους παρατριαθλητές, οι οποίοι χρησιμοποιούν καθετήρες ή άλλες συσκευές εκτροπής ούρων, να αποτρέπουν τη διαρροή ούρων, χρησιμοποιώντας πάντοτε μια σακούλα καθετήρα. Αυτό περιλαμβάνει την προπόνηση, τον αγώνα και την κατάταξη.

17.20 Πίνακες έγκρισης:

- α) Οι αποφάσεις σχετικά με τις προσαρμογές ποδηλάτων ή την έγκριση βραχιόνων θα λαμβάνονται από επιτροπή που αποτελείται από:
- (i) Μέλος της Τεχνικής Επιτροπής του Παγκόσμιου Τριάθλου,
 - (ii) Ένας εκπρόσωπος του Αθλητικού Τμήματος της Διεθνούς Ένωσης Τριάθλου (πρόεδρος).
 - (iii) Μέλος της Επιτροπής Παρατριαθλου του Παγκόσμιου Τριάθλου,
- β) Οι αποφάσεις της Επιτροπής Έγκρισης μπορούν να προσβληθούν στο Παγκόσμιο Δικαστήριο Τριάθλου. Αυτή η έφεση δεν αναστέλλει την απόφαση της Επιτροπής Έγκρισης, αλλά η απόφαση θα παραμείνει σε ισχύ κατά τη διάρκεια του χρόνου που θα χρειαστεί το Παγκόσμιο Δικαστήριο Τριάθλου για να λάβει απόφαση επί της έφεσης.

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18. {B>ΧΕΙΜΕΡΙΝΙΟ ΤΡΙΑΘΛΟ<B} ΚΑΙ ΧΕΙΜΕΡΙΝΟ ΔΙΑΘΛΟ

18.1 Ορισμός:

α) Το Χειμερινό Τρίαθλο και το Χειμερινό Ντουάθλο μπορούν να διεξαχθούν σε διαφορετικές μορφές:

(i) Χειμερινό τρίαθλο:

- 3 τμήματα: Τρέξιμο, ορεινή ποδηλασία και σκι ανωμάλου δρόμου,
- 6 τμήματα: Το τρέξιμο, η ορεινή ποδηλασία και το σκι ανωμάλου δρόμου επαναλαμβάνονται συνεχώς δύο φορές.

(ii) Χειμερινό τρίαθλο S3: Τρέξιμο, πατινάζ και σκι ανωμάλου δρόμου

(iii) Χειμερινό διάθλο:

- 6 τμήματα: Το τρέξιμο και το σκι ανωμάλου δρόμου επαναλαμβάνονται συνεχώς τρεις.

β) Όλα τα τμήματα του διαγωνισμού θα διεξάγονται κατά προτίμηση σε χιόνι ή πάγο. Το τμήμα του τρεξίματος και του ποδηλάτου μπορεί επίσης να διεξαχθεί σε διαφορετική επιφάνεια.

18.2 Επίσημη εκπαίδευση και εξοικείωση με το μάθημα:

α) Οι επίσημες συνεδρίες εκπαίδευσης και εξοικείωσης θα διεξαχθούν από τον τεχνικό αντιπρόσωπο και την τοπική οργανωτική επιτροπή. Οι αθλητές και οι προπονητές μπορούν να παρακολουθήσουν αυτές τις επίσημες συνεδρίες κατάρτισης και εξοικείωσης,

β) Συμπεριφορά κατά τις ημέρες του διαγωνισμού: Οι αθλητές δεν επιτρέπεται να κάνουν προθέρμανση ή εξοικείωση στο γήπεδο ενώ βρίσκεται σε εξέλιξη ένας αγώνας.

18.3 Τρέξιμο:

α) Τα παπούτσια τρεξίματος είναι υποχρεωτικά στο τμήμα τρεξίματος. Αυτός ο κανόνας δεν ισχύει για τους αθλητές των ηλικιακών ομάδων,

β) Επιτρέπονται παπούτσια με καρφιά.

18.4 Ποδήλατο βουνού

α) Η ελάχιστη διάρκεια διαδρομής είναι 26 ίντσες και η μέγιστη 29 ίντσες. Η ελάχιστη διατομή είναι 1,5 ίντσες.

β) Οι μπροστινοί και οι πίσω τροχοί μπορεί να έχουν διαφορετικές διαμέτρους.

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- γ) Το τμήμα του ποδηλάτου των χειμερινών αγώνων τριάθλου είναι διαμορφωμένο ως μια διαδρομή cross-country πάνω από χιόνι και μπορεί να ακολουθεί κανονικούς δρόμους ή μονοπάτια,
- δ) Οι αθλητές επιτρέπεται να σπρώχνουν ή να μεταφέρουν το ποδήλατο στη διαδρομή,
- ε) Το drafting επιτρέπεται. Για λόγους ασφαλείας δεν θα υπάρχουν ζώνες προσπέρασης στη διαδρομή. Οι καθυστερημένοι αθλητές δεν θα απομακρύνονται από τον αγώνα,
- στ) Τα clip-on δεν επιτρέπονται.
- ζ) Τα παραδοσιακά τιμόνια δρόμου απαγορεύονται,
- η) Οι αθλητές πρέπει να φέρουν τα δικά τους εργαλεία και ανταλλακτικά και να πραγματοποιούν οι ίδιοι τις επισκευές τους,
- θ) Τα ελαστικά με καρφιά επιτρέπονται με την προϋπόθεση ότι τα καρφιά είναι μικρότερα από 5 mm. μετρούμενα από την επιφάνεια του ελαστικού.
- ι) Επιτρέπονται τα παραδοσιακά άκρα μπάρας MTB. Τα άκρα πρέπει να φέρουν τάτες.

18.5 Σκι:

- α) Επιτρέπεται η δοκιμή του εξοπλισμού (σκι) πριν από τον αγώνα σε ειδικά σηματοδοτημένες πίστες, ή στην πίστα του αγώνα, αν αυτό ανακοινωθεί από τους Τεχνικούς Αξιωματούχους,
- β) Οι αθλητές δεν μπορούν να συνοδεύονται από μέλη της ομάδας, υπεύθυνους της ομάδας ή άλλους βηματοδότες στη διαδρομή, κατά τη διάρκεια του αγώνα,
- γ) Οι αθλητές επιτρέπεται να αλλάξουν ένα σκι και τα δύο κοντάρια- δ.) Οι αθλητές μπορούν να κάνουν σκι χρησιμοποιώντας την τεχνική που προτιμούν,
- ε) Ο Τεχνικός Αντιπρόσωπος μπορεί να καθορίσει ότι το κλασικό στυλ είναι υποχρεωτικό σε συγκεκριμένες περιοχές,
- στ) Δεν επιτρέπεται η χρήση κράνους ποδηλάτου κατά τη διάρκεια του τμήματος σκι. Ωστόσο, λόγω της επίδρασης των χαμηλών θερμοκρασιών στην κινητικότητα, η χρήση κράνους μπορεί να επιτραπεί από τον τεχνικό αντιπρόσωπο,
- ζ) Μόλις ένας αθλητής ζητήσει να περάσει, ο αθλητής που περνάει πρέπει να απομακρυνθεί το συντομότερο δυνατό,
- η) Η τελευταία ευθεία (50-100 μέτρα) θα είναι ο αγωγός τερματισμού. Η ζώνη αυτή διαχωρίζεται κανονικά σε διαδρόμους για να αποφεύγεται η παρεμπόδιση της προόδου των άλλων αθλητών από τους αθλητές. Πρέπει να είναι σαφώς επισημασμένα και ευδιάκριτα, αλλά η σηματοδότηση δεν πρέπει να παρεμποδίζει τα σκι. Οι διαδρόμοι πρέπει να είναι όσο το δυνατόν ψηλότεροι. Ο αριθμός, το πλάτος και το μήκος των διαδρόμων θα είναι καθορισμένο από τον τεχνικό αντιπρόσωπο,
- θ) Στον δρόμο τερματισμού, οι αθλητές δεν επιτρέπεται να αλλάξουν από ένα διαδρόμο στον άλλο, εκτός από για να προσπεράσουν,

- ι) Οι αθλητές δεν μπορούν να βγάλουν τα σκι τους πριν από τουλάχιστον 10 μέτρα μετά τη γραμμή τερματισμού. Ο τελευταίος έλεγχος του σκι θα πραγματοποιηθεί μετά από αυτή τη γραμμή,
- ια) Τα παπούτσια του σκι είναι υποχρεωτικά στο τμήμα του σκι ανωμάλου δρόμου. Αυτός ο κανόνας δεν ισχύει για τους αθλητές των ηλικιακών ομάδων.

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18.6 Σκέιτ

- α) Επιτρέπονται όλοι οι τύποι πατινιών, συμπεριλαμβανομένων των σκανδιναβικών λεπίδων,
- β) Οι αθλητές δεν επιτρέπεται να αλλάξουν κανένα από τα πατίνια τους,
- γ) Μόλις ένας αθλητής ζητήσει να περάσει, ο αθλητής που περνάει πρέπει να απομακρυνθεί το συντομότερο δυνατό,
- δ) Οι αθλητές θα φορούν κράνη, όπως περιγράφεται στους Αγωνιστικούς Κανόνες 5.2 ζ).

18.7 Περιοχή μετάβασης:

- α) Απαγορεύεται το σκι μέσα στην περιοχή μετάβασης,
- β) Οι αθλητές πρέπει να βάζουν και να βγάζουν τα αθλητικά παπούτσια και τα πατίνια τους εντός του χώρου μετάβασης, στο δικό τους χώρο. Εάν υπάρχει μια "ζώνη αλλαγής σκανδιναβικών λεπίδων", οι αθλητές μπορούν να επιλέξουν να βάλουν τις σκανδιναβικές λεπίδες εκεί,
- γ) Στο χώρο μετάβασης, οι Τεχνικοί Αξιωματούχοι μπορούν να βοηθήσουν τους αθλητές παραλαμβάνοντας και τοποθετώντας τα ποδήλατά τους και μοιράζοντας τον εξοπλισμό τους. Αυτή η υπηρεσία πρέπει να είναι ίση για όλους τους αθλητές.
- δ) Όλοι οι αθλητές πρέπει να έχουν το κράνος τους καλά στερεωμένο από τη στιγμή που αφαιρούν το ποδήλατό τους από τη σχάρα πριν από την έναρξη του ποδηλατικού σκέλους, μέχρι να τοποθετήσουν το ποδήλατό τους στη σχάρα μετά τον τερματισμό του ποδηλατικού σκέλους.
- ε) Μια "περιοχή αλλαγής σκανδιναβικών λεπίδων" μπορεί να δημιουργηθεί από την πλευρά της άκρης του πάγου,
- στ) Μετά τη "γραμμή τοποθέτησης του σκι" θα τοποθετηθεί μια ζώνη απορριμμάτων όπου οι αθλητές θα μπορούν να πετάξουν τα καλύμματα των παπουτσιών τους.

18.8 Σταθμοί προπονητών:

- α) Οι προπονητές θα έχουν έναν καθορισμένο χώρο στο τμήμα ποδηλάτου για να προμηθεύουν τους αθλητές με τα δικά τους τρόφιμα και ποτά.

18.9 Σταθμός για ειδικές ανάγκες:

- α) Για ειδικές ανάγκες μπορούν να προβλεφθούν πρόσθετοι σταθμοί για το ποδήλατο ή το τρέξιμο,
- β) Τα είδη που θα διανέμονται στους αθλητές τους σταθμούς θα διανέμονται από τους προπονητές που θα παρέχουν τεχνική επιτροπή,
- γ) Εάν δεν παρέχονται οι σταθμοί αυτοί, δεν επιτρέπεται να προσεχθούν οι αθλητές από οποιοδήποτε άλλο πρόσωπο, διαφορετικά αυτό θα θεωρηθεί εξωτερική βοήθεια.

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- δ) Στο τμήμα του ποδηλάτου μπορεί να προβλεφθεί μια ζώνη επισκευής, όπου οι αθλητές θα έχουν τη δυνατότητα να αφήσουν ειδικά εργαλεία και ανταλλακτικά με την προϋπόθεση ότι είναι σωστά συσκευασμένα και επισημασμένα. Ο αθλητής είναι υπεύθυνος για τις δικές του επισκευές.

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18.10 Ορισμός τερματισμού:

- α) Ένας αθλητής θα θεωρείται ότι έχει τερματίσει τη στιγμή που οποιοδήποτε μέρος του κορμού του διασχίσει μια κάθετη γραμμή που εκτείνεται από το μπροστινό άκρο της γραμμής τερματισμού.

18.11 Καιρικές συνθήκες:

- α) Ο διαγωνισμός θα ακυρωθεί όταν η θερμοκρασία του αέρα είναι χαμηλότερη από -18 °C.

19. CROSS TRIATHLON ΚΑΙ DUATHLON

19.1 Γενικά:

- α) Το Cross Triathlon αποτελείται από κολύμβηση, ορεινή ποδηλασία (MTB) και τρέξιμο,
β) Το Cross Duathlon αποτελείται από cross-country running, mountain biking (MTB) και cross-country running.

19.2 Αποστάσεις:

- α) Η απόσταση του Cross Triathlon περιγράφεται στο Παράρτημα Α,
β) Η απόσταση του Cross Duathlon περιγράφεται στο Παράρτημα Α,
γ) Η διαδρομή θα πρέπει να έχει απαιτητικούς λόφους και απαιτητικές τεχνικές πτυχές. Ένα περιθώριο ανοχής 5% είναι αποδεκτό για την απόσταση του τμήματος ποδηλασίας, υπό την προϋπόθεση ότι έχει εγκριθεί από τον τεχνικό αντιπρόσωπο.

19.3 Επίσημη εκπαίδευση και εξοικείωση:

- α) Οι επίσημες συνεδρίες εκπαίδευσης και εξοικείωσης θα διεξαχθούν από τον τεχνικό αντιπρόσωπο και την τοπική οργανωτική επιτροπή. Οι αθλητές και οι προπονητές μπορούν να παρακολουθήσουν αυτές τις επίσημες συνεδρίες κατάρτισης και εξοικείωσης,
β) Συμπεριφορά κατά τις ημέρες του διαγωνισμού: Οι αθλητές δεν επιτρέπεται να κάνουν προθέρμανση ή να εξοικειωθούν με τη διαδρομή όσο βρίσκεται σε εξέλιξη ένας αγώνας.

19.4 Ποδήλατο βουνού

- α) Η ελάχιστη διάμετρος ελαστικών είναι 26 ίντσες και η μέγιστη 29 ίντσες. Η ελάχιστη διατομή είναι 1,5 ίντσες.
β) Οι μπροστινοί και πίστοί άξονες πρέπει να έχουν διαφορετική διατομή.
γ) Επιτρέπονται ελαστικά με κοφιά ή/και ελαστικά με σλικ,

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- δ) Οι αθλητές επιτρέπεται να σπρώχνουν ή να μεταφέρουν το ποδήλατο στη διαδρομή,
- ε) Η κατάρτιση επιτρέπεται για αθλητές του ίδιου φύλου και για αθλητές διαφορετικού φύλου. Για λόγους ασφαλείας δεν θα υπάρχουν ζώνες προσπέρασης στη διαδρομή.
- στ) Οι καθυστερημένοι αθλητές δεν θα απομακρύνονται από τον αγώνα,
- ζ) Τα clip-on δεν επιτρέπονται.
- η) Τα παραδοσιακά τιμόνια δρόμου απαγορεύονται,
- θ) Επιτρέπονται τα παραδοσιακά άκρα μπάρας MTB. Τα άκρα πρέπει να φέρουν τάπες.
- ι) Οι αθλητές πρέπει να φέρουν τα δικά τους εργαλεία και ανταλλακτικά και να πραγματοποιούν οι ίδιοι τις επισκευές τους,

19.5 Περιοχή μετάβασης:

- α) Βλέπε όλες τις αναφορές στους Κανόνες Διαγωνισμού, ενότητα 7,

19.6 Τρέξιμο:

- α) Επιτρέπονται παπούτσια με καρφιά.

19.7 Σταθμοί προπονητών:

- α) Οι προπονητές θα έχουν έναν καθορισμένο χώρο στο ποδήλατο και στο τρέξιμο, προκειμένου να εφοδιάζουν τους αθλητές με τα δικά τους τρόφιμα και ποτά.

19.8 Ειδικές ανάγκες:

- α) Για ειδικές ανάγκες μπορούν να προβλεφθούν πρόσθετοι σταθμοί για το ποδήλατο ή το τρέξιμο,
- β) Τα είδη που θα διανέμονται σε αυτούς τους σταθμούς θα διανέμονται από εθελοντές που θα παρέχονται από την τοπική οργανωτική επιτροπή,
- γ) Εάν δεν παρασχεθούν οι σταθμοί αυτοί, δεν επιτρέπεται να παρασχεθούν στοιχεία από οποιοδήποτε άλλο πρόσωπο, διαφορετικά αυτό θα θεωρηθεί εξωτερική βοήθεια.
- δ) Στο τμήμα του ποδηλάτου μπορεί να προβλεφθεί μια ζώνη επισκευής, όπου οι αθλητές θα έχουν τη δυνατότητα να αφήσουν ειδικά εργαλεία και ανταλλακτικά με την προϋπόθεση ότι είναι σωστά συσκευασμένα και επισημασμένα. Ο αθλητής είναι υπεύθυνος για τις δικές του επισκευές.

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20.1 Γενικά:



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- α) Ένα αγώνισμα σε μορφή προκριματικών γύρων αποτελείται από διάφορους γύρους με έναν αριθμό προκριματικών γύρων, καθένας από τους οποίους προκρίνει τους αθλητές στον επόμενο γύρο και τελικά ολοκληρώνεται με έναν τελικό για τον καθορισμό του νικητή.

20.2 Γύροι:

- α) Οι γύροι θα ονομάζονται ημιτελικοί και τελικοί,
 β) Μια εκδήλωση θα έχει δύο γύρους,
 γ) Οι ημιτελικοί και οι τελικοί θα έχουν 30 αθλητές το πολύ. Ο αριθμός των ημιτελικών θα έχει ως εξής:

Αθλητές που συμμετείχαν	Ημιτελικοί
όχι λιγότερο από	Χωρίς ημιτελικούς, απευθείας τελικός
31 έως 60	2 ημιτελικοί (15 έως 30 αθλητές ο καθένας)
61 έως 90	3 ημιτελικοί (20 έως 30 αθλητές ο καθένας)
91 έως 120	4 ημιτελικοί (22 έως 30 αθλητές ο καθένας)
121 έως 150	5 ημιτελικοί (24 έως 30 αθλητές ο καθένας)

20.3 Πρόκριση στον τελικό:

- α) Κάθε ημιτελικός θα προκρίνει έναν καθορισμένο αριθμό αθλητών για τον τελικό. Επιπλέον, ορισμένοι αθλητές θα προκριθούν από τους ημιτελικούς προκριματικούς, με βάση τους ταχύτερους χρόνους:

Αθλητές που συμμετείχαν	Ημιτελικοί	Ανά θέση στον ημιτελικό	Με το χρόνο
31 έως 60	2	14	2
61 έως 90	3	9	3
91 έως 120	4	7	2
Περισσότεροι από 121	5	5	5

- β) Αθλητές από 9 ημιτελικούς προκρίνονται και με τον ίδιο χρόνο με ταχύτερους χρόνους, οι οποίοι ισοβαθμούσαν κατά προκριματική θέση, θα προκρίθουν στα επόμενα στάδια τον αριθμό των αθλητών που προκρίνονται στον επόμενο γύρο.

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- γ) Σε περίπτωση που υπάρχουν λιγότεροι αθλητές από έναν ημιτελικό από τον καθορισμένο αριθμό, οι υπόλοιπες θέσεις θα καλυφθούν από τους άλλους ημιτελικούς, με βάση τους ταχύτερους χρόνους,
- δ) Οι αθλητές που δεν έχουν προκριθεί στον τελικό θα ταξινομηθούν με βάση το χρόνο. Σε περίπτωση αποχώρησης αθλητών από τον τελικό, η αντικατάσταση θα γίνει από τον πρώτο αθλητή που δεν προκρίθηκε. Η αντικατάσταση θα γίνει αν ο αριθμός των αθλητών στον τελικό μειωθεί στους 30 αθλητές. (θα γίνει τυχαία επιλογή από τους αθλητές που έχουν τον ίδιο χρόνο). Η προθεσμία για τις αντικαταστάσεις θα λήξει με την έναρξη των εγγραφών.
- ε) Σε περίπτωση που ένα αγώνισμα έχει τελικό Β, οι 30 καλύτεροι αθλητές από τους ημιτελικούς που δεν έχουν προκριθεί στον τελικό Α, θα ταξινομηθούν σύμφωνα με τους χρόνους τους και θα προκριθούν στον τελικό Β. Ο τελικός Β θα διεξαχθεί μόνο εάν προκριθούν τουλάχιστον 10 αθλητές.

20.4 Κατανομή των αθλητών στους ημιτελικούς:

- α) Ο Τεχνικός Αντιπρόσωπος θα συνθέσει τις προκριματικές σειρές ως εξής:
- (i) Εάν δεν υπάρχει καμία ισχύουσα κατάταξη, οι αθλητές θα καταταχθούν στους προκριματικούς, ώστε να υπάρχει ο ίδιος αριθμός αθλητών ανά ημιτελικό (ορισμένοι ημιτελικοί μπορούν να έχουν έναν αθλητή περισσότερο από άλλους). Οι αθλητές από την ίδια εθνική ομοσπονδία θα καταταχθούν στις προκριματικές σειρές ακολουθώντας την ίδια αρχή,
- (ii) Εάν υπάρχει κατάταξη, οι αθλητές που κατατάσσονται θα καταταχθούν σύμφωνα με τον παρακάτω πίνακα και οι μη καταταγμένοι αθλητές θα καλύψουν τις υπόλοιπες θέσεις εφαρμόζοντας την αρχή της ανάθεσης παρόμοιου αριθμού αθλητών από την ίδια Εθνική Ομοσπονδία σε κάθε προκριματική σειρά και διατηρώντας όλες τις προκριματικές σειρές ίσου μεγέθους.

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Διάγραμμα: Κατανομή των καταταγμένων αθλητών στους ημιτελικούς:

Ημιτελικός 1	Ημιτελικός 2	Τελευταίος ημιτελικός (-1)	Τελευταίος ημιτελικός
1			
	2		
		3	
			4
			5
		6	
	7		
8			
9			
	10		
		11	
			12
			13
		14	
	15		
16			
17			
κ.λπ...			

Σημείωση: Ο αριθμός αντικατοπτρίζει τη σειρά κατάταξης

20.5 Αρίθμηση:

- α) Οι αριθμοί στον τελικό θα οριστούν ως πρώτο κριτήριο σύμφωνα με τις θέσεις στους ημιτελικούς. Το δεύτερο κριτήριο θα είναι ο χρόνος στον ημιτελικό. Το τρίτο κριτήριο θα είναι ο χρόνος στον Παγκόσμιο Κατάταξις. Το τέταρτο κριτήριο θα είναι η σειρά κατάταξης.

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ΑΦΜ: 097338537 ΔΟΥ: ΕΤ ΠΕΙΡΑΙΑΣ
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ΤΗΛ: 210 92 25 000
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20.6 Αποτελέσματα:



Κανόνες Συναγωνισμού της Διεθνούς Ένωσης
Τριάθλου
28 Ιανουαρίου 2022
132/196

- α) Τα συνολικά αποτελέσματα της διοργάνωσης θα είναι τα αποτελέσματα του τελικού γύρου,
- β) Εάν το αγώνισμα περιλαμβάνεται σε οποιαδήποτε κατάταξη που κατανέμει βαθμούς σε περισσότερες θέσεις από όσους τερματίζουν στον τελικό, οι υπόλοιποι βαθμοί θα απονέμονται ως εξής:
- (i) Στους αθλητές που θα μείνουν εκτός τελικού, σύμφωνα με τους χρόνους τους στους ημιτελικούς,
- (ii) Στους αθλητές DNS στον τελικό σύμφωνα με τους χρόνους τους στον ημιτελικό,
- (iii) Εάν η διοργάνωση δεν έχει τελικό Β: Στους αθλητές που δεν προκρίθηκαν στον τελικό, θα κατανεμηθούν βαθμοί ανάλογα με τους χρόνους τους στους ημιτελικούς. Εάν η εκδήλωση έχει Β τελικό: Τα αποτελέσματα του τελικού Β θα καθορίσουν τους βαθμούς τους.
- (iv) Οι αθλητές DSQ δεν θα κερδίσουν πόντους.

20.7 Χρηματικό έπαθλο:

- α.) Η διανομή των χρηματικών επάθλων θα ακολουθήσει τους γενικούς κανόνες (Παράρτημα Ι) και την προηγούμενη παράγραφο, εάν είναι απαραίτητο.

21. ΑΓΩΝΑΣ ΣΕ ΜΟΡΦΗ ΠΡΟΚΡΙΜΑΤΙΚΟΎ ΓΥΡΟΥ ΧΡΟΝΟΜΕΤΡΗΣΗΣ

21.1 Γενικά:

- α) Ένας αγώνας σε μορφή προκριματικού γύρου χρονομέτρησης αποτελείται από δύο αγώνες, ο πρώτος (προκριματικός) διεξάγεται ως χρονομέτρηση με τους αθλητές να ξεκινούν ατομικά ένας προς έναν, και ο δεύτερος (τελικός) διεξάγεται ως αγώνας μαζικής εκκίνησης, στον οποίο οι συμμετέχοντες είναι οι καλύτεροι που έχουν καταταγεί στον αγώνα χρονομέτρησης,
- β) Το αποτέλεσμα της εκδήλωσης είναι το αποτέλεσμα του τελικού.

21.2 Γύροι:

- α) Μια εκδήλωση θα έχει δύο γύρους,
- β) Οι γύροι θα ονομάζονται προκριματικός και τελικός,

- γ) Ο προκριματικός αγώνας είναι μια χρονομέτρηση με τμήμα προκρίματος με σπριντ στο σχέδιο και ο τελικός αγώνας είναι μια χρονομέτρηση με τμήμα προκρίματος με σπριντ. Τόσο στους προκριματικούς όσο και στους τελικούς αγώνες οι αθλητές πρέπει να χρησιμοποιούν τους ίδιους ποδηλατικό εξοπλισμό που είναι νόμιμο για αγών.

- δ) Ο Τεχνικός Αντιπρόσωπος θα καθορίσει το χρονικό διάστημα μεταξύ της εκκίνησης κάθε αθλητή στην προκριματική χρονομέτρηση, το οποίο μπορεί να κυμαίνεται μεταξύ 15 δευτερολέπτων και 3 λεπτών.
- ε) Στον τελικό θα συμμετάσχουν 30 αθλητές. Ο επικεφαλής διαιτητής θα αποφασίσει, σύμφωνα με τα διαθέσιμα τεχνολογικά μέσα, αν θα κηρυχθεί ισοπαλία για δύο ή περισσότερους από τους αθλητές. Στην περίπτωση αυτή, ο τελικός μπορεί να έχει περισσότερους από 30 αθλητές.

21.3 Πρόκριση στον τελικό:

- α) Οι αθλητές με τους 30 καλύτερους χρόνους στα προκριματικά θα προκριθούν στον τελικό.
- β) Οι αθλητές που δεν έχουν προκριθεί στον τελικό θα τοποθετηθούν σύμφωνα με το χρόνο τους στα προκριματικά. Σε περίπτωση που αθλητές αποσυρθούν από τον τελικό, η αντικατάσταση θα γίνει από τον επόμενο ταχύτερο αθλητή που δεν έχει προκριθεί. Η αντικατάσταση θα γίνει μόνο αν ο αριθμός των αθλητών στον τελικό πέσει κάτω από 30 αθλητές. Η προθεσμία για τις αντικαταστάσεις θα λήξει με την έναρξη των εγγραφών.
- γ) Σε περίπτωση που ένα αγώνισμα έχει τελικό Β, οι αθλητές με τους 30 καλύτερους χρόνους από τον προκριματικό, οι οποίοι δεν έχουν προκριθεί στον τελικό Α, θα ταξινομηθούν σύμφωνα με τους χρόνους τους και θα προκριθούν να αγωνιστούν στον τελικό Β.

21.4 Αρίθμηση και κατανομή των αθλητών στον προκριματικό:

- α) Οι αριθμοί αγώνων θα χορηγηθούν στους αθλητές όπως ορίζεται στους Κανόνες Αγώνων 2.10.
- β) Οι αθλητές θα ξεκινήσουν ένας προς έναν ξεκινώντας από τον υψηλότερο αριθμό με φθίνουσα σειρά.
- γ) Σε περίπτωση που οι αθλητές δεν εμφανιστούν στην εκκίνηση ή αν κάποιος αριθμός αγώνα δεν έχει οριστεί, η σειρά εκκίνησης θα ακολουθήσει σαν να υπήρχε αθλητής που θα αγωνιζόταν στο χρόνο που αναλογεί σε αυτόν τον αχρησιμοποίητο αριθμό.
- δ) Ο αρχικός κατάλογος θα δημιουργηθεί σύμφωνα με αυτό το μοντέλο:

Αριθμός αγώνα	Όνομα	Επώνυμο	Εθν. Ομ.	Ωρα έναρξης
102		Zgliczynski	POL	09:00:00
101	ΦΩΤΙΟΣ ΜΠΑΠΙΩΝΗΣ ΔΙΚΗΓΟΡΟΣ	Farrell	USA	09:00:30
100	ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ.ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΣΑ: 18705	Martin	AUS	09:01:00
99	ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com Gervasio	Da Silva	BRA	09:01:30

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21.5 Σύστημα εκκίνησης προκριματικών:

- α) Θα ισχύει το σύστημα εκκίνησης που περιγράφεται στους Κανόνες Αγώνων World Triathlon 4.9.

21.6 Κατανομή αριθμού αγώνα στον τελικό:

- α) Οι αριθμοί των αγώνων στον τελικό θα αποδοθούν ως πρώτο κριτήριο σύμφωνα με το χρόνο στον προκριματικό. Ο χαμηλότερος χρόνος στον προκριματικό θα λάβει το νούμερο 1 στον τελικό. Οι ισόπαλοι αθλητές θα αριθμηθούν τυχαία.

21.7 Αποτελέσματα:

- α) Τα συνολικά αποτελέσματα της διοργάνωσης θα είναι τα αποτελέσματα του τελικού γύρου. Τα βραβεία και τα χρηματικά έπαθλα θα διανεμηθούν αναλόγως,
- β) Εάν το αγώνισμα περιλαμβάνεται σε οποιαδήποτε κατάταξη που κατανέμει βαθμούς σε περισσότερες θέσεις από όσους τερματίζουν στον τελικό, οι υπόλοιποι βαθμοί θα απονέμονται ως εξής:
- (i) Στους αθλητές που θα μείνουν εκτός τελικού, σύμφωνα με τους χρόνους τους στον προκριματικό,
 - (ii) Στους αθλητές DNS στον τελικό σύμφωνα με τους χρόνους τους στον προκριματικό,
 - (iii) Εάν η διοργάνωση δεν έχει τελικό Β: Στους αθλητές που δεν προκρίθηκαν στον τελικό, θα κατανεμηθούν βαθμοί ανάλογα με τους χρόνους τους στον προκριματικό. Εάν η εκδήλωση έχει Β τελικό: Τα αποτελέσματα του τελικού Β θα καθορίσουν τους βαθμούς τους,
 - (iv) Οι αθλητές DSQ δεν θα κερδίσουν πόντους.

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22. AQUABIKE

22.1 Γενικά

- α) Το Aquabike αποτελείται από Κολύμβηση, περιοχή μετάβασης 1, Ποδηλασία και περιοχή μετάβασης 2 και ένα σύντομο τρέξιμο για τον τερματισμό,
- β) Η τελευταία σύντομη διαδρομή θα συνδέσει την περιοχή μετάβασης με τη γερανογέφυρα τερματισμού. Θα είναι τόσο σύντομη όσο το δυνατόν και ποτέ μεγαλύτερη από 1 χλμ.
- γ) Οι αγώνες Aquabike θα διοργανώνονται μόνο για κατηγορίες ηλικιακών ομάδων,
- δ) Το Aquabike μπορεί να συμπεριληφθεί στο πρόγραμμα μιας εκδήλωσης που περιλαμβάνει αγώνα τριάθλου. Το Aquabike θα έχει τις ίδιες αποστάσεις κολύμβησης και ποδηλασίας με το τρίαθλο που έχει προγραμματιστεί στο ίδιο γεγονός,
- ε) Το Aquabike μπορεί να πραγματοποιηθεί ως αυτόνομη εκδήλωση στις αποστάσεις που αναφέρονται στο Παράρτημα Α.

22.2 Απόσταση

22.3 Ειδικοί κανόνες

- α) Γενικοί κανόνες, ειδικοί κανόνες και εξαιρέσεις κανόνων που ισχύουν για το αγώνισμα του τριάθλου από τους οποίους προσαρτάται το αγώνισμα aquabike, ισχύουν και για το αγώνισμα aquabike.
- β) Οι κανόνες που ισχύουν για το τρίαθλο ισχύουν και για το aquabike σε περίπτωση που πρόκειται για αυτόνομους αγώνες.

22.4 Τερματισμός

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ΠΑΡΑΡΤΗΜΑΤΑ

ΠΑΡΑΡΤΗΜΑ Α: ΑΠΟΣΤΑΣΕΙΣ ΔΙΑΓΩΝΙΣΜΟΎ ΚΑΙ ΗΛΙΚΙΑΚΕΣ ΑΠΑΙΤΗΣΕΙΣ

ΤΡΙΑΘΛΟ:

	Κολύμβηση	Ποδηλασία	Τρέξιμο	Ελάχιστη απαιτούμενη ηλικία
Μεικτή σκυταλοδρομία 2x2 (αποστάσεις ανά σκέλος)	250 m έως 300 m	5 km έως 8 km	1,5 km έως 2 km	15
3x ίδιου φύλου σκυταλοδρομία (Αποστάσεις ανά σκέλος)	250 m έως 300 m	5 km έως 8 km	1,5 km έως 2 km	15
4x ομαδική σκυταλοδρομία (αποστάσεις ανά σκέλος)	250 m έως 300 m	5 km έως 8 km	1,5 km έως 2 km	15
Απόσταση σούπερ σπριντ	250 m έως 500 m	6,5 km έως 13 km	1,7 km έως 3,5 km	15
Απόσταση σπριντ	Έως 750 m	Έως 20 km	Έως 5 km	16
Κανονική απόσταση	1.500 m	40 km	10 km	18
Μεσαία απόσταση	1.900 m έως 2.999 m	80 km έως 90 km	20 km έως 21 km	18
Μεγάλη απόσταση	3000 m έως 4000 m	91 km έως 200 km	22 km έως 42,2 km	18

ΔΙΑΘΛΟ:

	ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2 ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΣΑ: 18705 ΤΗΛ:210 92 25 000 ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com	Ποδηλασία	Τρέξιμο	Ελάχιστη απαιτούμενη ηλικία
Μεικτή σκυταλοδρομία 2x2		5 km έως 8 km	0,75 km έως 1 km	

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(αποστάσεις ανά σκέλος)				
3x ίδιου φύλου σκυταλοδρομία (Αποστάσεις ανά σκέλος)	1,5 km έως 2 km	5 km έως 8 km	0,75 km έως 1 km	15
4x ομαδική σκυταλοδρομία (αποστάσεις ανά σκέλος)	1,5 km έως 2 km	5 km έως 8 km	0,75 km έως 1 km	15
Απόσταση σπριντ	5 km	20 km	2,5 km	16
Κανονική απόσταση	5 km	30 km	5 km	18
	10 km	40 km	5 km	18
Μεσαία απόσταση	10 km	60 km	10 km	18
Μεγάλη απόσταση	10 km	120 km	20 km	18
	20 km	150 km	30 km	18

AQUATHLON:

	Τρέξιμο	Κολύμβηση	Τρέξιμο	Ελάχιστη απαιτούμενη ηλικία
Μεικτή σκυταλοδρομία 2x2 (αποστάσεις ανά σκέλος)	1,25 km	500 m	1,25 km	15
Μεικτή σκυταλοδρομία 2x2. Κρύο νερό. (αποστάσεις ανά σκέλος)		500 m	2,5 km	15
3x ίδιου φύλου σκυταλοδρομία (αποστάσεις ανά σκέλος)	1,25 km	500 m	1,25 km	15
3x ίδιου φύλου σκυταλοδρομία. Κρύο νερό (αποστάσεις ανά σκέλος)		500 m	2,5 km	15

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4x μεικτή σκυταλοδρομία (αποστάσεις ανά σκέλος)	1,25 km	500 m	1,25 km	15
4x μεικτή σκυταλοδρομία. Κρύο νερό (αποστάσεις ανά σκέλος)		500 m	2,5 km	15
Απόσταση σπριντ	1,25 km	500 m	1,25 km	16
Απόσταση σπριντ (κρύο νερό)		500 m	2,5 km	16
Κανονική απόσταση	2,5 km	1.000 m	2,5 km	16
Κανονική απόσταση (κρύο νερό)		1.000 m	5 km	16
Μεγάλη απόσταση	5 km	2.000 m	5 km	18
Μεγάλη απόσταση (κρύο νερό)		2.000 m	10 km	18

ΧΕΙΜΕΡΙΝΟ ΤΡΙΑΘΛΟ & ΔΙΑΘΛΟ:

Χειμερινό τρίαθλο	Τρέξιμο ανώμαλου δρόμου	Ποδήλατο βουνού	Σκι αντοχής	Ελάχιστη απαιτούμενη ηλικία
Μεικτή σκυταλοδρομία 2x2. (Αποστάσεις ανά σκέλος)*	1 km	2 km	2 km	15
3x ίδιου φύλου σκυταλοδρομία (Αποστάσεις ανά σκέλος)	2 έως 3 km	4 έως 5 km	3 έως 4 km	15
4x μεικτή σκυταλοδρομία (Αποστάσεις ανά σκέλος)	2 έως 3 km	4 έως 5 km	3 έως 4 km	15
Απόσταση σπριντ	3 έως 4 km	5 έως 6 km	5 έως 6 km	16

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41
ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
ΑΜΔΣΑ: 18705
ΤΗΛ: 210 2225 000
ΗΛΕΚ.ΑΝΣΗ: info@intertranslations.com

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 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ ΙΝΤΕΡΝΕΤ
 ΕΛΛΗΝΙΣΤΕΛΕΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
 ΑΦΜ: 095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
 ΤΗΛ. 2109225000

Απόσταση σπριντ (Τρέξιμο + Ποδηλασία + Σκι + Τρέξιμο + Ποδηλασία + Σκι) Αποστάσεις ανά τμήμα*	2 km	3 km	3 km	16
Κανονική απόσταση	7 έως 9 km	12 έως 14 km	10 έως 12 km	18
Κανονική απόσταση (Τρέξιμο + Ποδηλασία + Σκι + Τρέξιμο + Ποδηλασία + Σκι) Αποστάσεις ανά τμήμα*	4 km	6 km	6 km	18
Κανονική απόσταση ειδική για AGs	5 km	10 km	10 km	18

(*) +/- 10 %

Χειμερινό τρίαθλο S3	Τρέξιμο	Σκέιτ	Σκι αντοχής	Ελάχιστη απαιτούμενη ηλικία
Κανονική απόσταση	4 έως 6 km	10 έως 14 km	7 έως 9 km	16

Χειμερινό ΔΙΑΘΛΟ	Τρέξιμο ανώμαλου δρόμου	Σκι αντοχής	Ελάχιστη απαιτούμενη ηλικία
Μεικτή σκυταλοδρομία 2x2. (Αποστάσεις ανά σκέλος)*	1 km	2 km	15
Απόσταση σπριντ (Τρέξιμο + Σκι + Τρέξιμο + Σκι + Τρέξιμο + Σκι) Αποστάσεις ανά τμήμα*	2 km	3 km	16
Κανονική απόσταση ειδική για AGs (Τρέξιμο + Σκι)	4 km	9 km	16
Κανονική απόσταση	4 km	6 km	16

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ Τ.Κ. 185 41
ΑΦΜ 037385370-ΔΟΥ: ΣΤ ΠΕΙΡΑΙΩΣ
ΑΜΔΣΑ: 18705
ΤΗΛ: 210 92 25 000
ΗΛΕΚ.Δ/ΣΗ: info@interttranslations.com

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INTERTRANSLATIONS ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε.
ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
ΑΦΜ: 095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
ΤΗΛ. 2109225800

(Τρέξιμο + Σκι + Τρέξιμο + Σκι + Τρέξιμο + Σκι)			
Αποστάσεις ανά τμήμα*			
Κανονική απόσταση ειδική για AG (Τρέξιμο + Σκι)	12 km	18 km	18

(*) +/- 10 %

CROSS TRIATHLON:

	Κολύμβηση	Ποδήλατο βουνού	Τρέξιμο ανώμαλου δρόμου	Ελάχιστη απαιτούμενη ηλικία
Ομαδική σκυταλοδρομία	200 m έως 250 m	4 km έως 5 km	1,2 km έως 1,6 km	15
Απόσταση σπριντ	500 m	10 km έως 12 km	3 km έως 4 km	16
Κανονική απόσταση	1.000 m έως 1.500 m	20 km έως 30 km	6 km έως 10 km	18

CROSS DUATHLON:

	Τρέξιμο ανώμαλου δρόμου	Ποδήλατο βουνού	Τρέξιμο ανώμαλου δρόμου	Ελάχιστη απαιτούμενη ηλικία
Ομαδική σκυταλοδρομία	1,2 km έως 1,6 km	4 km έως 5 km	0,6 km έως 0,8 km	15
Απόσταση σπριντ	3 km έως 4 km	10 km έως 12 km	1,5 km έως 2 km	16
Κανονική απόσταση	6 km έως 8 km	20 km έως 25 km	3 km έως 4 km	18

AQUABIKE:

	Κολύμβηση	Ποδηλασία	Ελάχιστη απαιτούμενη ηλικία
Κανονική απόσταση	500 m	40 km	18
Μεσαία απόσταση	1.000 m έως 3.000 m	80 km έως 90 km	18
Μεγάλη απόσταση	3.000 m έως 4.000 m	90 έως 200 km	18

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
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ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
ΑΜΔΣΑ: 18705
ΤΗΛ:210 92 25 000
ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com

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INTEPTRANΣΛΕΙΣΙΟΝΣ ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε.
ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
ΤΗΛ. 2109225000



Κανόνες Συναγωνισμού της Διεθνούς Ένωσης
Τριάθλου
28 Ιανουαρίου 2022
142/196

ΠΑΡΑΡΤΗΜΑ Β: ΕΝΤΥΠΟ ΔΙΑΜΑΡΤΥΡΙΑΣ ΓΙΑ ΑΓΩΝΑ

ΕΝΤΥΠΟ ΔΙΑΜΑΡΤΥΡΙΑΣ

Μέρος 1: Συμπληρώνεται από τον διαμαρτυρόμενο.

Η διαμαρτυρία πρέπει να κατατεθεί και να υπογραφεί από τον διαμαρτυρόμενο σύμφωνα με τους όρους που περιγράφονται στους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου και να υποβληθεί στον επικεφαλής διαιτητή.

Όνομασία διοργάνωσης:		Ημερομηνία διοργάνωσης:	
Τοποθεσία διοργάνωσης:		Ώρα υποβολής διαμαρτυρίας	
Όνομα διαμαρτυρόμενου:		Αριθμός αγώνα:	
Χώρα διαμαρτυρόμενου:		Email:	
Διεύθυνση διαμαρτυρόμενου			
(οδός και αριθμός)		(Πόλη και ταχυδρομικός κώδικας)	
Τηλέφωνο (οικίας):		Τηλέφωνο (κινητό):	
Όνομα λαμβάνοντος διαμαρτυρία:		Αριθμός αγώνα:	
Χώρα λαμβάνοντος διαμαρτυρία:			

Η διαμαρτυρία είναι μια επίσημη καταγγελία της συμπεριφοράς ενός συναθλητή ή στελέχους του αγώνα ή καταγγελία των συνθηκών του αγώνα. Πρέπει να έχετε σημαντικά αποδεικτικά στοιχεία, όπως και μάρτυρες, και πρέπει να είστε πρόθυμοι να συμμετάσχετε σε μια συνέντευξη. Κάθε διαμαρτυρία πρέπει να συνοδεύεται από επιταγή ή μετρητά ύψους 50 δολαρίων ΗΠΑ ή ισοδύναμου ποσού.

Σε τι αφορά η διαμαρτυρία; (Επιλέξτε μόνο ένα πλαίσιο)

<input type="checkbox"/>	Διαμαρτυρία σχετικά με τον αγωνιστικό χώρο
<input type="checkbox"/>	Διαμαρτυρία για αλλοιότητα ή για έναν υπεύθυνο επί τεχνικών θεμάτων
<input type="checkbox"/>	Διαμαρτυρία σχετικά με την επάρκεια
<input type="checkbox"/>	Διαμαρτυρία σχετικά με τη χρονομέτρηση

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
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ΤΗΛ: 09798570-ΔΟΥ: ΣΤ. ΠΕΙΡΑΙΑΣ
ΑΜΔΣΑ: 18705
ΤΗΛ: 210 92 25 000
HΛΕΚ. ΔΙΕΣΗ: info@intertranslations.com

INTERTRANSΛΕΙΣΙΟΝΣ ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε.
ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
Ε/Λ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
ΑΦΜ: 095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
ΤΗΛ: 2109225000

<input type="checkbox"/>	Διαμαρτυρία σχετικά με τον εξοπλισμό
--------------------------	--------------------------------------

Στοιχεία μάρτυρα (2):

Όνομα μάρτυρα 1:			
Όνομα μάρτυρα 2:			
Κανόνας/-ες που παραβιάστηκε/-αν:		Ωρα περιστατικού:	

Πού σημειώθηκε η παραβίαση; (Ορίστε την τοποθεσία. Εάν απαιτείται, χρησιμοποιήστε επιπλέον χαρτί και σχεδιάστε ένα διάγραμμα.)			
Ποιος ενεπλάκη στην παραβίαση;			
Πώς σημειώθηκε η παραβίαση (σύντομη δήλωση που εξηγεί την εικαζόμενη παραβίαση);			
Υπογραφή διαμαρτυρόμενου:		Ημερομηνία:	

Μέρος 2 Μόνο για επίσημη χρήση
ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΜΑΧΗΤΩΝ 2 ΠΕΙΡΑΙΑ Τ.Κ. 185 41
ΑΦΜ 037385370 ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
ΑΜΔΣΑ: 18705
ΤΗΛ:210 92 25 000
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 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
 ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
 ΤΗΛ. 2109225000

Τέλος διαμαρτυρίας \$50 USD
 ΕΠΙΣΥΝΑΠΤΕΤΑΙ Ναι Όχι



<p>Κριτική επιτροπή του διαγωνισμού / επιτροπή προσφυγών (ονόματα) και σημειώστε αν πρόκειται για τριμελή ή πενταμελή κριτική επιτροπή.</p> <p><input type="checkbox"/> Κριτική επιτροπή 3 ατόμων</p> <p><input type="checkbox"/> Κριτική επιτροπή 5 ατόμων</p>	1.
	2.
	3.
	4.
	5.
<p>Δράση της Κριτικής Επιτροπής Διαγωνισμού/Πάνελ Εφέσεων:</p>	
<p>Όνομα προέδρου επιτροπής διαγωνισμού/επιτροπής προσφυγών:</p>	
<p>Υπογραφή:</p>	
<p>Ωρα, ημερομηνία Παραληφθείσα διαμαρτυρία:</p>	
<p>Ωρα, ημερομηνία Διαμαρτυρία που υποβλήθηκε σε επεξεργασία:</p>	
<p>Ποσό του παρακρατηθέντος/επιστραφέντος τέλους:</p>	

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
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ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
ΑΜΔΣΑ: 18705
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 ΙΝΤΕΡΤΡΑΝΣΛΕΙΣΙΟΝΣ ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε.
 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
 Ε/Λ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
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Κανόνες Συναγωνισμού της Διεθνούς Ένωσης
 Τριάθλου
 28 Ιανουαρίου 2022
 145/196

ΠΑΡΑΡΤΗΜΑ Γ: ΈΝΤΥΠΟ ΠΡΟΣΦΥΓΗΣ ΔΙΑΓΩΝΙΣΜΟΥ

ΈΝΤΥΠΟ ΠΡΟΣΦΥΓΗΣ

Μέρος 1: Συμπληρώνεται από τον διαμαρτυρόμενο.

Η διαμαρτυρία πρέπει να κατατεθεί και να υπογραφεί από τον διαμαρτυρόμενο σύμφωνα με τους όρους που περιγράφονται στους Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου και να υποβληθεί στον επικεφαλής δαιτητή. Η έφεση είναι ένα αίτημα για επανεξέταση μιας απόφασης που έλαβε ο επικεφαλής δαιτητής. Αυτό είναι το πρώτο επίπεδο προσφυγής και θα εκδικαστεί από την Κριτική Επιτροπή του Διαγωνισμού. Κάθε διαμαρτυρία πρέπει να συνοδεύεται από επιταγή ή μετρητά ύψους 50 δολαρίων ΗΠΑ ή ισοδύναμου ποσού.

Όνομασία διοργάνωσης:		Ημερομηνία διοργάνωσης:	
Τοποθεσία διοργάνωσης:		Χρόνος υποβολής προσφυγής	
Όνομα αναιρεσείοντος:		Αριθμός αγώνα:	
Χώρα του αναιρεσείοντος:		Email:	
Διεύθυνση του αναιρεσείοντος:			
	(οδός και αριθμός)		(Πόλη και ταχυδρομικός κώδικας)
Τηλέφωνο (οικίας):		Τηλέφωνο (κινητό):	
Αιτιολόγηση της ποινής που επιβλήθηκε:		Τύπος ποινής που επιβλήθηκε (DSQ, αναστολή):	
Επιβεβαιώθηκε το πέναλτι από τον επικεφαλής δαιτητή;	Ναι <input type="checkbox"/> Όχι <input type="checkbox"/>		

Τύπος προσφυγής:	ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΗΣ ΠΕΙΡΑΙΑΣ (18511 αίσιο) ΑΦΜ 037385370-ΔΟΥ: ΣΤ ΠΕΙΡΑΙΑΣ ΑΜΔΣΑ: 18705 ΤΗΛ: 210 92 25 000 ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ	INTERTRANSLATIONS MON A.E. INTEPTRANSLATIONΣ ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε. ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ ΕΠΙΒΛΗΘΗΚΕ ΑΦΜ: 095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ ΤΗΛ. 2109225000
<input type="checkbox"/>	Ένσταση κατά της απόφασης του Επικεφαλής Δαιτητή επί παραβάσεως	



<input type="checkbox"/>	Έφεση κατά της απόφασης του Επικεφαλής Διαιτητή επί Διαμαρτυρίας:
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Συγκεκριμένη θέση στο γήπεδο:	
Όνομα και αριθμός αξιωματούχου(ων) αγώνα/αθλητή(ων)/θεατή(ών), εάν είναι γνωστός(-ές)	
Περιγραφή του περιστατικού (Χρησιμοποιήστε επιπλέον χαρτί εάν απαιτείται)	

Στοιχεία μάρτυρα (2):

Όνομα μάρτυρα 1:	
Όνομα μάρτυρα 2:	

Υπογραφή
αναιρεσιόντος:

του

Ημερομ
ηνία:

Μέρος 2 Μόνο για επίσημη χρήση

Παράβολο προσφυγής \$50 USD επισυνάπτεται	Ναι <input type="checkbox"/> Όχι <input type="checkbox"/>
Πρόκειται για προσφυγή για την ανατροπή απόφασης επιτροπής διαγωνισμού/επιτροπής προσφυγών;	Ναι <input type="checkbox"/> Όχι <input type="checkbox"/>
Εάν "Ναι", επισυνάψτε την απόφαση και τις ενέργειες της Επιτροπής Αγώνων / της Επιτροπής Προσφυγών και την απόφαση και τις ενέργειες του επικεφαλής διαιτητή.	

ΧΡΗΣΤΗΣ ΜΠΑΜΠΑΝΗΣ
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ΜΑΧΗΤΩΝ 2 ΠΕΙΡΑΙΑ Τ.Κ. 105 41
ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
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ΤΗΛ:210 92 25 000
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ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
ΤΗΛ. 2109225000



Κανόνες Συναγωνισμού της Διεθνούς Ένωσης
Τριάθλου
28 Ιανουαρίου 2022
147/196

Κριτική επιτροπή του διαγωνισμού / επιτροπή προσφυγών (ονόματα) και σημειώστε αν πρόκειται για τριμελή ή πενταμελή κριτική επιτροπή. <input type="checkbox"/> Κριτική επιτροπή 3 ατόμων <input type="checkbox"/> Κριτική επιτροπή 5 ατόμων	2.
	3.
	4.
	5.
Δράση της Κριτικής Επιτροπής Διαγωνισμού/Πάνελ Εφέσεων:	
Όνομα προέδρου επιτροπής διαγωνισμού/επιτροπής προσφυγών:	
Υπογραφή:	
Ωρα, ημερομηνία παραλαβής της προσφυγής:	
Ωρα, ημερομηνία Έφεση που υποβλήθηκε σε επεξεργασία:	
Ποσό του παρακρατηθέντος/επιστραφέντος τέλους:	

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41
ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
ΑΜΔΣΑ: 18705
ΤΗΛ:210 92 25 000
ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com

INTERTRANSLATIONS MON.A.E.
 ΙΝΤΕΡΤΡΑΝΣΛΕΙΣΙΟΝΣ ΜΕΤΑΦΡΑΣΕΙΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε.
 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
 Ε/Λ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
 ΤΗΛ. 2109225000



ΠΑΡΑΡΤΗΜΑ Δ: ΟΡΙΣΜΟΙ

Ηλικία	Η ηλικία του αθλητή στις 31 Δεκεμβρίου του έτους διεξαγωγής του διαγωνισμού.
Ενημέρωση διαχειριστών ομάδων ηλικιακών ομάδων	Συνάντηση με τον υπεύθυνο της ομάδας και τους προπονητές των ηλικιακών ομάδων κατά την οποία ενημερώνονται από τον Τεχνικό Αντιπρόσωπο για όλες τις προδιαγραφές της διοργάνωσης.
Εξωτερική βοήθεια:	Κάθε είδους υλική υποστήριξη ή προσωπική βοήθεια που έλαβε ο αθλητής. Ανάλογα με τη φύση της, μπορεί να επιτρέπεται ή να απαγορεύεται.
Μάρκετινγκ ενέδρας	Σκόπιμη χρήση της ευκαιρίας της ζωντανής τηλεόρασης και των φωτογράφων των μέσων μαζικής ενημέρωσης για να εκθέσουν τα λογότυπα των χορηγών μεγαλύτερα από τα εγκεκριμένα μεγέθη, ή/και εξοπλισμό ή αντικείμενα που δεν παρέχονται από την τοπική οργανωτική επιτροπή ή το World Triathlon.
Έφεση	Αίτημα προς την Αγωνόδοκο Κριτική Επιτροπή ενός αγώνα ή το Παγκόσμιο Δικαστήριο Τριάθλου για αναθεώρηση της απόφασης του Επικεφαλής Διαιτητή/Κριτικής Επιτροπής Αγώνων. Σημείωση: Αυτό δεν μπορεί να περιλαμβάνει προσφυγή κατά της διαπίστωσης παράβασης ντόπινγκ ή κατά της ποινής που επιβλήθηκε για τη διαπίστωση παράβασης ντόπινγκ. Αυτές οι προσφυγές πρέπει να απευθύνονται ανεξάρτητα στο Παγκόσμιο Δικαστήριο Τριάθλου).
Επιτροπή προσφυγών	Η επιτροπή ενστάσεων αποτελείται από ένα μέλος της Τεχνικής Επιτροπής του Παγκοσμίου Τριάθλου, του Αθλητικού Τμήματος του Παγκοσμίου Τριάθλου και τον Τεχνικό Αντιπρόσωπο της διοργάνωσης ή, εάν δεν είναι διαθέσιμος, τον εκπρόσωπο της LOC για τις ενστάσεις που θα εξεταστούν μετά τις τελετές απονομής των μεταλλίων, αλλά πριν από 48 ώρες μετά το τέλος του αγώνα. Είναι υπεύθυνο να καθορίζει την επιλεξιμότητα της διαμαρτυρίας ή της έφεσης, να ακούει και να αποφαινεται επί όλων των εφέσεων κατά των αποφάσεων που εκδίδονται μέσω του επικεφαλής διαιτητή, συμπεριλαμβανομένων των αποφάσεων επί των διαμαρτυριών.
Εκκαλών	Ένας αθλητής που υποβάλλει έφεση.
Aquabike	Πολυαθλητισμός που συνδυάζει κολύμπι και ποδήλατο σε δύο τμήματα: το πρώτο τμήμα είναι κολύμπι και τελειώνει με ποδήλατο.
Aquathlon	Πολυαθλητισμός που συνδυάζει κολύμπι και τρέξιμο σε τρία τμήματα: το πρώτο τμήμα είναι τρέξιμο, ακολουθεί κολύμπι και τελειώνει με τρέξιμο.
Βοήθεια	Οποιαδήποτε προσπάθεια από μη εξουσιοδοτημένη ή ανεπίσημη πηγή να βοηθήσει ή να σταθεροποιήσει έναν αθλητή.
Βοηθός επικεφαλής τεχνικού υπαλλήλου	<p> <small> ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΡΟΣ ΜΠΑΜΠΑΝΗΣ ΑΦΜ: 037385370 - ΔΟΥ: ΣΤ ΠΕΙΡΑΙΑΣ ΤΗΣ ΑΡΧΟΛΟΓΗΣΗΣ ΤΩΝ ΑΜΔΣΑ: 18705 ΣΤΟ ΠΛΗΡΟ 92 29 056 ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com </small> </p> <p> <small> INTERTRANSLATIONS MON.A.E. ΑΞΙΩΜΑΤΟΥΧΟΙ ΤΟΥ ΠΑΓΚΟΣΜΙΟΥ ΤΡΙΑΘΛΟΥ ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ ΤΟΥ INTERNET ΔΟΥ 4 - ΚΑΛΛΙΘΕΑ - Τ.Κ. 176 76 ΑΦΜ: 095730866 - ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ ΤΗΛ. 2109225000 </small> </p>

Αθλητές	Άτομα που εγγράφονται και αγωνίζονται σε εκδηλώσεις.
Ενημέρωση αθλητών	Συνάντηση με τους αθλητές κατά την οποία ενημερώνονται από τον Τεχνικό Αντιπρόσωπο για όλες τις προδιαγραφές της διοργάνωσης.
Σύστημα πτώσης τσάντας	Διεξαγωγή μεταβάσεων από:
	Παίρνετε μια προκατασκευασμένη τσάντα που περιέχει όλο τον εξοπλισμό που θα χρησιμοποιηθεί στο επόμενο τμήμα, Αλλαγή του εξοπλισμού στον καθορισμένο χώρο, Βάλτε όλο τον χρησιμοποιημένο εξοπλισμό στην ίδια σακούλα και αφήστε τον στο καθορισμένο σημείο.
Ποδήλατο	Το ποδήλατο είναι ένα ανθρώπινο όχημα με δύο τροχούς ίσης διαμέτρου. Ο μπροστινός τροχός πρέπει να είναι κατευθυνόμενος. Ο πίσω τροχός πρέπει να κινείται μέσω συστήματος που αποτελείται από πηδάλια και αλυσίδα. Τα ποδήλατα αναφέρονται επίσης ως ποδήλατα.
Ποδηλάτες που πιάνουν ποδήλατα	Το προσωπικό της τοπικής οργανωτικής επιτροπής που βρίσκεται μετά τη γραμμή αποβίβασης, το οποίο παραλαμβάνει τα ποδήλατα από τους αθλητές και τα παραδίδει στο σημείο από όπου οι αθλητές μπορούν να τα παραλάβουν μετά τον αγώνα.
Μπλοκάρισμα	Η εσκεμμένη παρεμπόδιση ή παρεμπόδιση της προόδου ενός αθλητή από κάποιον άλλο. Ένας αθλητής στην ποδηλατική διαδρομή, ο οποίος δεν τηρεί την κατάλληλη πλευρά του δρόμου.
Μπλε κάρτα	Κάρτα, η οποία χρησιμοποιείται για να ενημερώνει τους αθλητές όταν τιμωρούνται για παράβαση σύνταξης κατά τη διάρκεια του ποδηλατικού τμήματος.
Χρέωση	Η επαφή ενός αθλητή με έναν άλλο από μπροστά, πίσω ή από το πλάι και η παρεμπόδιση της προόδου του αθλητή αυτού.
Προσέλευση:	Έλεγχος στην είσοδο της αίθουσας αναμονής των αθλητών και στην είσοδο του χώρου μετάβασης, πριν από τον αγώνα. Και στα δύο μέρη ο χρόνος εισόδου καθορίζεται από τον Τεχνικό Αντιπρόσωπο.
Επικεφαλής τεχνικός υπάλληλος	Διορίζεται από τον Τεχνικό Αντιπρόσωπο και είναι υπεύθυνος για τον έλεγχο και το συντονισμό της ανάπτυξης των Τεχνικών Αξιωματούχων.
Καθαρή εκκίνηση	Όλοι οι αθλητές ξεκινούν μετά την κόρνα. Ο ανταγωνισμός συνεχίζεται.
Συνάντηση προπονητών:	Συνάντηση με τους προπονητές κατά την οποία ενημερώνονται από τον Τεχνικό Αντιπρόσωπο για όλες τις προδιαγραφές της διοργάνωσης.
Αγώνες:	Ενιαία και συνεχής αθλητική δράση από την αρχή έως το τέλος. Στις περιπτώσεις που οι αγώνες εμπίπτει στον ορισμό του αγώνα, εκτός από τον ημιτελή ομαδικό αγώνα, την προκριματική μορφή χρονομέτρησης.
Κριτική Επιτροπή Αγωνισμάτων.	Η Κριτική Επιτροπή του Διαγωνισμού διορίζεται και προεδρεύεται από τον Τεχνικό Αντιπρόσωπο. Είναι υπεύθυνο να καθορίζει την επιλεξιμότητα της διαμαρτυρίας ή της έφεσης, να ακούει και να αποφαιίνεται επί των

	εφέσεων κατά των αποφάσεων που εκδίδονται μέσω του επικεφαλής διαιτητή, συμπεριλαμβανομένων των αποφάσεων επί των διαμαρτυριών.
Σύγκρουση συμφερόντων	Ένα σύνολο περιστάσεων που δημιουργεί τον κίνδυνο η επαγγελματική κρίση ή οι ενέργειες σχετικά με ένα πρωταρχικό συμφέρον να επηρεαστούν αδικαιολόγητα από ένα δευτερεύον συμφέρον.
Ήπειρος	Κάθε ένα από τα πέντε γεωγραφικά τμήματα που έχουν καθιερωθεί στο Παγκόσμιο Τρίαθλο. Είναι: Αφρική, Αμερική, Ασία, Ευρώπη και Ωκεανία
Τεχνικοί υπάλληλοι ηπειρωτικών χωρών (CTO)	Οι Τεχνικοί Αξιωματούχοι Επιπέδου 2 πιστοποιημένοι από το World Triathlon.
Μάθημα	Μια γραμμή προόδου από την αρχή έως το τέλος, η οποία πρέπει να επισημαίνεται με σαφήνεια και να μετράται σύμφωνα με τις προβλεπόμενες προδιαγραφές.
Σέρνεται	Η ενέργεια ενός αθλητή να φέρει τρία ή περισσότερα άκρα σε επαφή με το έδαφος, είτε μαζί είτε με οποιαδήποτε σειρά, για να μπορέσει να προωθηθεί προς τα εμπρός.
Τμήμα ποδηλασίας	Τμήμα της αγωνιστικής διαδρομής στο οποίο έχει οριστεί στην ενημέρωση των αθλητών ότι το ποδήλατο πρέπει να οδηγηθεί, να περπατηθεί ή να μεταφερθεί μέσα σε διακριτά όρια λωρίδων. Η ποδηλατική διαδρομή ξεκινά από τη γραμμή αναρρίχησης και ολοκληρώνεται στη γραμμή απόβασης.
Περιφερειακό Κύπελλο Ανάπτυξης	Διοργάνωση εγκεκριμένη από το Παγκόσμιο Τρίαθλο ή οποιαδήποτε από τις ηπειρωτικές συνομοσπονδίες, όπου το Παγκόσμιο Τρίαθλο μπορεί να επιτρέψει τη συμμετοχή αθλητών μόνο από ορισμένες προκαθορισμένες εθνικές ομοσπονδίες.
Αποσύνδεση πριν από τη γραμμή αποσύνδεσης	Το πόδι του αθλητή πρέπει να έρθει σε επαφή με το έδαφος πριν από τη γραμμή αποβίβασης αφού ο αθλητής κατέβει από το ποδήλατο. Εάν δεν πραγματοποιηθεί αυτή η επαφή, θεωρείται παράβαση των κανόνων.
Γραμμή αποσύνδεσης	Μια καθορισμένη γραμμή στην είσοδο του χώρου μετάβασης από την ποδηλατική διαδρομή, πριν από την οποία οι αθλητές πρέπει να κατεβάζουν πλήρως τα ποδήλατά τους και να προχωρούν προς τις σχάρες ποδηλάτων. Η Γραμμή Αποβίβασης θα εκτείνεται συνήθως στο πλάτος της εισόδου στην περιοχή μετάβασης και θα προσδιορίζεται με σημαίες/γραμμή/τεχνικό υπάλληλο ή συνδυασμούς αυτών.
Αποκλεισμός:	Μια ποινή που αποδίδεται ανάλογα με την παράβαση κανόνα, η οποία έχει αναφερθεί ή για την οποία έχει γίνει δεκτή διαμαρτυρία. Ως αποτέλεσμα αυτής της ποινής, ο αθλητής δεν θα λάβει χρόνο τερματισμού ή χρόνο διορθωτικό αγώνισμα, δεν θα ληφθεί υπόψη ο αθλητής κατά την αξιολόγηση των θέσεων για οποιαδήποτε κατηγορία ή για το σύνολο του αγώνα. Η ποινή που επιβάλλεται στο αθλητή θα εμφανίζεται στο αποτέλεσμα του αγώνα. <small>ΟΧΛΟΠΕΡΙΜΕΤΡΙΑΝΙΚΟΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 18541 ΑΦΜ: 03765570-ΔΟΥ: ΠΕΙΡΑΙΑΣ ΑΜΔΕΑ: 18705</small>
Σχέδιο Ζώνη Ποδήλατο	Ζώνη που ορίζεται από έναν αθλητή κατά τη διάρκεια του ποδηλατικού τμήματος, η οποία εκτείνεται σε όλο το πλάτος του δρόμου και εξαρτάται από τον τύπο του ποδηλάτου. <small>ΕΛ-ΒΕΝΙΖΕΛΟΥ 4 - ΚΑΛΛΙΔΕΑ - Τ.Κ.: 176 76 ΑΦΜ: 095730866 - ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ</small>

	10 μέτρα στα τυπικά και μικρότερα αγωνίσματα και 12 μέτρα στα αγωνίσματα μεσαίων και μεγάλων αποστάσεων.
Σχέδιο Ζώνη Μοτοσικλέτα	Ζώνη που ορίζεται από μια μοτοσικλέτα κατά τη διάρκεια του ποδηλατικού τμήματος, η οποία εκτείνεται σε όλο το πλάτος του δρόμου και έχει μήκος 15 μέτρα.
Σχέδιο οχήματος ζώνης	Ζώνη που ορίζεται από ένα όχημα κατά τη διάρκεια του ποδηλατικού τμήματος, η οποία εκτείνεται σε όλο το πλάτος του δρόμου και έχει μήκος 35 μέτρα.
Drafting	Να εισέλθετε σε ζώνη προσπέρασης και να μην ολοκληρώσετε την προσπέραση σε 20 δευτερόλεπτα σε κανονικά και μικρότερα αγωνίσματα ή σε 25 δευτερόλεπτα σε αγωνίσματα μεσαίων και μεγάλων αποστάσεων.
Δίαθλο	Πολυαθλητισμός που συνδυάζει ποδήλατο και τρέξιμο σε τρία τμήματα: το πρώτο τμήμα είναι το τρέξιμο, ακολουθεί η ποδηλασία και τελειώνει με τρέξιμο.
Πρόωρη έναρξη	Όταν το πόδι ενός αθλητή διασχίσει το κάθετο επίπεδο της γραμμής εκκίνησης, πριν από το σήμα εκκίνησης.
Αθλητής Ελίτ	Αθλητές που αγωνίζονται σε αγώνες World Triathlon Elite. Περιορίζονται σε να αγωνίζονται στο ίδιο πολυαθλητικό άθλημα και στην ίδια απόσταση κατά τη διάρκεια της ίδιο ημερολογιακό έτος. Αυτή η κατάσταση Elite είναι συνώνυμη με την κατάσταση Pro που χρησιμοποιείται από διάφορους εμπορικούς οργανισμούς.
Διαγωνισμοί Elite	Διαγωνισμοί στους οποίους εφαρμόζονται ειδικοί κανόνες για την ελίτ. Το όριο ηλικίας είναι καθορίζεται μόνο από την απόσταση.
Εκδήλωση	Ομάδα αγώνων της ίδιας κατηγορίας που διεξάγονται συνήθως την ίδια ή τις επόμενες ημέρες (π.χ.: Παγκόσμιο Πρωτάθλημα, Continental Cup).
Εγχειρίδιο διοργανωτών εκδηλώσεων (EOM)	Ένα έγγραφο που έχει αναπτυχθεί για να διασφαλίσει την εφαρμογή σταθερά υψηλών παγκόσμιων προτύπων διαχείρισης και μάρκετινγκ εκδηλώσεων.
Εκδήλωση-σαββατοκύριακο	Οι ημέρες κατά τις οποίες πραγματοποιείται μια εκδήλωση, οι οποίες μπορεί να περιλαμβάνουν και άλλες ημέρες εκτός του Σαββάτου και της Κυριακής.
Αποβολή:	Ένας αθλητής που τιμωρείται με αποβολή δεν θα επιτρέπεται, κατά τη διάρκεια της ζωής του, να λάβει μέρος σε οποιαδήποτε διοργάνωση εγκεκριμένη από το Παγκόσμιο Τρίαθλο ή σε οποιαδήποτε διοργάνωση εγκεκριμένη από μία από τις ενώσεις μέλη του (Εθνική Ομοσπονδία) που είναι συνδεδεμένη με το Παγκόσμιο Τρίαθλο.
Φεστιβάλ	Ομάδα διαφορετικών πολυαθλητικών εκδηλώσεων που πραγματοποιούνται σε σύντομο χρονικό διάστημα (πέντε και δέκα ημέρες).
Πεδίο παιχνιδιού (FOP)	Η διοργάνωση στην οποία θα διεξαχθεί ο αγώνας. Ηλεκτρονικοί χώροι τερματισμού και χώροι μεταφοράς.

	<p>τερματισμό, οι σταθμοί βοήθειας, οιστάσεις του τροχού, οι θέσεις ποινής, ο χώρος τελετών και ο χώρος ενημέρωσης.</p> <p>Συνήθως ο αγωνιστικός χώρος διαχωρίζεται από το κοινό με σαφή όρια.</p>
Αποφάσεις για το πεδίο του παιχνιδιού.	Η εφαρμογή και ερμηνεία των Κανόνων Αγώνων του Παγκοσμίου Τριάθλου από τους Τεχνικούς Αξιωματούχους ή/και την Κριτική Επιτροπή.
Τελικός	Τελευταίος γύρος μιας διοργάνωσης σε μορφή προκριματικού γύρου. Ο τελικός αναδεικνύει τον νικητή και το μετάλλιο της διοργάνωσης.
Finisher	Ένας αθλητής που ολοκληρώνει ολόκληρη τη διαδρομή του αγώνα εντός των κανόνων και διασχίζει τη γραμμή τερματισμού ή μια κάθετη προέκταση του μπροστινού άκρου της γραμμής τερματισμού, με οποιοδήποτε μέρος του κορμού (δηλ. σε διάκριση από το κεφάλι, το λαιμό, τα χέρια, τα πόδια, τα χέρια ή τα πόδια).
Ανωτέρα βία	Δράση των στοιχείων της φύσης, απεργία, λοκ άουτ ή άλλη βιομηχανική διαταραχή, παράνομη πράξη κατά της δημόσιας τάξης ή αρχής, πολεμικός αποκλεισμός, δημόσια εξέγερση, κεραυνός, πυρκαγιά ή έκρηξη, καταιγίδα, πλημμύρα, μαύρη λίστα, μπόϊκοτάζ ή κυρώσεις, όπως και αν έχουν προκύψει, εμπάργκο εμπορευμάτων, σημαντική καθυστέρηση μεταφοράς ή οποιοδήποτε άλλο γεγονός που δεν είναι ευλόγως υπό τον έλεγχο του συμβαλλόμενου μέρους που επηρεάζεται.
Ανίκανος αθλητής	Αθλητής που κρίνεται από το ιατρικό προσωπικό του αγώνα ότι δεν είναι σε θέση να συνεχίσει τον αγώνα χωρίς να υπάρχει πιθανότητα να προκαλέσει τραυματισμό στον εαυτό του ή σε άλλον αθλητή.
Άσεμνη έκθεση	Η εκούσια αποκάλυψη ενός ή και των δύο γλουτών ή της ηβικής περιοχής ή της περιοχής των γεννητικών οργάνων. Επιπλέον, στην περίπτωση γυναίκας αθλήτριας, η εκούσια πλήρης αποκάλυψη της μίας ή και των δύο θηλών.
Εσωτερικά ύδατα:	Λίμνες, λιμνοθάλασσες, κανάλια και ποτάμια μέχρι το σημείο που η παλίρροια τα επηρεάζει με αλλαγές στη στάθμη τους.
Παρεμβολή	Εσκεμμένο μπλοκάρισμα, επίθεση ή απότομη κίνηση, που εμποδίζει άλλον αθλητή.
Διεθνείς Τεχνικοί Αξιωματούχοι (ΙΤΟ)	Οι Τεχνικοί Αξιωματούχοι Επιπέδου 3 πιστοποιημένοι από το World Triathlon.
Μη έγκυρη έναρξη	Ορισμένοι αθλητές ξεκινούν σαφώς πριν από την κόρνα και κάμποι άλλοι μένουν πίσω από τη γραμμή εκκίνησης. Η έναρξη δεν είναι καθαρή και κηρύσσεται άκυρη.
Σενάριο τελευταίου ποδηλάτη - πρώτου δρομέα	Αυτό συμβαίνει όταν οι ποδηλατικές και οι δρομικές διαδρομές είναι εν μέρει κοινές. Ο ποδηλάτης φτάνει στο σημείο όπου οι δύο διαδρομές ενώνονται και ο ποδηλάτης ή ο δρομέας φτάνει στο σημείο όπου οι δύο διαδρομές ενώνονται. Ο ποδηλάτης ή ο δρομέας φτάνει στο σημείο όπου οι δύο διαδρομές ενώνονται. Ο ποδηλάτης ή ο δρομέας φτάνει στο σημείο όπου οι δύο διαδρομές ενώνονται.
Πόδι	Στη σκυταλοδρομία, ένα σκέλος είναι το αγώνισμα τριάθλου ενός αθλητή.

Τοπική Οργανωτική Επιτροπή (LOC)	Η διοργανώτρια οντότητα μιας διοργάνωσης του Παγκόσμιου Τριάθλου.
Διοργανώσεις απονομής μεταλλίων παρατριάθλου:	Ένας αγώνας, ο οποίος μπορεί να περιλαμβάνει αθλητές από μία ή περισσότερες αθλητικές κατηγορίες που αγωνίζονται για τα ίδια μετάλλια.
Όρος μετά τη γραμμή Όρος	Το πόδι του αθλητή πρέπει να έρθει σε επαφή με το έδαφος μετά τη γραμμή στήριξης, πριν ο αθλητής ανέβει στο ποδήλατο. Εάν δεν πραγματοποιηθεί αυτή η επαφή, θεωρείται παράβαση των κανόνων.
Γραμμή Όρος	Μια καθορισμένη γραμμή στην έξοδο από τον χώρο μετάβασης στην ποδηλατική διαδρομή ή μετά την οποία οι αθλητές πρέπει να ανεβάζουν τα ποδήλατά τους και να προχωρούν. Η Γραμμή του Όρους θα εκτείνεται συνήθως στο πλάτος της εξόδου της περιοχής μετάβασης και θα προσδιορίζεται από σημαίες/γραμμή/τεχνικό υπάλληλο ή συνδυασμούς αυτών.
Αναλογία Εθνικής Ομοσπονδίας:	Εθνικός οργανισμός τριάθλου που συνδέεται με το Παγκόσμιο Τρίαθλο.
Αναλογία Εθνικής Ομοσπονδίας:	Η μέγιστη ποσόστωση που διατίθεται σε μια εθνική ομοσπονδία σε μια συγκεκριμένη διοργάνωση.
Εθνικοί τεχνικοί υπάλληλοι (ΕΤΕ)	Οι Τεχνικοί Αξιωματούχοι Επιπέδου 1 πιστοποιημένοι από την Εθνική Ομοσπονδία.
Προσπέραση	Στην ποδηλατική διαδρομή, όταν το μπροστινό άκρο του μπροστινού τροχού του ποδηλάτου που προσπερνάει κινείται μπροστά από το μπροστινό άκρο του μπροστινού τροχού του το ποδήλατο που προσπερνάται. Ένας αθλητής μπορεί να περάσει έναν άλλο αθλητή μόνο από την κατάλληλη πλευρά.
Συσκευασία	Δύο ή περισσότεροι αθλητές με επικαλυπτόμενες ζώνες σχεδίασης.
Πάνελ	Ένα προσωρινό ή μόνιμο όργανο που αποτελείται από τουλάχιστον τρία (3) άτομα που εκπροσωπούν προκαθορισμένους ενδιαφερόμενους φορείς, το οποίο λαμβάνει αποφάσεις ή υποβάλλει προτάσεις σε συγκεκριμένα καθήκοντα.
Πέρασμα	Όταν η ζώνη σχεδίασης ποδηλάτου ενός αθλητή επικαλύπτει τη ζώνη σχεδίασης ποδηλάτου ενός άλλου αθλητή, κάνει συνεχή πρόοδο προς τα εμπρός μέσα στη ζώνη αυτή και προσπερνά μέσα σε μέγιστο χρονικό διάστημα 20 δευτερολέπτων. Ένας αθλητής μπορεί να περάσει έναν άλλο αθλητή μόνο από την κατάλληλη πλευρά.
Ποινή	Η συνέπεια για έναν αθλητή, ο οποίος εκτιμάται από έναν Τεχνικό Αξιωματούχο να παραβιάσει τον κανόνα. Η ποινή μπορεί να έχει τη μορφή χρονικής καθυστέρησης, αποκλεισμού, αναστολής ή αποβολής.

ΦΟΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
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ΜΑΚΕΔΟΝΙΣΤΩΝ ΠΕΙΡΑΙΑΣ Κ.Π. 185/ΚΟ
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ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
ΕΛΛΗΝΙΚΗ ΥΠΗΡΕΣΙΑ ΔΙΑΔΙΚΤΥΟΥ
NIZELΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
ΑΦΜ 095730866 – ΔΟΥ ΦΑΕ ΠΕΙΡΑΙΑ
ΤΗΛ. 2109225000

Πεδίο ποινής τρεξίματος	Μια περιοχή στην ποδηλατική διαδρομή ή στη διαδρομή τρεξίματος, που προορίζεται για την επιβολή ποινής χρόνου για παράβαση/παραβίαση κανόνα.
Πρόθεση	Μια τεχνητή συσκευή που χρησιμοποιείται για να αντικαταστήσει ένα μέρος του σώματος που λείπει.
Διαμαρτυρία	Η διαμαρτυρία είναι μια επίσημη καταγγελία της συμπεριφοράς ενός συναθλητή ή στελέχους του αγώνα ή καταγγελία των συνθηκών του αγώνα.
Αγώνας	Ένας διαγωνισμός ή μια ομάδα διαγωνισμών, οι οποίοι καθορίζουν έναν νικητή, τα μετάλλια και έναν κατάλογο αποτελεσμάτων. Στην περίπτωση του Παρατριάθλου, αυτό ονομάζεται "Medal Event" (π.χ.: elite ανδρών, 50-54 γυναικών).
Επικεφαλής Διαιτητής	Ένας Τεχνικός Αξιωματούχος, ο οποίος είναι υπεύθυνος έναντι του Τεχνικού Αντιπροσώπου να ακούει και να λαμβάνει τελικές αποφάσεις για όλες τις παραβιάσεις των κανόνων που αναφέρονται από τους Τεχνικούς Αξιωματούχους. Ο Τεχνικός Αντιπρόσωπος ορίζει τον Επικεφαλής Διαιτητή.
Κόκκινη κάρτα	Κάρτα, η οποία χρησιμοποιείται για την ενημέρωση των αθλητών σχετικά με τον αποκλεισμό.
Περιοχή	Ομάδα εθνικών ομοσπονδιών, από την ίδια ή διαφορετικές ηπείρους, που συνδέονται για γεωγραφικούς ή πολιτιστικούς λόγους.
Εγγραφή:	Σημείο ελέγχου στην είσοδο της ενημέρωσης των αθλητών και της συνάντησης των προπονητών. Οι συμμετέχοντες στις συνεδριάσεις αυτές θα υπογράψουν στον κατάλογο παρουσίας.
Αποτελέσματα:	Οι χρονομετρημένες θέσεις τερματισμού όλων των αθλητών μετά την εκδίκαση των αναφορών παραβίασης, την εκδίκαση των ενστάσεων και των εφέσεων και την επιβολή ποινών.
Δικαίωμα διέλευσης	Όταν ένας αθλητής έχει εδραιώσει μια ηγετική θέση και ακολουθεί μια επιθυμητή πορεία εντός των ορίων των Κανόνων Αγώνων του Παγκοσμίου Τριάθλου.
Στρογγυλό	Κάθε ένα από τα στάδια μιας διοργάνωσης με μορφή προκριματικών. Ένα αγώνισμα στη μορφή προκριματικών γύρων έχει δύο γύρους: ημιτελικούς και τελικό.
Πορεία τρεξίματος	Τμήμα της αγωνιστικής διαδρομής, το οποίο έχει καθοριστεί κατά την ενημέρωση των αθλητών, όπου ο αθλητής πρέπει να τρέξει ή να περπατήσει μέσα σε διακριτά όρια λωρίδων. Στα τρίαθλα και τα υδατοσφαίριση, η διαδρομή τρεξίματος αρχίζει στην έξοδο από την περιοχή αλλαγής και ολοκληρώνεται στη γραμμή τερματισμού. Στα δυάθλα, η πρώτη διαδρομή ξεκινά από τη γραμμή εκκίνησης και ολοκληρώνεται στην είσοδο του χώρου τρεξίματος - η δεύτερη διαδρομή ξεκινά από την έξοδο του χώρου τρεξίματος και ολοκληρώνεται στη γραμμή τερματισμού.
Κυρώσεις	Αδειάζει ο εκδότης από την Εθνική Ομοσπονδία για τη διεξαγωγή μιας εκδήλωσης. Η εκδίκαση μιας τέτοιας άδειας είναι μία διαδικασία.

	έγκρισης ότι τα σχέδια για την εκδήλωση έχουν επιθεωρηθεί διεξοδικά και έχουν κριθεί ότι συμμορφώνονται πλήρως με τις απαιτήσεις των λειτουργικών απαιτήσεων της Εθνικής Ομοσπονδίας, ώστε να παρέχεται η μεγαλύτερη δυνατή δυνατότητα για τη διεξαγωγή μιας ασφαλούς και δίκαιης εκδήλωσης.
Θάλασσα και νερό μετάβασης:	Ωκεανός, θάλασσες και το τμήμα του ποταμού που επηρεάζεται από τις παλίρροιας, συμπεριλαμβανομένων των εκβολών των ποταμών, των δέλτα, των εκβολών και των γιάς.
Τμήμα	Τύπος αγωνίσματος Π.χ.: Ένας αγώνας τριάθλου αποτελείται από 5 τμήματα: κολύμπι, μετάβαση 1, ποδήλατο, μετάβαση 2 και τρέξιμο.
Ημιτελικός	Προκαταρκτικός γύρος μιας διοργάνωσης σε μορφή προκριματικού γύρου. Οι ημιτελικοί καθορίζουν τους αθλητές που προκρίνονται στον τελικό.
Έξυπνο κράνος	Κράνος ποδηλάτου με ενσωματωμένο ηχοσύστημα που καλύπτει ή δεν καλύπτει τα αυτιά.
Ταξινομημένος κατάλογος αναμονής	Κατάλογος των αθλητών που δεν έχουν ακόμη συμπεριληφθεί στον κατάλογο εκκίνησης, ταξινομημένος σύμφωνα με τα συγκεκριμένα κριτήρια πρόκρισης.
Κατηγορία Sport	Η αθλητική κατηγορία παρατριάθλου είναι μια κατηγορία που ορίζεται από το World Triathlon στην οποία οι αθλητές κατηγοριοποιούνται σε σχέση με τον περιορισμό της δραστηριότητας που προκύπτει από αναπηρία.
Αθλητικό πνεύμα	Η συμπεριφορά ενός αθλητή κατά τη διάρκεια ενός αγώνα. Το αθλητικό πνεύμα ερμηνεύεται ως δίκαιη, ορθολογική και ευγενική συμπεριφορά, ενώ ως κακή αθλητική συμπεριφορά θεωρείται κάθε συμπεριφορά που κρίνεται ως άδικη, ανήθικη ή ανέντιμη, βίαιη πράξη, σκόπιμο παράπτωμα, υβριστική γλώσσα, εκφοβιστική συμπεριφορά ή επίμονη παραβίαση των κανόνων.
Τυποποιημένο κομμάτι γέφυρας	Ένα άκαμπτο κομμάτι από πλαστικό ή μέταλλο, το οποίο ενώνει τις δύο πλευρές του κλιπ του τιμονιού στα άκρα και διατίθεται στο εμπόριο.
Λίστα έναρξης	Κατάλογος των αθλητών που έχουν εγκριθεί να αγωνιστούν σε έναν αγώνα.
Έναρξη κύματος	Μια ομάδα αθλητών που ξεκινούν μαζί την ίδια στιγμή. Ένα κύμα εκκίνησης μπορεί να περιλαμβάνει διαφορετικούς αγώνες (π.χ.: διαφορετικές αθλητικές κατηγορίες Παρατριάθλου ή διαφορετικές ηλικιακές ομάδες), αλλά επίσης ένας αγώνας μπορεί να χωριστεί σε διαφορετικά κύματα εκκίνησης (π.χ.: Ηλικιακή ομάδα 20-24Α και ηλικιακή ομάδα 20-24Β).
Stop and Go	Η ποινή συνίσταται στη διακοπή, διόρθωση του σφάλματος και συνέχιση του αγώνα.
Αναστολή:	Ένας αθλητής στον οποίο επιβλήθηκε αυτή η ποινή δεν θα επιτρέπεται κατά τη διάρκεια της αναφερόμενης περιόδου αναστολής να λάβει μέρος σε οποιαδήποτε διοργάνωση που έχει εγκριθεί από το World Triathlon ή τις Ομοσπονδίες Εθνικές που συνδέονται με αυτό. Η ποινή αυτή έχει καθοριστεί από τον ΠΡΟΕΔΡΟ ΤΗΣ ΕΠΙΤΡΟΠΗΣ ΕΛΕΓΧΟΥ ΚΑΙ ΕΠΙΒΕΒΛΩΣΗΣ ΤΗΣ ΑΓΩΝΙΣΤΙΚΗΣ ΔΙΑΔΙΚΑΣΙΑΣ.

ΦΟΤΙΟΣ ΜΠΑΜΠΙΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
ΜΑΧΙΛΟΣ 12 - ΠΕΙΡΑΙΑΣ (ΟΠΙΣΘΟΚΑΤΑΡΤΗΡΙΑ)
ΑΦΜ: 037385370 - ΔΟΥ: ΣΤ ΠΕΙΡΑΙΩΣ
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ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ - INTERNET
ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 - ΚΑΛΛΙΘΕΑ - Τ.Κ. 176 76
ΑΦΜ: 095730866 - ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
ΤΗΛ. 2109225000



	τερματισμού και όλων των άλλων χώρων υπό τον έλεγχο της τοπικής οργανωτικής επιτροπής.
Παραβίαση	Παράβαση κανόνα που οδηγεί σε ποινή.
Λίστα αναμονής	Κατάλογος των αθλητών που δεν έχουν ακόμη συμπεριληφθεί στον κατάλογο εκκίνησης πριν από τη δημιουργία του καταλόγου εκκίνησης.
Προειδοποίηση:	Προειδοποίηση που δίνεται από Τεχνικό Αξιωματούχο σε αθλητή κατά τη διάρκεια ενός αγώνα. Ο σκοπός της προειδοποίησης είναι να προειδοποιήσει τον αθλητή για το ενδεχόμενο παραβίασης των κανόνων και να προωθήσει μια προληπτική στάση.
Χειμερινό τρίαθλο	Πολυαθλητισμός που συνδυάζει διαφορετικά χειμερινά αθλήματα. Μπορεί να έχει δύο διαφορετικές μορφές, είτε ξεκινώντας με τρέξιμο στο χιόνι, ακολουθούμενη από ποδηλασία στο χιόνι και τελειώνοντας με σκι ανωμάλου δρόμου, είτε ξεκινώντας με χιονοπέδιλα και ακολουθούμενη από πατινάζ στον πάγο και τελειώνοντας με σκι ανωμάλου δρόμου.
World Triathlon	Ο παγκόσμιος οργανισμός που διοικεί το τρίαθλο, το δίαθλο, το aquathlon, το χειμερινό τρίαθλο και όλα τα άλλα συναφή πολυαθλήματα, μη κερδοσκοπική εταιρεία που εδρεύει και διαμένει στο Maison du Sport International, Av de Rhodanie 54, CH-1007 Lausanne, Ελβετία.
Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τρίαθλου	Το έγγραφο που περιέχει όλους τους κανόνες και τους κανονισμούς που διέπουν δίκαιους και ασφαλείς αγώνες.
Μέλη του Παγκόσμιου Τρίαθλου	Οι εθνικές ομοσπονδίες και οι ηπειρωτικές συνομοσπονδίες που συνδέονται με το Παγκόσμιο Τρίαθλο.
Λογότυπο Διεθνούς Ένωσης Τρίαθλου	
Κίτρινη κάρτα	Κάρτα, η οποία χρησιμοποιείται για να ενημερώνει τους αθλητές για παραβάσεις που μπορεί να οδηγήσουν σε προειδοποίηση, ποινή χρόνου ή stop and go.

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
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 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
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 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
 ΤΗΛ. 2109225000



Κανόνες Συναγωνισμού της Διεθνούς Ένωσης
 Τρίαθλου
 28 Ιανουαρίου 2022
 158/196

ΠΑΡΑΡΤΗΜΑ Ε: ΓΕΝΙΚΟΙ ΚΑΝΟΝΕΣ ΚΑΙ ΔΙΑΔΙΚΑΣΙΕΣ ΠΡΟΚΡΙΣΗΣ ΤΟΥ ΠΑΓΚΟΣΜΙΟΥ ΤΡΙΑΘΛΟΥ

1. Γενικά:

- 1.1. Οι γενικές διαδικασίες και οι κανόνες προεπιλογής περιγράφονται κατωτέρω.
- 1.2. Τα συγκεκριμένα κριτήρια πρόκρισης για τα αγωνίσματα Arena Games Triathlon περιγράφονται στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου στον παρακάτω σύνδεσμο: https://www.triathlon.org/about/downloads/category/qualification_criteria
- 1.3. Τα συγκεκριμένα κριτήρια κατάταξης για τα αγωνίσματα Arena Games Triathlon περιγράφονται στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου στον παρακάτω σύνδεσμο: https://www.triathlon.org/about/downloads/category/ranking_criteria

2. Διαδικασίες διαχείρισης των λιστών εκκίνησης και των λιστών αναμονής:

- 2.1. Το παρόν τμήμα αφορά όλους τους αγώνες του Παγκόσμιου Τριάθλου, εκτός από εκείνους που εξαιρούνται ρητά. Ο αποκλεισμός αυτός αναφέρεται στα συγκεκριμένα κριτήρια προσόντων. Τα συγκεκριμένα κριτήρια προσόντων ορίζουν επίσης:
 - β) Η ποσόστωση των εθνικών ομοσπονδιών (*),
 - γ) Αναλογία Εθνικής Ομοσπονδίας:
 - δ) Η διευρυμένη ποσόστωση των εθνικών ομοσπονδιών (*),
 - ε) Η διευρυμένη ποσόστωση της Εθνικής Ομοσπονδίας υποδοχής (*),
 - στ) Η υπέρβαση της ποσόστωσης είναι στη διακριτική ευχέρεια της επιτροπής πρόσκλησης,(*) Οι ποσοστώσεις αυτές μπορούν να μειωθούν λόγω της επιβολής κυρώσεων.

2.2. Οι εθνικές ομοσπονδίες μπορούν να συμπεριλάβουν αθλητές στη λίστα αναμονής ανά πάσα στιγμή,

2.3. Ο κατάλογος εκκίνησης θα δημιουργηθεί την πρώτη Τρίτη πριν από 30 ημέρες πριν από τη διοργάνωση, εκτός εάν αναφέρεται διαφορετικά στα συγκεκριμένα κριτήρια πρόκρισης,

α) Όλοι οι αθλητές που εγγράφονται στη λίστα αναμονής θα ταξινομηθούν ως εξής,

(i) Πρώτος από την Παγκόσμια Κατάταξη Τριάθλου, ή την προτεραιότητα που αναφέρεται στα Κριτήρια Πρόκρισης,

(ii) Στη συνέχεια, αθλητές χωρίς βαθμούς στην Παγκόσμια Κατάταξη Τριάθλου. Ταξινομούνται ως ένας ανά Εθνική Ομοσπονδία με αλφαβητική σειρά του κωδικού χώρας της ΔΟΕ, ξεκινώντας από την Εθνική Ομοσπονδία υποδοχής. Μόλις ένας αθλητής από κάθε Εθνική Ομοσπονδία είναι στη λίστα αναμονής, ένας δεύτερος συμπεριλαμβάνεται στη λίστα αναμονής, με τις ίδιες αρχές όπως παραπάνω. Στη συνέχεια, ένας τρίτος αθλητής, και ούτω καθεξής,

β) Ο αριθμός των αθλητών που εισάγεται με το μέγεθος της λίστας εκκίνησης είναι μέγιστος και θα μειώνεται στο λίστα εκκίνησης, υπό την προϋπόθεση ότι η συμμετοχή των συγκεκριμένων αθλητών έχει ως αποτέλεσμα την Εθνική Ομοσπονδία υποδοχής να μην υπερβεί τη ποσόστωση της Εθνικής Ομοσπονδίας υποδοχής.

- γ) Κατά περίπτωση, την ίδια στιγμή, δημιουργούνται λίστες αναμονής με τους αθλητές που δεν περιλαμβάνονται σε στη λίστα εκκίνησης, με την ίδια σειρά όπως παραπάνω.
- 2.4. Οι αθλητές που θα εγγραφούν στη λίστα αναμονής μετά από αυτή τη στιγμή θα κατανομηθούν στις τελευταίες θέσεις σύμφωνα με την ώρα εγγραφής τους.
- 2.5. Οι αθλητές που υπερβαίνουν την ποσόστωση επισημαίνονται με την ένδειξη "Υπερβαίνει την ποσόστωση της Εθνικής Ομοσπονδίας",
- 2.6. Δεν εγκρίνονται άλλοι αθλητές στη λίστα εκκίνησης μέχρι να ολοκληρωθεί η διαδικασία πρόσκλησης. (Το σημείο αυτό δεν ισχύει για αγώνες παρατριάθλου)
- 2.7. Μέχρι την Παρασκευή μετά τη δημιουργία του καταλόγου εκκίνησης:
- α) Οι εθνικές ομοσπονδίες μπορούν να ζητήσουν αντικαταστάσεις,
- β) Οι εθνικές ομοσπονδίες μπορούν να ζητήσουν αποσύρσεις χωρίς ποινή,
- γ) Οι εθνικές ομοσπονδίες μπορούν να ζητήσουν προσκλήσεις.
- 2.8. Το Σάββατο μετά τη δημιουργία των καταλόγων εκκίνησης οι προσκλήσεις απονέμονται όπως περιγράφεται παρακάτω στο τμήμα 7 του παρόντος προσαρτήματος,
- 2.9. Οι θέσεις εκκίνησης που δεν καλύπτονται από την επιτροπή πρόσκλησης καλύπτονται από τον επόμενο αθλητή που έχει δικαίωμα συμμετοχής στον ταξινομημένο κατάλογο αναμονής,
- 2.10. Σύμφωνα με την παραπάνω διαδικασία, όταν μια Εθνική Ομοσπονδία αποσύρει έναν αθλητή που δεν έχει την ένδειξη "Υπερβαίνει την ποσόστωση της ΕΦ", η ένδειξη του πρώτου αθλητή από την ίδια Εθνική Ομοσπονδία θα αφαιρεθεί αυτόματα,
- 2.11. Οι κενές θέσεις στον κατάλογο εκκίνησης συμπληρώνονται από τον επόμενο επιλέξιμο αθλητή στον ταξινομημένο κατάλογο αναμονής. Μια κενή θέση στον κατάλογο εκκίνησης μπορεί να προκύψει ως συνέπεια μιας απόσυρσης ή λόγω του χαμηλού αριθμού των συμμετοχών,
- 2.12. Όταν όλοι οι αθλητές στη Λίστα Αναμονής έχουν την ένδειξη "Υπερβαίνει την ποσόστωση του ΝΦ" και υπάρχει κενή θέση στη Λίστα Εκκίνησης, ο πρώτος αθλητής θα εγκριθεί. Η αποδοχή των αθλητών που υπερβαίνουν την ποσόστωση της Εθνικής Ομοσπονδίας ή της Εθνικής Ομοσπονδίας υποδοχής ακολουθεί τη σειρά ενός αθλητή ανά Εθνική Ομοσπονδία, σύμφωνα με τις θέσεις τους στη διατεταγμένη λίστα αναμονής. Μόλις όλες οι επηρεαζόμενες εθνικές ομοσπονδίες έχουν έναν αθλητή στη λίστα εκκίνησης, ένας δεύτερος μετακινείται στη λίστα εκκίνησης, κ.λπ,
- 2.13. Κανένας αθλητής δεν θα γίνει δεκτός στη λίστα αναμονής από 48 ώρες πριν από την ενημέρωση των αθλητών,
- 2.14. Οι κενές θέσεις από 24 ώρες πριν από την ενημέρωση των αθλητών θα συμπληρωθούν με αθλητές από τη λίστα αναμονής που θα είναι παρόντες στην ενημέρωση.

3. Ενέργειες που αναλήφθηκαν ως συνέπεια των αποσύρσεων:

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3.1. Ενέργειες που εφαρμόζονται στους αθλητές σε περίπτωση που υπάρχει λίστα αναμονής και δεν έχουν χαρακτηριστεί όλοι οι αθλητές σε αυτήν ως πλεονάζοντες:

- α) Οι αθλητές που αποσύρονται από έναν αγώνα μετά τις 13.00 ώρα Ελλάδας τη Δευτέρα πριν από τον αγώνα, διαγράφονται από όλες τις λίστες εκκίνησης και αναμονής των αγώνων των επόμενων 30 ημερών που μετρούνται από την ημέρα της απόσυρσης,
- β) Ο αθλητής δεν επιτρέπεται να αγωνιστεί σε κανέναν αγώνα το ίδιο Σαββατοκύριακο του αγώνα που αποσύρεται και το επόμενο,
- γ) Η ποινή του επόμενου Σαββατοκύριακου μπορεί να αποφευχθεί με τη χρήση ενός "τζόκερ", όπως περιγράφεται παρακάτω.

3.2. Δράσεις που εφαρμόζονται στις εθνικές ομοσπονδίες:

- α) Οι εθνικές ομοσπονδίες που αποσύρουν αθλητές από τον κατάλογο εκκίνησης κατά τη διάρκεια της περιόδου μεταξύ της προγραμματισμένης ημέρας για τις προσκλήσεις και της ενημέρωσης των αθλητών, θα λάβουν ποινή που συνίσταται σε μείωση της ποσόστωσης της εθνικής ομοσπονδίας σε μελλοντικές διοργανώσεις Παγκόσμιου Τριάθλου, όπως περιγράφεται στους ακόλουθους πίνακες:

WTCS, Παγκόσμια Κύπελλα και Ηπειρωτικά Πρωταθλήματα	
Αποσύρσεις (ανά φύλο)	Μείωση ποσόστωσης (ανά φύλο)
1	0
2-3	1
4-5	2
6 ή περισσότεροι	3

Continental Cups και Junior Continental Cups	
Αποσύρσεις (ανά φύλο)	Μείωση ποσόστωσης (ανά φύλο)
1	0
2-3	1
4-6	2
7-10	3
11-15	4
16 ή περισσότεροι	5

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Διοργανώσεις παρατριάθλου:	
Αναλήψεις (και τα δύο φύλα, όλες οι τάξεις)	Μείωση ποσόστωσης (ισχύει για όλες τις κατηγορίες και για τα δύο φύλα)
1-3	0
4-6	1
7 ή περισσότεροι	2

β) Οι αθλητές που απουσιάζουν από την ενημέρωση, χωρίς προηγούμενη ειδοποίηση, προστίθενται σε αυτούς που αποσύρονται από τον αγώνα από την Εθνική Ομοσπονδία.

γ) Επίσης, οι αθλητές που λείπουν από την ενημέρωση και οι αθλητές που λείπουν από τον αγώνα προστίθενται για να προσδιοριστεί ο συνολικός αριθμός των αθλητών που αποσύρονται από έναν αγώνα.

δ) Οι μειώσεις των ποσοστώσεων είναι σωρευτικές, εάν δημιουργούνται σε διαφορετικά γεγονότα στο ίδιο Σαββατοκύριακο ή σε εκδηλώσεις που οι χρόνοι ποινής τους συμπίπτουν.

ε) Όλες οι Εθνικές Ομοσπονδίες θα έχουν ελάχιστη ποσόστωση ενός (1) σε μια εκδήλωση, ακόμη και αν η συσσωρευμένες ποινές θα απέκλειαν όλους τους αθλητές της Εθνικής Ομοσπονδίας από ένα διοργάνωση.

στ) Τη Δευτέρα μετά τη διοργάνωση, υπολογίζεται ο αριθμός των αποχωρήσεων ανά εθνική ομοσπονδία και ανά φύλο και ανακοινώνεται η μείωση των ποσοστώσεων στις εθνικές ομοσπονδίες που επηρεάζονται. Οι εκδηλώσεις που επηρεάζονται από τη μείωση αυτή θα είναι οι ακόλουθες:

(i) Σειρά Πρωταθλημάτων Διεθνούς Ένωσης Τριάθλου Οι επόμενες δύο εκδηλώσεις WTCS που θα παραχθούν Λίστα εκκίνησης,

(ii) Παγκόσμια Κύπελλα Τριάθλου / Ηπειρωτικά Πρωταθλήματα: Οι επόμενες δύο εκδηλώσεις που πρόκειται να παραχθούν,

(iii) Διοργανώσεις παρατριάθλου: Οι επόμενες δύο διοργανώσεις παρατριάθλου στις οποίες θα παραχθεί ο Κατάλογος Εκκίνησης,

(iv) **Ηπειρωτικά Κύπελλα** Οι εκδηλώσεις των οποίων ο Κατάλογος εκκίνησης πρόκειται να παραχθεί τις επόμενες 30 ημέρες,

(v) Ηπειρωτικά Κύπελλα Παιδικών. Τα επόμενα δύο Κύπελλα Junior Continental που θα παραχθούν.

ζ.) Μπορεί να συμβούν και απροσδόκητες αποσύσεις Εθνικές Ομοσπονδίες εξαιτίας τους οι Εθνικές Ομοσπονδίες μπορούν να χρησιμοποιήσουν τα "τζόκερ".

- η) Ο αριθμός των "τζόκερ" ανά Εθνική Ομοσπονδία εξαρτάται από τον αριθμό των συμμετοχών κάθε Εθνικής Ομοσπονδίας κατά τα προηγούμενα έτη ως εξής:

Αριθμός "Τζόκερ"	Αναλογία Εθνικής Ομοσπονδίας:
10	AUS, CAN, ESP, JPN, MEX, USA
8	BEL, BRA, CHN, FRA, GBR, GER, ITA, NED, NZL, RUS, SUI
6	ARG, AUT, CHI, CZE, ECU, HUN, ISR, KAZ, KOR, POL, POR, RSA
4	COL, CRC, EST, HKG, IRL, LUX, MAR, NOR, PHI, SVK, SWE, TPE, UKR
2	BLR, CUB, DEN, ROU, TUR, UZB
1	Όλες οι άλλες εθνικές ομοσπονδίες

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4. "Jokers":

4.1. Η χρήση ενός τζόκερ σημαίνει:

- α) Να μειωθεί κατά ένα η μείωση των ποσοστώσεων, ή
- β) Να δοθεί στους τιμωρημένους αθλητές η δυνατότητα να αγωνιστούν το δεύτερο Σαββατοκύριακο μετά την απόσυρση.

4.2. Οι εθνικές ομοσπονδίες πρέπει να ανακοινώσουν τη χρήση του τζόκερ εντός 48 ωρών από την ανακοίνωση της μείωσης της ποσοστώσεως,

5. Αρίθμηση:

5.1. Οι αγώνες θα αριθμηθούν την προηγούμενη Δευτέρα έως τις 13:00 GMT σύμφωνα με τα κριτήρια που αναφέρονται στους Κανόνες Αγώνων του Παγκοσμίου Τριάθλου, ενότητα 2.10. Οι αθλητές που γίνονται δεκτοί στη λίστα εκκίνησης μετά την ανάθεση των αριθμών, θα λάβουν τον επόμενο υψηλότερο αριθμό.

6. Έκτακτες συνθήκες:

6.1. Οι μη Ασιάτες αθλητές δεν θα γίνονται δεκτοί στους αγώνες ελίτ του Ασιατικού Ηπειρωτικού Πρωταθλήματος Τριάθλου. Για τα άλλα Ασιατικά Πρωταθλήματα, μη Ασιάτες αθλητές θα γίνονται δεκτοί εάν η διοργάνωση δεν είναι πλήρης, με τους ίδιους περιορισμούς ποσοστώσεως όπως και οι Ασιατικές Εθνικές Ομοσπονδίες. Οι εισδοχές αυτές θα εγκριθούν 10 ημέρες πριν από την εκδήλωση,

6.2. Οι μη Ευρωπαίοι αθλητές δεν θα γίνονται δεκτοί στους αγώνες ελίτ του ευρωπαϊκού ηπειρωτικού πρωταθλήματος σπριντ τριάθλου. Για τα άλλα Ευρωπαϊκά Πρωταθλήματα, μη Ευρωπαίοι αθλητές θα γίνονται δεκτοί εάν η διοργάνωση δεν είναι πλήρης, με τους ίδιους περιορισμούς ποσοστώσεως όπως και για τις Ευρωπαϊκές Εθνικές Ομοσπονδίες. Οι εισδοχές αυτές θα εγκριθούν 10 ημέρες πριν από την εκδήλωση,

6.3. Τα αφρικανικά, αμερικανικά και ωκεάνια ηπειρωτικά πρωταθλήματα θα είναι ανοικτά σε αθλητές από οποιαδήποτε ήπειρο, εάν ο αγώνας δεν είναι πλήρης, με τους ίδιους περιορισμούς ποσοστώσεως όπως οι εθνικές ομοσπονδίες της διοργανώτριας ηπείρου. Οι εισδοχές αυτές θα εγκριθούν 10 ημέρες πριν από την εκδήλωση.

7. Προσκλήσεις:

7.1. Την Παρασκευή μετά τη δημιουργία της λίστας εκκίνησης (εκτός αν ορίζεται διαφορετικά στα συγκεκριμένα Κριτήρια Προσόντων) η Επιτροπή Πρόσκλησης θα έχει τη δυνατότητα να απονεμίσει τόσες προσκλήσεις όσες είναι οι κενές θέσεις, δηλαδή τουλάχιστον πέντε προσκλήσεις (εκτός αν ορίζεται διαφορετικά στα συγκεκριμένα Κριτήρια Προσόντων) προσκλήσεις με βάση τις αιτήσεις, αλλά όχι περιοριστικά,

7.2. Η αίτηση πρόσκλησης πρέπει να αποσταλεί με ηλεκτρονικό ταχυδρομείο από την αντίστοιχη Εθνική Ομοσπονδία στο entries@triathlon.org

7.3. Η επιτροπή πρόσκλησης μπορεί να επεκτείνει τις προσκλήσεις των εθνικών ομοσπονδιών που αναφέρονται σε συγκεκριμένα κριτήρια προκλήσης

- 7.4. Η επιτροπή προσκλήσεων αποτελείται από τα ακόλουθα μέλη για τις διοργανώσεις του Παγκόσμιου Τριάθλου:
- α) Ο Γενικός Γραμματέας του Παγκόσμιου Τριάθλου ή ο ορισμός του,
 - β) Ένας εκπρόσωπος του Αθλητικού Τμήματος της Διεθνούς Ένωσης Τριάθλου (πρόεδρος).
 - γ) Εκπρόσωπος της World Triathlon Development.
- 7.5. Η επιτροπή προσκλήσεων αποτελείται από τα ακόλουθα μέλη για τις ηπειρωτικές εκδηλώσεις:
- α) Ο Γενικός Γραμματέας της Ηπειρωτικής Συνομοσπονδίας ή ο διορισμένος,
 - β) Ένας εκπρόσωπος του Αθλητικού Τμήματος της Διεθνούς Ένωσης Τριάθλου (πρόεδρος).
 - γ) Εκπρόσωπος της World Triathlon Development.

8. Αναπληρώσεις:

- 8.1. Οι εθνικές ομοσπονδίες επιτρέπεται να αντικαταστήσουν αθλητή ή αθλήτριες σε οποιοδήποτε αγώνισμα,
- 8.2. Τα ονόματα και των δύο αθλητών που συμμετέχουν στην αντικατάσταση πρέπει να αποσταλούν με ηλεκτρονικό ταχυδρομείο στο entries@triathlon.org,
- 8.3. Οι αντικαταστάσεις επιτρέπονται μόνο μέχρι την Παρασκευή μετά τη δημιουργία του καταλόγου εκκίνησης.
- 8.4. Ο αντικαταστάτης αθλητής θα πάρει τη θέση του αθλητή που αντικαταστάθηκε, ανεξάρτητα από το αν ο αθλητής που αντικαταστάθηκε είναι στη λίστα εκκίνησης ή στη λίστα αναμονής. Ο αθλητής που αντικαταστάθηκε θα αποβληθεί από τον αγώνα,
- 8.5. Οι αθλητές που αντικαθίστανται μπορούν να εγγραφούν ξανά στη λίστα αναμονής και θα θεωρηθούν εκπρόθεσμη εγγραφή.
- 8.6. Ο αριθμός των αντικαταστάσεων ανά φύλο και ανά αγώνισμα είναι ο ακόλουθος:
- α) Μία (1) αντικατάσταση - World Triathlon Championship Series, Παγκόσμιο Πρωτάθλημα U23,
 - β) Δύο (2) αντικαταστάσεις - Παγκόσμιο Κύπελλο Τριάθλου, διοργανώσεις πολλαπλών αθλημάτων, ηπειρωτικά πρωταθλήματα,
 - γ) Τρεις (3) αντικαταστάσεις - Ηπειρωτικά Κύπελλα Τριάθλου, Ηπειρωτικά Κύπελλα Εφήβων, Περιφερειακά Πρωταθλήματα και Περιφερειακά Κύπελλα Ανάπτυξης
 - δ) Μία (1) αντικατάσταση ανά φύλο σε όλες τις διοργανώσεις του Παγκόσμιου Τριάθλου

9. Καθυστερημένη απόδοση:

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- 9.1. Οι αθλητές που είναι παρόντες στην ενημέρωση των αθλητών, αλλά αναγκάζονται να αποσυρθούν από τον αγώνα λόγω ασθένειας ή τραυματισμού της τελευταίας στιγμής, όπως αποδεικνύεται από πιστοποιητικό ιατρού με την έγκριση του Ιατρικού Υπεύθυνου, δεν θα τιμωρούνται,
- 9.2. Σε περίπτωση έλλειψης Ιατρικού Αντιπροσώπου, ο Τεχνικός Αντιπρόσωπος μπορεί να συμβουλευτεί τον Ιατρικό Διευθυντή της διοργάνωσης.
- 9.3. Οι αθλητές που θα απαλλαγούν για να πάνε στην ενημέρωση μετά από εξέταση από τον Ιατρικό Αντιπρόσωπο ή, σε περίπτωση απουσίας του Ιατρικού Αντιπρόσωπου, από τον Ιατρικό Διευθυντή της διοργάνωσης, όπως αποδεικνύεται, δεν θα τιμωρούνται.
- 9.4. Θα σημειωθούν ως DNS και ο επόμενος επιλέξιμος αθλητής θα προστεθεί στη λίστα εκκίνησης,

10. Διαδικασίες για εκδηλώσεις που λαμβάνουν χώρα το ίδιο Σαββατοκύριακο.

10.1. Ιεραρχία των εκδηλώσεων

α) Οι εκδηλώσεις του ίδιου Σαββατοκύριακου θα ταξινομηθούν σύμφωνα με την ακόλουθη ιεραρχία

1. Τελικοί Πρωταθλήματος Διεθνούς
2. Σειρά Πρωταθλημάτων Διεθνούς
3. Παγκόσμια Πρωταθλήματα
4. Παγκόσμια Πρωταθλήματα
5. **World Triathlon**
6. Τελικοί Τριάθλου Arena
7. Continental Championships U23
8. Continental Championships U23
9. Παγκόσμια Πρωταθλήματα
10. Continental Triathlon Cup
11. Arena Games Triathlon Series
12. Continental Championships U23
13. Περιφερειακά
14. Περιφερειακό Κύπελλο

β) Σε περίπτωση που υπάρχουν περισσότερα από ένα συμβάντα από το ίδιο επίπεδο ιεραρχίας, αυτά θα ταξινομηθούν πρώτα κατά multisport με την ακόλουθη σειρά: Τρίαθλο, Τρίαθλο μεγάλων αποστάσεων, Duathlon, Duathlon μεγάλων αποστάσεων, Χειμερινό τρίαθλο, Aquathlon, Cross Triathlon, Cross Duathlon, στη συνέχεια από ήπειρο με την ακόλουθη σειρά: Ευρώπη, Αμερική, Ασία, Ωκεανία, Αφρική.

10.2. Αθλητές που συμμετέχουν σε δύο ή περισσότερα αγωνίσματα:

α) Οι αθλητές που συμμετέχουν σε δύο ή περισσότερα αγωνίσματα, θα ταξινομηθούν στη λίστα εκκίνησης ενός αγώνα, με βάση την ιεραρχία των αγωνισμάτων, από τη λίστα εκκίνησης ή αναμόρφωσης των αγώνων χαμηλότερου ιεραρχικού επιπέδου θα αναμειγνύονται με τη λίστα εκκίνησης ή αναμόρφωσης των αγώνων χαμηλότερου ιεραρχικού επιπέδου.

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β) Οι αθλητές που περιλαμβάνονται στη λίστα αναμονής μιας διοργάνωσης υψηλότερου ιεραρχικού επιπέδου και στη λίστα εκκίνησης μιας διοργάνωσης χαμηλότερου ιεραρχικού επιπέδου θα παραμείνουν στη λίστα αναμονής της διοργάνωσης υψηλότερου ιεραρχικού επιπέδου. Σε περίπτωση έγκρισης, ισχύει το προηγούμενο σημείο.

γ) Οι αθλητές που περιλαμβάνονται στη λίστα αναμονής και για τα δύο αγωνίσματα θα παραμείνουν και στις δύο λίστες αναμονής, σε περίπτωση που έγκρισης, θα ισχύουν οι προηγούμενοι βαθμοί.

δ) Αναπληρώσεις: Ο αθλητής αντικατάστασης σε ένα αγώνισμα θα αφαιρεθεί από την εκκίνηση ή την αναμονή λίστες των αγωνισμάτων του ίδιου Σαββατοκύριακου, σύμφωνα με το 8.5 μπορεί να ξαναμπεί ως εκπρόθεσμη συμμετοχή. Το αντικατασταθείς αθλητής θα ακολουθήσει τις διαδικασίες των προηγούμενων σημείων, ανάλογα με τη λίστα - έναρξη ή αναμονής - ο αθλητής τοποθετείται μετά την αντικατάσταση.

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ΠΑΡΑΡΤΗΜΑ ΣΤ: ΟΔΗΓΙΕΣ ΤΟΥ ΠΑΓΚΟΣΜΙΟΥ ΤΡΙΑΘΛΟΥ ΣΧΕΤΙΚΑ ΜΕ ΤΗΝ ΕΞΟΥΣΙΟΔΟΤΗΜΕΝΗ ΤΑΥΤΟΠΟΙΗΣΗ

1. Επισκόπηση:

- 1.1. Για να αγωνιστούν σε διοργανώσεις του Παγκόσμιου Τρίαθλου, οι αθλητές πρέπει να συμμορφώνονται με τους Οδηγούς του Παγκόσμιου Τρίαθλου σχετικά με την εγκεκριμένη ταυτότητα και την αναφορά στη στολή στο σημείο 2.8 των Αγωνιστικών Κανόνων,
- 1.2. Οι εικόνες σε αυτό το έγγραφο αναπαράγουν μια τυπική στολή τρίαθλου. Για το χειμερινό τρίαθλο και, σε ορισμένες περιπτώσεις, στο τρίαθλο, το διάθλο και το άθλημα του νερού, επιτρέπονται τα μακριά μανίκια και η κάλυψη του κάτω μέρους των ποδιών. Το παρόν προσάρτημα εφαρμόζεται με τον ίδιο τρόπο για όλες τις περιπτώσεις:

2. Στόχος:

- 2.1. Να παρέχουμε μια καθαρή και επαγγελματική εικόνα του αθλήματός μας στους τοπικούς και παγκόσμιους θεατές και στα μέσα ενημέρωσης,
- 2.2. Παρέχετε στους χορηγούς εύλογο χώρο για βιώσιμη έκθεση,
- 2.3. Να παρέχει ένα πλαίσιο που θα επιτρέπει στις Εθνικές Ομοσπονδίες μέλη του Παγκόσμιου Τρίαθλου και στους αθλητές να έχουν μια αμοιβαία επωφελή σχέση όσον αφορά τα δικαιώματα και τις υποχρεώσεις, σύμφωνα με το τμήμα 12.

3. Γενικές απαιτήσεις:

- 3.1. Οι στολές θα πρέπει να είναι εντελώς καθαρές από λογότυπα ή εικόνες εκτός από αυτές που περιγράφονται παρακάτω,
- 3.2. Τα λογότυπα θα μετρώνται σε επίπεδη επιφάνεια όταν ο αθλητής δεν φοράει τη στολή. Το "World Triathlon Logo Measurement Template" θα χρησιμοποιηθεί για τη μέτρηση των μεγεθών του λογότυπου,
- 3.3. Δεν υπάρχει κανένας περιορισμός όσον αφορά τον τύπο του λογότυπου που χρησιμοποιείται στους χώρους των χορηγών, εκτός από εκείνα που αντιπροσωπεύουν τον καπνό, τα οινόπνευματώδη ποτά και τα προϊόντα που περιέχουν οποιαδήποτε ουσία του Απαγορευμένου Καταλόγου του WADA,
- 3.4. Πρέπει να υπάρχει ελάχιστο κενό 1,5 cm γύρω από όλα τα σημάδια, συμπεριλαμβανομένων:

α) **Λογότυπο Διεθνούς Ένωσης Τρίαθλου**

β) Το οικογενειακό όνομα,

γ) Ο κωδικός χώρας **ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ**
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δ) Όλα τα λογότυπα των χορηγών.
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4. Ομοιόμορφο χρώμα και σχέδιο.

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- 4.1. Οι στολές πρέπει να είναι στα χρώματα που έχει επιλέξει η Εθνική Ομοσπονδία ως εξής:
- α) Elite Τελικοί του Παγκόσμιου Πρωταθλήματος Τρίαθλου, Παγκόσμια Σειρά Πρωταθλημάτων Τρίαθλου, Ηπειρωτικά Πρωταθλήματα και Παγκόσμια Πρωταθλήματα Τρίαθλου Multisport,
 - β) Junior, U23: Παγκόσμια Πρωταθλήματα Τρίαθλου και Ηπειρωτικά Πρωταθλήματα,
 - γ) ΠΑΡΑΤΡΙΑΘΛΟ Παγκόσμιο Πρωτάθλημα Τρίαθλου Para, World Triathlon Para Series και Continental Championships,
 - δ) Youth Ηπειρωτικά Πρωταθλήματα.
- 4.2. Για όλες τις άλλες διοργανώσεις του Παγκόσμιου Τρίαθλου τα χρώματα της στολής δεν έχουν περιορισμούς,
- 4.3. Το χρώμα και ο σχεδιασμός της στολής και της ενδυμασίας του βάθρου πρέπει να είναι διακριτά για τη συγκεκριμένη χώρα και πρέπει να εγκριθεί από το World Triathlon εκ των προτέρων,
- 4.4. Οι στολές της χώρας πρέπει να έχουν ξεχωριστή εμφάνιση, ωστόσο οι απαιτήσεις σχεδιασμού δεν πρέπει να επηρεάζουν τις τεχνικές απαιτήσεις που μπορεί να έχουν οι αθλητές λόγω του σωματότυπου ή του μεγέθους τους,
- 4.5. Η διαδικασία έγκρισης του χρώματος και του σχεδίου της στολής περιγράφεται στο Παράρτημα ΣΤ. Στόχος της διαδικασίας έγκρισης είναι να διασφαλιστεί ότι οι χώρες δεν θα έχουν το ίδιο χρώμα και σχέδιο στολής.
- 4.6. Για τους αθλητές Elite, το World Triathlon διατηρεί το δικαίωμα να θεσπίσει έναν ειδικό κανόνα μέχρι τις 30 Ιανουαρίου του συγκεκριμένου ημερολογιακού έτους, σχετικά με το χρώμα της στολής που πρέπει να φοράει ο πραγματικός αρχηγός της World Triathlon Championship Series:

Διάγραμμα 1: Τοποθεσία των χρωρών των χορηγών

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5. Όνομα οικογένειας και κωδικός χώρας:

5.1. Το επώνυμο (δεν ισχύει για τους αθλητές ηλικιακών ομάδων) και ο κωδικός χώρας της ΕΟΕ πρέπει να τοποθετούνται στο πάνω μέρος της στολής και επίσης στους γλουτούς. Το αρχικό του πρώτου ονόματος μπορεί να προστεθεί πριν από το επώνυμο: οι αθλητές με το ίδιο επώνυμο ενθαρρύνονται να προσθέσουν το αρχικό του πρώτου ονόματος. Η αναπαράσταση τόσο του οικογενειακού ονόματος όσο και του κωδικού χώρας πρέπει να πληροί τα ακόλουθα κριτήρια:

α) Τύπος γραμματοσειράς:

- (i) Ο τύπος γραμματοσειράς πρέπει να είναι "Arial",
- (ii) Τα γράμματα για το επώνυμο και τον κωδικό χώρας πρέπει να είναι κεφαλαία, εκτός εάν το όνομα αποτελείται από περισσότερα από 9 γράμματα, οπότε μετά το πρώτο κεφαλαίο γράμμα πρέπει να χρησιμοποιούνται πεζά γράμματα. Τα σύμβολα όπως το "-" και το κενό θεωρούνται χαρακτήρες (βλέπε διάγραμμα 2: Διάταξη ονόματος οικογένειας).

β) Χρώμα:

- (i) Εάν η στολή είναι σκούρου χρώματος, τα γράμματα πρέπει να είναι λευκά. Εάν η στολή είναι ανοιχτόχρωμη, τα γράμματα πρέπει να είναι μαύρα.

γ) Θέση:

- (i) Μπροστά: Το επώνυμο και ο κωδικός χώρας πρέπει να τοποθετούνται στο μπροστινό μέρος είναι κάτω από το λογότυπο του World Triathlon. Το επώνυμο και ο κωδικός χώρας πρέπει να τοποθετούνται πάνω από τον κωδικό της χώρας και το Sponsor Space A, και το Sponsor Space B και F. Το επώνυμο και ο κωδικός χώρας πρέπει να τοποθετούνται στο πίσω μέρος είναι κάτω από το λογότυπο του World Triathlon. Το επώνυμο και ο κωδικός χώρας πρέπει να τοποθετούνται πάνω από τον κωδικό της χώρας και το Sponsor Space A, και το Sponsor Space B και F.

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- (ii) Πίσω: Η θέση στην πλάτη είναι κάτω από τη μέση, ώστε να είναι ευδιάκριτη όταν ο αθλητής είναι πάνω στο ποδήλατο. Το επώνυμο του αθλητή βρίσκεται πάνω από τον κωδικό της χώρας,
- (iii) Ύψος: Το επώνυμο και ο κωδικός της χώρας πρέπει να έχουν ύψος 5 εκατοστά, ανεξάρτητα από τον αριθμό των γραμμάτων του ονόματος,
- (iv) Πλάτος: Το μήκος του οικογενειακού ονόματος είναι τουλάχιστον 12 εκατοστά και το πολύ 15 εκατοστά. Ένα επώνυμο με λίγα γράμματα πρέπει να έχει ελάχιστο μήκος 12 cm. (Βλέπε διάγραμμα 2: Family Name Layout) Το πλάτος για τον κωδικό χώρας πρέπει να είναι 6 cm έως 10 cm,

Διάγραμμα 2. Οικογενειακό όνομα Διάταξη

MAY

Για οικογενειακά ονόματα όπως το "MAY" παραπάνω, το ύψος είναι 5 εκατοστά και το πλάτος 12 εκατοστά.

Για μεγαλύτερα ονόματα, όπως το "Polikarpenko" παρακάτω, το ύψος εξακολουθεί να είναι τουλάχιστον 5 εκατοστά, αλλά το όνομα πρέπει να καταλαμβάνει όλα τα 15 εκατοστά.

Polikarpenko

6. Λογότυπο Διεθνούς Ένωσης Τριάθλου

- 6.1. Το επίσημο λογότυπο του Παγκόσμιου Τριάθλου θα εμφανιστεί στον επάνω δεξιό ώμο,
- 6.2. Θα είναι σύμφωνο με την αναλογία του επίσημου λογότυπου και του λογότυπου του World Triathlon,
- 6.3. Η οριζόντια διάσταση θα είναι 4 εκατοστά,
- 6.4. Η λευκή έκδοση πρέπει να εφαρμόζεται σε σκουρόχρωμες στολές (βλ. στο παράρτημα 1, Διάγραμμα 3).
- 6.5. Κάντε κλικ στο [εδώ](#) για την έντυπη έκδοση του λογότυπου του Παγκόσμιου Τριάθλου:

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ΑΦΜ: 037985370-ΔΟΥ: ΣΥ ΠΕΙΡΑΙΑΣ
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Διάγραμμα 3. Λογότυπο του Παγκόσμιου Τριάθλου 4 cm



6.6. Το παραπάνω διάγραμμα 3 δείχνει τη σωστή διάταξη για το λογότυπο του Παγκόσμιου Τριάθλου:

α) **Λογότυπο Διεθνούς Ένωσης Τριάθλου**

β) **Λογότυπο Διεθνούς Ένωσης Τριάθλου**

(i) Pantone 2728C,

6.7. Οι επίλεκτοι ατομικοί παγκόσμιοι πρωταθλητές έχουν τη δυνατότητα να προσθέσουν κάτω από το λογότυπο του Παγκόσμιου Τριάθλου το σχεδιαστικό στοιχείο του WTCS που αναγνωρίζει αυτή την τιμή. Οι γραφικές λεπτομέρειες θα δημοσιευθούν χωριστά.

7. Χώροι χορηγών:

7.1. Χορηγός Χώρος Α:

α) Ο χώρος αυτός βρίσκεται ακριβώς κάτω από τον κωδικό χώρας (βλέπε διάγραμμα 1. Λογότυπα χορηγού: μέγεθος και χώρος),

β) Το μέγιστο ύψος είναι 20 εκατοστά,

γ) Το μέγιστο μήκος είναι 15 εκατοστά,

δ) Μέχρι 3 λογότυπα χορηγών μπορούν να τοποθετηθούν σε αυτόν τον χώρο,

ε) Ο αθλητής μπορεί να έχει 1, 2 ή 3 λογότυπα σε αυτόν τον χώρο. Κάθε ένα από τα λογότυπα χορηγών πρέπει να έχει έναν διαφορετικό χορηγό.

7.2. Χορηγός Χώρος Β: Πάνω αριστερά μπορεί να:

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ΑΦΜ: 0326858704 ΔΟΥ: ΣΠΕΙΡΑΙΑΣ
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- α) Ο χώρος αυτός προορίζεται για τον κατασκευαστή της στολής ή για άλλον χορηγό,
- β) Το μέγιστο ύψος είναι 4 εκατοστά,
- γ) Το μέγιστο μήκος είναι 5 εκατοστά,
- δ) Ο χώρος πρέπει να βρίσκεται στον αριστερό ώμο της στολής - όχι στη μέση.

7.3. Χορηγός Χώροι C: πλευρικά πάνελ:

- α) Τα λογότυπα των χορηγών μπορούν να εμφανίζονται στο πλαϊνό πάνελ,
- β) Το μέγιστο πλάτος είναι 5 εκατοστά,
- γ) Το μέγιστο μήκος είναι 15 εκατοστά,
- δ) Μόνο ένα λογότυπο χορηγού επιτρέπεται σε κάθε πλευρά και πρέπει να είναι το ίδιο λογότυπο χορηγού,
- ε) Ο χώρος αυτός πρέπει να είναι ορατός από την πλευρά του σώματος. Εάν, λόγω του σώματος του αθλητή, ο χώρος αυτός είναι εν μέρει ορατός από μπροστά, πρέπει να είναι ορατός και από πίσω,

7.4. Χορηγός Χώρος D: κάτω μπροστά:

- α) Το μέγιστο ύψος είναι 4 εκατοστά,
- β) Το μέγιστο μήκος είναι 5 εκατοστά,
- γ) Ο χώρος αυτός μπορεί να βρίσκεται στην κάτω αριστερή ή στη δεξιά πλευρά της στολής, αλλά όχι και στις δύο.

7.5. Χορηγός Χώρος E: άνω μέρος της πλάτης:

- α) Ένα λογότυπο οποιοδήποτε χορηγού μπορεί να εμφανιστεί πάνω από το όνομα της οικογένειας στο πίσω μέρος,
- β) Το μέγιστο ύψος είναι 10 εκατοστά,
- γ) Το μέγιστο μήκος είναι 15 εκατοστά,

7.6. Χορηγός Χώρος F: πάνω μπροστά:

- α) Ένα λογότυπο οποιοδήποτε χορηγού μπορεί να εμφανίζεται πάνω από το όνομα της οικογένειας στην μπροστινή πλευρά,
- β) Το μέγιστο ύψος είναι 5 εκατοστά,
- γ) Το μέγιστο μήκος είναι 5 εκατοστά.

8. Wetsuit:

- 8.1. Μόνο το λογότυπο του κατασκευαστή του wetsuit επιτρέπεται να εμφανίζεται στα wetsuit.

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- 8.2. Το μέγιστο μέγεθος είναι 80cm² μπροστά και πίσω. Αυτός ο χώρος επιτρέπεται τόσο στο εσωτερικό όσο και στο εξωτερικό του wetsuit.
- 8.3. Εάν ο κατασκευαστής επιθυμεί να έχει δύο ή περισσότερα λογότυπα στο μπροστινό ή το πίσω μέρος, το συνολικό τους μέγεθος δεν πρέπει να υπερβαίνει τα 80 cm²,
- 8.4. Τα λογότυπα στην πλαϊνή πλευρά πρέπει να περιλαμβάνονται είτε στα 80 cm² για το πίσω μέρος είτε στα 80 cm² για το μπροστινό μέρος.

9. Καλύμματα βραχιόνων:

- 9.1. Τα καλύμματα των βραχιόνων πρέπει να είναι απλά ή να ταιριάζουν με την εθνική στολή χωρίς λογότυπα.

10. Προσωρινά τατουάζ:

- 10.1. Οι αθλητές δεν επιτρέπεται να τοποθετήσουν οποιοδήποτε προσωρινό τατουάζ, εκτός από τους αριθμούς και τα λογότυπα των αγώνων που παρέχονται από το World Triathlon, στο σώμα τους κατά τη διάρκεια των αγώνων του World Triathlon.

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11. Ένδυση βάρθρου:

11.1. Όλοι οι χώροι των χορηγών και τα χρώματα σχεδιασμού που αναφέρονται στο παρόν έγγραφο ισχύουν και για την ενδυμασία του βάρθρου.

12. Ειδικοί κανόνες για την κατηγορία PTVI Sport:

12.1. Η στολή του οδηγού πρέπει να συμμορφώνεται με τους παραπάνω κανόνες και να χρησιμοποιεί τα ίδια λογότυπα και χώρους των χορηγών με τη στολή του παρατριαθλητή,

12.2. Η στολή του Οδηγού πρέπει να αναγράφει τη λέξη "GUIDE" στο χώρο του Οικογενειακού Ονόματος,

12.3. Ο τύπος γραμματοσειράς πρέπει να είναι "Arial", το ύψος 5 εκατοστά και το πλάτος 12 εκατοστά.

13. Δικαιώματα και ευθύνες:

	Σειρά Πρωταθλημάτων Διεθνούς Ένωσης Τριάθλου Τελικοί Πρωταθλήματος Διεθνούς Ένωσης Τριάθλου World Triathlon Championships Continental Triathlon Championships Παγκόσμιο Πρωτάθλημα Τριάθλου Multisport Continental Triathlon Multisport Championships World Triathlon Para Series	Όλα τα Παγκόσμια Τρίαθλα και οι ηπειρωτικοί αγώνες που δεν αναφέρονται σε αυτόν τον πίνακα
Ομοιόμορφο χρώμα και σχέδιο	Σύμφωνα με τον κατάλογο	Να συμφωνηθεί με καλή πίστη μεταξύ του αθλητή και της εθνικής ομοσπονδίας.
Όνομα οικογένειας	Προαιρετικό για αθλητές ηλικιακών ομάδων Υποχρεωτικό για όλες τις άλλες κατηγορίες	
Κωδικός χώρας	Υποχρεωτικό σύμφωνα με τους Παγκόσμιους Κανόνες Αγώνων Τριάθλου	
Λογότυπο Διεθνούς Ένωσης Τριάθλου	Υποχρεωτικό σύμφωνα με τους Παγκόσμιους Κανόνες Αγώνων Τριάθλου	
Χορηγός Χώροι A έως F	ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2 ΠΕΙΡΑΙΑΣ Τ.Κ. 18524 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΣΑ: 18705 ΤΗΛ:210 92 25 000 info@intertranslations.com	INTERTRANSLATIONS MON.A.E. ΕΛΕΥΘΕΡΕΣ ΜΟΝΟΠΡΟΣΩΠΗ Α.Ε. ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76 ΑΦΜ: 143087800 – Π.Ε. ΠΕΙΡΑΙΑ ΤΗΛ. 2109225000

ΔΙΑΔΙΚΑΣΙΑ ΕΓΚΡΙΣΗΣ ΤΗΣ ΣΤΟΛΗΣ ΤΟΥ ΠΑΓΚΟΣΜΙΟΥ ΑΓΩΝΑ ΤΡΙΑΘΛΟΥ



Κανόνες Συναγωνισμού της Διεθνούς Ένωσης Τριάθλου
28 Ιανουαρίου 2022
175/196

1. Επισκόπηση:

- 1.1. Αυτή η διαδικασία αποτελεί μέρος των Οδηγών του Παγκόσμιου Τριάθλου σχετικά με την εξουσιοδοτημένη ταυτοποίηση και είναι μια ειδική προσθήκη στους Κανόνες Αγώνων του Παγκόσμιου Τριάθλου.

2. Στόχος:

- 2.1. Η διαδικασία δημιουργήθηκε για να ρυθμίσει την έγκριση από το Παγκόσμιο Τριάθλο του σχεδιασμού της αγωνιστικής στολής κάθε Εθνικής Ομοσπονδίας που θα χρησιμοποιείται από τους αθλητές της σε όλους τους αγώνες του Παγκοσμίου Τριάθλου σύμφωνα με τους Οδηγούς του Παγκοσμίου Τριάθλου σχετικά με την εγκεκριμένη ταυτότητα.

3. Γενικές απαιτήσεις:

- 3.1. Κάθε στολή της Εθνικής Ομοσπονδίας πρέπει να διαφέρει από οποιαδήποτε άλλη στολή της Εθνικής Ομοσπονδίας, σύμφωνα με τους Οδηγούς του Παγκόσμιου Τριάθλου σχετικά με την εγκεκριμένη αναγνώριση. Η διαφορά θα είναι σημαντική για να αποφευχθεί η σύγχυση μεταξύ δύο διαφορετικών εθνικών ομοσπονδιών,
- 3.2. Τα καλλιτεχνικά ή δημιουργικά στοιχεία είναι αποδεκτά υπό την προϋπόθεση ότι τηρούνται οι Παγκόσμιοι Αγωνιστικοί Κανόνες Τριάθλου. Συγκεκριμένα, εάν το σχέδιο περιέχει αναγνωρίσιμα εμπορικά λογότυπα ή εμπορικά σήματα που υπερβαίνουν τα όρια επιφάνειας, δεν θα εγκρίνεται,
- 3.3. Ο ίδιος σχεδιασμός ισχύει για όλους τους τύπους στολών: άνδρες, γυναίκες, στυλ τριάθλου, στυλ ντουάθλου, καλοκαίρι, χειμώνα κ.λπ.
- 3.4. Κάθε εθνική ομοσπονδία μπορεί να ζητήσει την έγκριση ενός διαφορετικού σχεδίου στολής για κάθε διαφορετικό πολυαθλητισμό. Δύο επιλογές στολής μπορούν να ζητηθούν για τους αθλητές των ηλικιακών ομάδων, αναφέροντας ποια είναι η 1η και ποια η 2η επιλογή. Ωστόσο, όλοι οι αθλητές της ίδιας Εθνικής Ομοσπονδίας, που αγωνίζονται στην ίδια διοργάνωση, θα φορούν το ίδιο διακριτικό σχέδιο της Εθνικής Ομοσπονδίας.

4. Χρονοδιάγραμμα έγκρισης:

- 4.1. Οι εθνικές ομοσπονδίες θα υποβάλουν μια πρόταση σχεδιασμού της αγωνιστικής τους στολής για το επόμενο έτος, σύμφωνα με αυτές τις προδιαγραφές:

- α) Θα χρησιμοποιηθεί ένα πρότυπο που παρέχεται από το World Triathlon,
- β) Χώροι και διαστάσεις χορηγού, όπως περιγράφονται στους Οδηγούς του Παγκόσμιου Τριάθλου σχετικά με την Εγκεκριμένη Ταυτότητα. Το επώνυμο του αθλητή και οι κωδικές θέσεις της Εθνικής Ομοσπονδίας (εμπρός και πίσω) και οι διαστάσεις και των δύο,
- γ) Η θέση και οι διαστάσεις του λογότυπου του World Triathlon. Το(τα) χρώμα(τα) που χρησιμοποιείται(νται) στο σχέδιο, συμπεριλαμβανομένου του ονόματος. Το πρότεινόμενο σχέδιο πρέπει να υποβληθεί σε μορφή .jpg, .pdf, .png ή .eps.
- δ) Μόλις εγκριθεί, η έγκριση της ομοιόμορφης φόρμας παρατείνεται έως ότου η Εθνική Ομοσπονδία ζητήσει έγκριση για νέο σχέδιο.

5. Έγκριση:

- 5.1. Το Παγκόσμιο Τρίαθλο θα ενημερώσει εγγράφως κάθε Εθνική Ομοσπονδία σχετικά με την έγκριση ή την απόρριψη της στολής της Εθνικής Ομοσπονδίας τους, εάν το σχέδιο είναι:
- α) Συμμορφώνεται με όλους τους οδηγούς του World Triathlon όσον αφορά την εγκεκριμένη αναγνώριση,
 - β) Διακρίνεται από άλλα σχέδια της Εθνικής Ομοσπονδίας.
- 5.2. Εάν το αίτημα δεν εγκριθεί, το World Triathlon θα:
- α) Να ζητήσετε από την Εθνική Ομοσπονδία νέο σχέδιο, εάν το σχέδιο που υποβλήθηκε δεν ήταν σύμφωνο με τους κανόνες του Παγκόσμιου Τρίαθλου, ή,
 - β) Ζητήστε από τις εθνικές ομοσπονδίες που υπέβαλαν παρόμοια αιτήματα να συμφωνήσουν στην τροποποίηση των προτεινόμενων σχεδίων τους προκειμένου να έχουν διαφορετικές στολές,
 - γ) Εάν οι εθνικές ομοσπονδίες δεν καταλήξουν σε συμφωνία, το Παγκόσμιο Τρίαθλο θα αποφασίσει ποια εθνική ομοσπονδία μπορεί να χρησιμοποιήσει το προτεινόμενο σχέδιο σύμφωνα με αυτές τις προτεραιότητες:
 - (i) Η Εθνική Ομοσπονδία που χρησιμοποίησε την προτεινόμενη στολή στο παρελθόν θα προτιμηθεί,
 - (ii) Εάν και οι δύο εθνικές ομοσπονδίες προτείνουν νέες στολές, θα διεξαχθεί κλήρωση για να επιλεγεί ποια εθνική ομοσπονδία θα χρησιμοποιήσει το σχέδιο που υποβλήθηκε και ποια εθνική ομοσπονδία ή ποιες εθνικές ομοσπονδίες θα πρέπει να υποβάλουν νέο σχέδιο.
- 5.3. Το World Triathlon θα δημιουργήσει έναν ηλεκτρονικό κατάλογο των εγκεκριμένων αγωνιστικών στολών των Εθνικών Ομοσπονδιών. Αυτός ο κατάλογος θα ενημερώνεται κάθε μήνα,
- 5.4. Οι αιτήσεις για έγκριση στολής που θα λαμβάνονται θα εξετάζονται σε μηνιαία βάση. Οι εθνικές ομοσπονδίες που ζητούν έγκριση θα επιλέξουν σχέδια διαφορετικά από αυτά που έχουν ήδη εγκριθεί.

6. Επιτροπή έγκρισης:

- 6.1. Όλες οι αποφάσεις σχετικά με την έγκριση της στολής θα λαμβάνονται από επιτροπή αποτελούμενη από:
- α) Ένας εκπρόσωπος της Τεχνικής Επιτροπής της Διεθνούς Ένωσης Τρίαθλου.
 - β) Ένας εκπρόσωπος του Αθλητικού Τμήματος της Διεθνούς Ένωσης Τρίαθλου (πρόεδρος).
ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41
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ΑΜΠΕΣ 18705
 - γ) Ένας εκπρόσωπος του Αθλητικού Τμήματος της Διεθνούς Ένωσης Τρίαθλου (πρόεδρος).
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ΤΗΛ. 2109225000

- 6.2. Οι αποφάσεις της Επιτροπής Έγκρισης μπορούν να προσβληθούν στο Παγκόσμιο Δικαστήριο Τριάθλου. Αυτή η έφεση δεν αναστέλλει την απόφαση της Επιτροπής Έγκρισης, αλλά η απόφαση θα παραμείνει σε ισχύ κατά τη διάρκεια του χρόνου που θα χρειαστεί το Παγκόσμιο Δικαστήριο Τριάθλου για να λάβει απόφαση επί της έφεσης.

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
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ΠΑΡΑΡΤΗΜΑ Ζ: ΚΑΝΟΝΕΣ ΚΑΤΑΤΑΞΗΣ ΠΑΡΑΤΡΙΑΘΛΟΥ

Μπορείτε να βρείτε του κανόνες κατάταξης του παρατριάθλου στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου [στον ακόλουθο σύνδεσμο:](https://www.triathlon.org/about/downloads/category/competition_rules)
https://www.triathlon.org/about/downloads/category/competition_rules

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ΠΑΡΑΡΤΗΜΑ Η: ΑΝΑΛΥΣΗ ΧΡΗΜΑΤΙΚΩΝ ΕΠΑΘΛΩΝ

1. Εισαγωγή:

- 1.1. Τα ποσοστά των χρηματικών επάθλων δημιουργήθηκαν για να παρέχουν έναν δίκαιο και ισότιμο τύπο για τη διανομή των χρηματικών επάθλων στους αθλητές.
- 1.2. Εάν ένας διοργανωτής αγώνων της Διεθνούς Ένωσης Τριάθλου επιθυμεί να τροποποιήσει αυτά τα ποσοστά, πρέπει να ζητήσει εξαίρεση από τον κανόνα. Εάν η τροποποίηση εγκριθεί, πρέπει να δημοσιευθεί στην ιστοσελίδα διοργάνωσης της Διεθνούς Ένωσης Τριάθλου www.triathlon.org.
- 1.3. Το ποσό και το βάθος των χρηματικών επάθλων πρέπει να είναι ισότιμο για τις γυναίκες και τους άνδρες.

2. Ποσοστά:

- 2.1. Ο παρακάτω πίνακας δείχνει τα πέντε βασικά ποσοστά χρηματικών επάθλων και τα ισχύοντα βάσει του συνολικού ποσού σε μια διοργάνωση της Διεθνούς Ένωσης Τριάθλου.
- 2.2. Επισκεφτείτε τον ιστότοπο www.triathlon.org όπου θα βρείτε ένα εύκολο εργαλείο για τον υπολογισμό του ποσοστού του χρηματικού επάθλου με βάση το χρηματικό έπαθλο της διοργάνωσης:

	ΠΡΩΤΟΙ 20 (Συνολικό χρηματικό έπαθλο 150.001 USD και άνω)	ΠΡΩΤΟΙ 15 (Συνολικό χρηματικό έπαθλο 50.001–150.000 USD)	ΠΡΩΤΟΙ 10 (Συνολικό χρηματικό έπαθλο 10.001–50.000 USD)	ΠΡΩΤΟΙ 5 (Συνολικό χρηματικό έπαθλο 3.001–10.000 USD)	ΠΡΩΤΟΙ 3 (Συνολικό χρηματικό έπαθλο 3.000 USD και κάτω)
1.	23,00%	25,00%	25,00%	30,00%	50,00%
2.	18,00%	20,00%	20,00%	25,00%	30,00%
3.	14,00%	15,00%	15,00%	20,00%	20,00%
4.	10,00%	10,00%	10,00%	15,00%	
5.	8,00%	7,00%	8,00%	10,00%	
6.	6,00%	6,00%	7,00%		
7.	4,00%	5,00%	6,00%		
8.	3,00%	3,00%	4,00%		
9.	2,30%	2,25%	3,00%		
10.	1,90%	1,75%	2,00%		
11.	1,60%	1,50%			
12.	1,40%	1,25%			
13.	1,20%	1,00%			
14.	1,10%	0,75%			
15.	1,00%	ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΘΟΡΟΣ			
16.	0,90%	ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΣΑ: 18785			
17.	0,80%	ΤΗΛ:210 92 25 000 ΗΛΕΚ.Δ.ΝΣΗ: info@intertranslations.com			
18.	0,70%				

19.	0,60%				
20.	0,50%				

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ΠΑΡΑΡΤΗΜΑ Θ: ΠΟΛΛΑΠΛΑ ΑΘΛΗΜΑΤΑ ΠΟΥ ΣΧΕΤΙΖΟΝΤΑΙ ΜΕ ΤΗ ΔΙΕΘΝΗ ΕΝΩΣΗ ΤΡΙΑΘΛΟΥ

- Τρίαθλο
- Τρίαθλο μεγάλων αποστάσεων (συμπεριλαμβανομένων των μεσαίων αποστάσεων)
- Aquathlon
- Δίαθλο
- Δίαθλο μεγάλων αποστάσεων (συμπεριλαμβανομένων των μεσαίων αποστάσεων)
- Χειμερινό τρίαθλο
- Cross Triathlon
- Cross Duathlon
- Indoor Triathlon
- Aquabike

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ΠΑΡΑΡΤΗΜΑ Ι: ΔΙΟΡΓΑΝΩΣΕΙΣ ΔΙΕΘΝΟΥΣ ΕΝΩΣΗΣ ΤΡΙΑΘΛΟΥ ΚΑΙ ΚΑΤΗΓΟΡΙΕΣ ΔΙΟΡΓΑΝΩΣΕΩΝ ΔΙΕΘΝΟΥΣ ΕΝΩΣΗΣ ΤΡΙΑΘΛΟΥ

ΔΙΟΡΓΑΝΩΣΕΙΣ ΔΙΕΘΝΟΥΣ ΕΝΩΣΗΣ ΤΡΙΑΘΛΟΥ	ΚΑΤΗΓΟΡΙΕΣ ΔΙΟΡΓΑΝΩΣΕΩΝ ΔΙΕΘΝΟΥΣ ΕΝΩΣΗΣ ΤΡΙΑΘΛΟΥ
Παγκόσμια Πρωταθλήματα Σειρά Πρωταθλημάτων Διεθνούς Ένωσης Τριάθλου Τελικοί Πρωταθλήματος Διεθνούς Ένωσης Τριάθλου Σειρά Παγκόσμιων Αγωνισμάτων Παγκόσμιο Κύπελλο Ηπειρωτικά Πρωταθλήματα Ηπειρωτικό Κύπελλο Ηπειρωτικό Κύπελλο Premium Τελικός Ηπειρωτικού Κυπέλλου Περιφερειακό Κύπελλο Ανάπτυξης Περιφερειακά Πρωταθλήματα	Elite U23 Junior Youth Παρατρίαθλο Age-Group Ομαδική σκυταλοδρομία

Διοργανώσεις Διεθνούς Ένωσης Τριάθλου	Κατηγορίες
Παγκόσμια Πρωταθλήματα. Τρίαθλο κανονικής απόστασης	U23, Age-Group
Παγκόσμια Πρωταθλήματα. Τρίαθλο απόστασης σπριντ	Junior, Age-Group, Παρατρίαθλο
Παγκόσμια Πρωταθλήματα. Τρίαθλο απόστασης σουπέρ σπριντ	Age-Group
Παγκόσμια Πρωταθλήματα. Τρίαθλο μεικτής σκυταλοδρομίας	Elite, U23 & Junior (συνδυαστικά), Age-Group
Παγκόσμια Πρωταθλήματα. Τρίαθλο μεγάλης απόστασης	Elite, Age-Group, Παρατρίαθλο
Παγκόσμια Πρωταθλήματα. Διάθλο κανονικής απόστασης	Elite, U23, Age-Group
Παγκόσμια Πρωταθλήματα. Διάθλο απόστασης σπριντ	Junior, Age-Group, Παρατρίαθλο
Παγκόσμια Πρωταθλήματα. Διάθλο μεικτής σκυταλοδρομίας	Elite, Junior.
Παγκόσμια Πρωταθλήματα. Διάθλο μεγάλης απόστασης	Elite, Age-Group, Παρατρίαθλο
Παγκόσμια Πρωταθλήματα. Διάθλο απόστασης	Elite, Age-Group, Παρατρίαθλο

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 ΤΗΛ: 210 92 25 000
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Παγκόσμια Πρωταθλήματα. Χειμερινό τρίαθλο.	Junior, U23, Elite, Age-Group, Μεικτή σκυταλοδρομία, Παρατρίαθλο PTS2, PTS3, PTS4 και PTS5
Παγκόσμια Πρωταθλήματα. Aquathlon.	Junior, U23, Elite, Age-Group, Παρατρίαθλο
Παγκόσμια Πρωταθλήματα. Cross Triathlon.	Junior, U23, Elite, Age-Group, Μεικτή σκυταλοδρομία, Παρατρίαθλο, PTS2, PTS3, PTS4, PTS5
Παγκόσμια Πρωταθλήματα. Aquabike	Age-Group
World Championship Series. Τρίαθλο. (Κανονική απόσταση ή σπριντ ή σούπερ σπριντ)	Elite, Παρατρίαθλο
Τελικός Παγκόσμιου Πρωταθλήματος. Τρίαθλο.	Elite
Παγκόσμιο Κύπελλο. Τρίαθλο. (Κανονική απόσταση ή σπριντ ή σούπερ σπριντ)	Elite, Παρατρίαθλο
Παγκόσμιο Κύπελλο. Χειμερινό τρίαθλο	Elite
World Series. Δίαθλο (κανονικών και μεγάλων αποστάσεων)	Elite
World Series. Τρίαθλο μεγάλων αποστάσεων	Elite
Ηπειρωτικά Πρωταθλήματα. Τρίαθλο κανονικής απόστασης	Elite, U23, Age-Group
Ηπειρωτικά Πρωταθλήματα. Τρίαθλο απόστασης σπριντ	Elite, U23, Junior, Age-Group, Παρατρίαθλο
Ηπειρωτικά Πρωταθλήματα. Τρίαθλο μεγάλης απόστασης.	Elite, Age-Group, Παρατρίαθλο.
Ηπειρωτικά Πρωταθλήματα. Τρίαθλο μεικτής σκυταλοδρομίας	Elite, Junior, Youth, Clubs.
Ηπειρωτικά Πρωταθλήματα. Δίαθλο κανονικής απόστασης.	Elite, U23, Age-Group
Ηπειρωτικά Πρωταθλήματα. Δίαθλο απόστασης σπριντ	Elite, U23, Junior, Age-Group, Παρατρίαθλο
Ηπειρωτικά Πρωταθλήματα. Δίαθλο μεικτής σκυταλοδρομίας	Elite, Junior
Ηπειρωτικά Πρωταθλήματα. Δίαθλο μεγάλης απόστασης.	Elite, Age-Group, Παρατρίαθλο.
Ηπειρωτικά Πρωταθλήματα. Χειμερινό τρίαθλο	Junior, U23, Elite, Age-Group, Μεικτή σκυταλοδρομία, Παρατρίαθλο PTS2, PTS3, PTS4 και PTS5
Ηπειρωτικά Πρωταθλήματα. Χειμερινό τρίαθλο	Junior, U23, Elite, Age-Group, Παρατρίαθλο

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Ηπειρωτικά Πρωταθλήματα. Cross Triathlon.	Junior, U23, Elite, Age-Group, Μεικτή σκυταλοδρομία, Παρατρίαθλο PTS2, PTS3, PTS4 και PTS5
Ηπειρωτικό Κύπελλο (Όλες οι αποστάσεις και όλα τα πολλαπλά αθλήματα)	Elite
Διοργανώσεις Continental Tour	Elite
Ηπειρωτικό Κύπελλο Junior. Τρίαθλο	Junior

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Κανόνες Συναγωνισμού της Διεθνούς Ένωσης
 Τρίαθλου
 28 Ιανουαρίου 2022
 185/196

ΠΑΡΑΡΤΗΜΑ ΙΑ: ΠΟΙΝΕΣ ΚΑΙ ΠΑΡΑΒΙΑΣΕΙΣ

Αυτή η λίστα αποτελεί σύνοψη των συνηθέστερων ποινών και παραβιάσεων. Σε περίπτωση διαφορετικής ερμηνείας του κειμένου αυτού του παραρτήματος και του κύριου κειμένου των Κανόνων Συναγωνισμού, θα ισχύει το κύριο κείμενο των Κανόνων Συναγωνισμού.

Όλες οι αναφορές στην κατηγορία Elite στους παρακάτω πίνακες περιλαμβάνουν τους αθλητές των κατηγοριών Elite, U23, Junior και Youth.

Οι διαδικασίες και ο αριθμός των ποινών για όλες τις κατηγορίες και τις αποστάσεις περιγράφονται στην ενότητα 3 των Κανόνων Συναγωνισμού.

ΓΕΝΙΚΑ		
ΚΑΝΟΝΕΣ	ΠΟΙΝΕΣ	ΑΝΑΦΟΡΑ
1. Ένας αθλητής που αγωνίζεται σε κατηγορία διαφορετική από εκείνη που αντιστοιχεί στην ηλικία του, σε απόσταση που δεν επιτρέπεται ή πριν την παρέλευση 24ώρου.	- Αποκλεισμός από όλες τις διοργανώσεις	2.5 (I)
2. Μη τήρηση της προβλεπόμενης πορείας.	- Προειδοποίηση και επανένταξη στο αγώνισμα από το ίδιο σημείο - Εάν όχι: Αποκλεισμός	2.1 (xiii) 4.1 (β)
3. Αποχώρηση από τον αγωνιστικό χώρο για λόγους ασφαλείας, αλλά παράλειψη επανεισόδου στο σημείο αποχώρησης όταν αποκτάται πλεονέκτημα.	- Αν αποκτηθεί πλεονέκτημα: Χρονική ποινή	5.1 β) (ii)
4. Χρήση υβριστικής γλώσσας ή συμπεριφοράς προς οποιοδήποτε στέλεχος.	- Αποκλεισμός και αναφορά στο Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου για πιθανή αναστολή	2.1 α) (vi) 2.1 α) (v)
5. Αντιαθλητική συμπεριφορά.	- Αποκλεισμός και αναφορά στο Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου για πιθανή αναστολή	2.1 α) (i)
6. Αποκλεισμός, επίθεση, παρακώλυση ή παρεμπόδιση της προόδου άλλου αθλητή.	- Ακούσια: προειδοποίηση και διόρθωση - Σκόπιμα: Αποκλεισμός	4.1 (ε) 5.1 (α) i 7.1 (στ)
7. Αθέμιτη επαφή. Δεν είναι παράβαση επαφή μεταξύ αθλητών. Όταν πολλοί αθλητές κινούνται σε περιορισμένο χώρο, μπορεί να	- Ακούσια: προειδοποίηση και διόρθωση - Σκόπιμα: Αποκλεισμός	4.1 (δ) 4.1 (β)

	υπάρξει επαφή. Αυτή η τυχαία επαφή μεταξύ αθλητών σε εξίσου ευνοϊκές θέσεις δεν αποτελεί παραβίαση.		
8.	Αποδοχή βοήθειας από οποιονδήποτε άλλον εκτός από υπεύθυνο επί τεχνικών θεμάτων, τον υπεύθυνο του αγώνα ή άλλον αθλητή.	- Προειδοποίηση και διόρθωση, εάν είναι δυνατόν, και επιστροφή στην αρχική κατάσταση	2.1 (α) viii 2.2
		- Εάν όχι: Αποκλεισμός	
9.	Άρνηση τήρησης των οδηγιών των υπευθύνων επί τεχνικών θεμάτων ή των υπευθύνων του αγώνα.	- Αποκλεισμός	2.1 (α) iv
10.	Παράλειψη χρήσης αμετάβλητων αριθμών αγώνα, εφόσον παρέχονται από την Τοπική Οργανωτική Επιτροπή, με τον κατάλληλο τρόπο όπως απαιτήθηκε από τον τεχνικό αντιπρόσωπο και ανακοινώθηκε κατά την ενημέρωση των αθλητών.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	2.9 (β)
11.	Χρήση αριθμού συμμετοχής κατά το τμήμα κολύμβησης, όταν απαγορεύονται τα wetsuit.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	2.9 γ) (ii)
12.	Απόρριψη σκουπιδιών ή εξοπλισμού γύρω από τον αγωνιστικό χώρο, εκτός από τα καθορισμένα σημεία, όπως σταθμούς βοήθειας ή σημεία απόρριψης σκουπιδιών.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Χρονική ποινή	2.1 α) (xi)
13.	Χρήση παράνομου, επικίνδυνου ή μη εγκεκριμένου εξοπλισμού που εξασφαλίζει πλεονέκτημα ή είναι επικίνδυνος για τους άλλους.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός και απομάκρυνση από τον αγώνα	2.1 α) (ii) 5.2 α)
14.	Παραβίαση ειδικών κανονισμών κυκλοφορίας στον αγώνα.	- Ακούσια: Προειδοποίηση και διόρθωση, εάν είναι δυνατόν - Εάν δεν διορθωθεί ή εάν γίνει σκόπιμα: Αποκλεισμός	2.1 α) iv 5.1 β) (i)
15.	Σκόπιμες ισοπαλίες από αθλητές elite, U23, junior και youth.	- Αποκλεισμός	2.11 στ) (ii)

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16.	Χρήση διαφορετικής στολής από αυτήν που παρουσιάστηκε στην προσέλευση, είτε στον αγώνα είτε στην τελετή απονομής.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	2.7 δ) (ii) 2.8 γ) (xii)
17.	Χρήση, κατά τον αγώνα ή την τελετή απονομής, στολής που δεν πληροί τους Κανόνες Συναγωνισμού.	- Αποκλεισμός	2.8 γ) (xii)
18.	Χρήση ενδυμασίας που καλύπτει οποιοδήποτε μέρος των χεριών κάτω από τον ώμο ή/και ενδυμασίας που καλύπτει οποιοδήποτε μέρος των ποδιών κάτω από το γόνατο, όταν δεν επιτρέπεται.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	2.8 γ) iii, iv, v
19.	Μη κάλυψη των χεριών κατά τη διάρκεια του αγώνα μετά από αίτημα του τεχνικού αντιπροσώπου με βάση τις καιρικές συνθήκες.	- Πριν από το αγώνισμα: Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός και απομάκρυνση από τον αγώνα	2.8 γ) iv
20.	Στα αγωνίσματα μεσαίων και μεγάλων αποστάσεων, χρήση στολής με το μπροστινό φερμουάρ ανοιχτό κάτω από το σημείο του στέρνου κατά τη διάρκεια του αγώνα.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	15.7 β)
21.	Στα αγωνίσματα μεσαίων και μεγάλων αποστάσεων, χρήση στολής με ανοιχτό μπροστινό φερμουάρ κατά τη διάρκεια των τελευταίων 200 μέτρων της διαδρομής.	- Προειδοποίηση και διόρθωση	15.7 β)
22.	Επίδειξη κάθε είδους επίδειξης πολιτικής, θρησκευτικής ή φυλετικής προπαγάνδας.	- Προειδοποίηση και διόρθωση - Εάν όχι: Αποκλεισμός και απομάκρυνση από τον αγώνα	2.1 α) (x)
23.	Απάτη κάνοντας εγγραφή με ψευδώνυμο ή ψευδή ηλικία, παραποίηση υπεύθυνης δήλωσης ή παροχή ψευδών πληροφοριών.	- Αποκλεισμός, απομάκρυνση από τον αγώνα και ενημέρωση του Δικαστικού Οργάνου της Διεθνούς Ένωσης Τριάθλου για πιθανή αναστολή.	2.5 δ)
24.	Συμμετοχή στον αγώνα χωρίς να πληροί τα κριτήρια.	- Αποκλεισμός, απομάκρυνση από τον αγώνα και ενημέρωση του Δικαστικού Οργάνου της	2.5 δ)

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	Διεθνούς Ένωσης Τριάθλου για πιθανή αναστολή.	
25. Επαναλαμβανόμενες σκόπιμες παραβιάσεις των κανόνων της Διεθνούς Ένωσης Τριάθλου.	- Αποκλεισμός, απομάκρυνση από τον αγώνα και ενημέρωση του Δικαστικού Οργάνου της Διεθνούς Ένωσης Τριάθλου για πιθανή αναστολή.	3.8
26. Κατάχρηση ναρκωτικών ουσιών:	- Θα επιβληθούν ποινές σύμφωνα με τον Παγκόσμιο Οργανισμό Αντιντόπινγκ (WADA).	2.3
27. Για μια ασυνήθιστη και βίαιη πράξη αντιαθλητικής συμπεριφοράς.	- Αποκλεισμός, απομάκρυνση από τον αγώνα και ενημέρωση του Δικαστικού Οργάνου της Διεθνούς Ένωσης Τριάθλου για πιθανή αναστολή.	3.8
28. Συμμετοχή στον αγώνα με γυμνό κορμό.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	5.1 α) (ii) 6.1 α) (iv)
29. Ανήθικη έκθεση ή γυμνό.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	7.1 γ)
30. Εξωτερική βοήθεια: Προσφορά σε άλλον αθλητή ολόκληρου ποδηλάτου, σκελετού, τροχών, κράνους ή οποιουδήποτε άλλου στοιχείου του εξοπλισμού που έχει ως αποτέλεσμα ο προσφέρων αθλητής να μην μπορεί να συνεχίσει τον δικό του αγώνα.	- Αποκλεισμός αμφοτέρων των αθλητών	2.2 β)
31. Απόκτηση αθέμιτου πλεονεκτήματος από οποιοδήποτε όχημα (εκτός από drafting).	- Αποκλεισμός	2.1 α) (xii)
32. Παράλειψη διακοπής στο επόμενο πεδίο ποινής, όταν είναι υποχρεωτική.	- Αποκλεισμός	3.6 (δ) i
33. Προθέρμανση στον αγωνιστικό χώρο, ενώ βρίσκεται στο εξωτερικό του πεδίου αγώνα.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	

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34.	Συμμετοχή σε αγώνα τελώντας υπό αναστολή.	- Αποκλεισμός, απομάκρυνση από τον αγώνα και αναφορά στο Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου για παράταση της αναστολής ή της αποβολής.	2.5 β)
35.	Πραγματοποίηση μάρκετινγκ ενέδρας κατά την τελετή απονομής των βραβείων.	- Απώλεια του χρηματικού επάθλου στο πλαίσιο μιας διοργάνωσης.	2.1 α) (ix)
36.	Σκόπιμη απουσία ενός αθλητή από έλεγχο τεχνολογικής απάτης, ενώ έχει επιλεγεί.	- Αποκλεισμός, απομάκρυνση από τον αγώνα και αναφορά στο Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου για πιθανή αναστολή	
37.	Χρήση οποιασδήποτε συσκευής, η οποία προσθέτει αυτοματισμό στο ποδήλατο και επακόλουθη τεχνολογική απάτη.	- Αποκλεισμός, απομάκρυνση από τον αγώνα και αναφορά στο Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου για πιθανή αναστολή	5.2 α) 5.2 ι) (i)
38.	Χρήση οποιασδήποτε συσκευής που αποσπά την πλήρη προσοχή του αθλητή από το περιβάλλον του.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	2.1 α) (xiv)
39.	Ένας αθλητής βοηθά σωματικά την προώθηση ενός άλλου αθλητή.	- Αποκλεισμός αμφοτέρων των αθλητών	2.2 γ)

ΕΝΗΜΕΡΩΣΗ (ΔΕΝ ΙΣΧΥΕΙ ΓΙΑ ΤΗΝ ΚΑΤΗΓΟΡΙΑ Age-Group)		
ΚΑΝΟΝΕΣ	ΠΟΙΝΕΣ	ΑΝΑΦΟΡΑ
40. Μη συμμετοχή στην ενημέρωση των αθλητών, χωρίς να ειδοποιηθεί ο Τεχνικός Αντιπρόσωπος, ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ ΑΜΔΣΑ: 18705 ΤΗΛ:210 92 25 000 ΗΛΕΚ.Δ/ΣΗ: info@intertranslations.com	- Οι αθλητές που δεν παρευρίσκονται στην ενημέρωση, χωρίς να ενημερώσουν τον Τεχνικό Αντιπρόσωπο για την απουσία τους, θα διαγράφονται από τη λίστα εκκίνησης του αγώνα και από όλες τις λίστες εκκίνησης και αναμονής στα	2.7 β) (iv), (v)

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ΚΑΝΟΝΕΣ	ΠΟΙΝΕΣ	ΑΝΑΦΟΡΑ
	αγωνίσματα των επόμενων 30 ημερών.	
41. Αθλητές που εισέρχονται στην αίθουσα ενημέρωσης μετά την έναρξη της ενημέρωσης και αθλητές που δεν παρευρίσκονται στην ενημέρωση αλλά ενημέρωσαν τον Τεχνικό Αντιπρόσωπο για την απουσία τους,	- Χρονική ποινή κατά τη μετάβαση 1 που εφαρμόζεται για τη συγκεκριμένη απόσταση	2.7 β) (iv) (v)
42. Αθλητές που χάνουν 3 ή περισσότερες ενημερώσεις σε Παγκόσμιο Κύπελλο Τριάθλου/Παρα Τριάθλου ή Παγκόσμια Σειρά Τριάθλου/Παρα Τριάθλου στο ίδιο ημερολογιακό έτος, ανεξάρτητα από το αν ο αθλητής ενημέρωσε τον Τεχνικό Αντιπρόσωπο ή όχι,	- Αφαιρείται από τη λίστα εκκίνησης για κάθε επόμενο διαγωνισμό στον οποίο χάνει την ενημέρωση.	2.7 β) (iv)
43. Εκκίνηση πριν από το σήμα της μίζας.	- Χρονική ποινή	4.7 στ) 4.9 ιγ)
44. Εκκίνηση σε κύμα νωρίτερα από αυτό στο οποίο έχει οριστεί ο αθλητής,	- Αποκλεισμός	4.7 η) 4.9 ιδ) 4.11 ζ)
45. Να μην προχωράει προς τα εμπρός πριν αγγίξει το νερό,	- Χρονική ποινή	4.7 β)
46. Για να αλλάξετε τη θέση εκκίνησης αφού την επιλέξετε,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	4.5 β)
47. Για να μπλοκάρετε περισσότερες από μία θέσεις εκκίνησης,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	4.5 β)

ΚΟΛΥΜΒΗΣΗ		
ΚΑΝΟΝΕΣ	ΠΟΙΝΕΣ	ΑΝΑΦΟΡΑ

48. Χρήση ενδυμασίας που καλύπτει οποιοδήποτε μέρος των χεριών κάτω από τον ώμο ή/και ενδυμασίας που καλύπτει οποιοδήποτε μέρος των ποδιών κάτω από τον αστράγαλο στην κολύμβηση χωρίς wetsuit	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	4.12 (β) iii
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49. Δεν φορούν το επίσημο σκουφάκι κολύμβησης από την ώρα της παράταξης,	- Σκόπιμα: Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	4.12 α) (i)
50. Κάντε επαφή και συνεχίστε να παρεμποδίζετε την πρόοδο του άλλου αθλητή χωρίς να κάνετε προσπάθεια να απομακρυνθείτε,	- Χρονική ποινή	4.1 ε) (ii)
51. Σκόπιμα στοχοποιεί έναν άλλο αθλητή για να εμποδίσει την πρόοδό του, να αποκτήσει αθέμιτο πλεονέκτημα και ενδεχομένως να προκαλέσει βλάβη,	- DSQ και μπορεί να αναφερθεί στο World Triathlon Tribunal για πιθανή αναστολή ή αποβολή,	4.1 ε) (iii)
52. Χρήση wetsuit που δεν καλύπτει τον κορμό, όταν το wetsuit είναι υποχρεωτικό.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός και απομάκρυνση από τον αγώνα	4.12 δ) (iv)
53. Αθλητές που φορούν επώνυμο δεύτερο κολυμβητικό σκουφάκι ορατό οποιαδήποτε στιγμή από την παράταξη των αθλητών μέχρι τη μετάβαση 1,	- Πριν από το αγώνισμα: Προειδοποίηση και διόρθωση - Κατά τη διάρκεια του αγώνα: - Age-Group: Προειδοποίηση και διόρθωση - Elite draft-illegal και παρατρίαθλο: Χρονική ποινή - Elite draft-legal: Χρονική ποινή	4.12 α) (iv)

ΜΕΤΑΒΑΣΗ		
ΚΑΝΟΝΕΣ	ΠΟΙΝΕΣ	ΑΝΑΦΟΡΑ
54. Τοποθετούν το ποδήλατο ακατάλληλα, εκτός του χώρου των αθλητών ή εμποδίζουν την πρόοδο άλλων αθλητών,	- Πριν από το αγώνισμα: Προειδοποίηση και διόρθωση - Κατά τη διάρκεια του αγώνα: - Age-Group: Προειδοποίηση και διόρθωση - Elite draft-illegal και παρατρίαθλο: Χρονική ποινή - Elite draft-legal: Χρονική ποινή	7.1 β) 7.1 στ)
55. Να έχει στερεωθεί ο ιμάντας του κράνους στην ολοκλήρωση του αγώνα. <small>ΦΡΤΙΟΣ ΜΠΑΜΠΑΝΗΣ ΔΙΚΗΓΟΡΟΣ ΠΛΑΤΕΙΑ ΟΥΡΑΝΟΥ 2- ΠΕΙΡΑΙΑΣ 185 41 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΑΣ ΑΜΔΣΑ: 18705 ΤΗΛ:210 92 25 000 ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com</small>	- Age-Group: Ο τεχνικός υπάλληλος θα λύσει τον ιμάντα. - Elite και παρατρίαθλο: Ο Τεχνικός Αξιωματικός θα αναιρέσει τον ιμάντα και την ποινή χρόνου.	7.1 ιστ)

56. Φοράτε το κράνος ξεκλειδωτο ή ανασφαλώς στερεωμένο, εντός του χώρου μετάβασης, ενώ έχετε στην κατοχή σας το ποδήλατο,	- Age-Group: Προειδοποίηση και διόρθωση - Elite και παρατρίαθλο: Χρονική ποινή	7.1 α)
57. Τοποθετήστε το ποδήλατο πριν από τη γραμμή στήριξης,	- Age-Group: Προειδοποίηση και διόρθωση - Elite και παρατρίαθλο: Χρονική ποινή	7.1 θ)
58. Κατεβείτε από το ποδήλατο μετά τη γραμμή αποβίβασης,	- Age-Group: Προειδοποίηση και διόρθωση - Elite και παρατρίαθλο: Χρονική ποινή	7.1 ι)
59. Απορρίψτε ή αποθηκεύστε τον εξοπλισμό του αθλητή εκτός του καθορισμένου χώρου,	- Age-Group: Προειδοποίηση και διόρθωση - Elite και παρατρίαθλο: Χρονική ποινή	7.1 γ)
60. Σήμανση της θέσης στην περιοχή μετάβασης,	- Προειδοποίηση και διόρθωση - Σημάδια, πετσέτες και αντικείμενα που χρησιμοποιούνται για λόγους σήμανσης θα αφαιρούνται και οι αθλητές δεν θα ειδοποιούνται.	7.1 ιε)
61. Μη τοποθέτηση όλου του εξοπλισμού μέσα στην κατάλληλη τσάντα που παρέχεται από την τοπική οργανωτική επιτροπή στις διοργανώσεις όπου υπάρχει σύστημα απόρριψης τσάντας (με εξαίρεση τα παπούτσια ποδηλάτων που μπορούν να παραμένουν πάντα πάνω στα πεντάλ),	- Age-Group: Προειδοποίηση και διόρθωση - Elite και παρατρίαθλο: Χρονική ποινή	15.6 δ)
62. Οι αθλητές δεν πρέπει να παρεμβαίνουν στον εξοπλισμό άλλου αθλητή στην περιοχή μετάβασης.	- Age-Group: Προειδοποίηση και διόρθωση - Elite και παρατρίαθλο: Χρονική ποινή	7.1 ζ)

ΠΟΔΗΛΑΣΙΑ		
ΚΑΝΟΝΕΣ	ΠΟΙΝΕΣ	ΑΝΑΦΟΡΑ
63. Μη χρήση κράνους δικηγόρου ή εξοικείωση με το ποδήλατο ή τον τίτλο επίσημες προπονητές ποδηλάτο.	- Αποκλεισμός από τη συγκεκριμένη συνεδρία προπόνησης	5.2 ζ) (iii)

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64. Προώθηση χωρίς το ποδήλατο, κατά τη διάρκεια του τμήματος ποδηλασίας.	- Προειδοποίηση και διόρθωση - Εάν όχι: Αποκλεισμός	5.1 α) (iii)
65. Drafting σε αγώνα draft-illegal σε αγωνίσματα σπριντ και κανονικής απόστασης.	- 1η παράβαση: Ποινή χρόνου drafting - 2η παράβαση: Αποκλεισμός	5.5 γ) 5.6 ε)
66. Ο αθλητής που προσπερνιέται δεν βγαίνει από τη ζώνη draft του αθλητή που προσπερνά κάνοντας συνεχή πρόοδο προς τα πίσω για να ανοίξει τη ζώνη drafting που ολοκληρώνεται σε 20 δευτερόλεπτα στα αγωνίσματα σπριντ και κανονικής απόστασης.	- 1η παράβαση: Ποινή χρόνου drafting - 2η παράβαση: Αποκλεισμός	5.5 γ) vi 5.6 ε)
67. Επανάληψη της προσπέρασης από τον αθλητή που προσπεράστηκε πριν εγκαταλείψει τη ζώνη προσγείωσης στα αγωνίσματα σπριντ και στις κανονικές αποστάσεις,	- 1η παράβαση: Ποινή χρόνου drafting - 2η παράβαση: Αποκλεισμός	5.5 γ) (vi) 5.6 ε)
68. Drafting σε αγώνα draft-illegal σε αγωνίσματα σπριντ και κανονικής απόστασης.	- 1η και 2η παράβαση: Ποινή χρόνου drafting - 3η παράβαση: Αποκλεισμός	5.5 γ) 5.6 στ)
69. Ο αθλητής που προσπερνιέται δεν βγαίνει από τη ζώνη draft του αθλητή που προσπερνά κάνοντας συνεχή πρόοδο προς τα πίσω για να ανοίξει τη ζώνη drafting που ολοκληρώνεται σε 25 δευτερόλεπτα στα αγωνίσματα σπριντ και κανονικής απόστασης.	- 1η και 2η παράβαση: Ποινή χρόνου drafting - 3η παράβαση: Αποκλεισμός	5.5 γ) (vi) 5.6 στ)
70. Επανάληψη της προσπέρασης από έναν αθλητή που προσπεράστηκε πριν βγει από τη ζώνη προσγείωσης στα αγωνίσματα μεσαίων και μεγάλων αποστάσεων,	- 1η και 2η παράβαση: Ποινή χρόνου drafting - 3η παράβαση: Αποκλεισμός	5.5 γ) (vi) 5.6 στ)
71. Σύνταξη αθλητή διαφορετικού φύλου σε νομικά γεγονότα,	- 1η παράβαση: Προειδοποίηση και διόρθωση - Αποκλεισμός κατά τη 2η παράβαση	5.5 β)
72. Η κατάρτιση ενός αθλητή που βρίσκεται σε διαφορετικό γύρο	- Προειδοποίηση και διόρθωση - Εάν όχι: Αποκλεισμός	5.5 β)
73. Παρασύροντας μοτοσυκλέτα σε έναν διαγωνισμό	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Ποινή χρόνου drafting	5.5 β)

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74. Παρασύροντας ένα όχημα ή μια μοτοσυκλέτα σε διαγωνισμό που είναι νόμιμος,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	5.5 β)
75. Αποκλεισμός σε έναν διαγωνισμό με παράνομο σχέδιο,	- Χρονική ποινή - Εάν όχι: Αποκλεισμός	5.7
76. Αποκλεισμός σε διαγωνισμό ηλικιακών ομάδων με νόμιμο σχέδιο,	- Χρονική ποινή - Εάν όχι: Αποκλεισμός	5.7
77. Φοράτε το κράνος ανοιγμένο ή ανασφαλώς στερεωμένο κατά τη διάρκεια του τμήματος ποδηλάτου,	- Age-Group: Προειδοποίηση και διόρθωση - Elite και παρατρίαθλο: Χρονική ποινή - Εάν δεν διορθωθεί: Αποκλεισμός και απομάκρυνση από τον αγώνα	5.2 ζ) (iv)
78. Βγάλετε το κράνος στην ποδηλατική διαδρομή, ακόμη και αν σταματήσετε,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	5.2 ζ) (iv)
79. Μη χρήση κράνους κατά τη διάρκεια του ποδηλατικού τμήματος,	- Αποκλεισμός και απομάκρυνση από τον αγώνα	5.2 ζ) (iv)
80. Διαγωνισμός με διαφορετικό ποδήλατο από αυτό που παρουσιάστηκε στο check-in, ή τροποποιημένο μετά την έγκριση στο check-in,	- Αποκλεισμός	5.1 α) (iv)
81. Ενώ βρίσκονται στο πεδίο ποινής ποδηλασίας, οι αθλητές μπορούν να καταναλώνουν μόνο τα τρόφιμα ή/και το νερό που υπάρχουν στο ποδήλατο ή που φέρουν οι ίδιοι.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	3.6 δ) (iii)
82. Απαγορεύεται στους αθλητές να χρησιμοποιήσουν την τουαλέτα ενώ εκτελούν ποινή στο πεδίο ποινής ποδηλασίας.	- Ποινή διακοπής	3.6 δ) (iv)
83. Απαγορεύεται η προσαρμογή του εξοπλισμού ή οποιουδήποτε είδους συντήρηση του ποδηλάτου κατά τη διάρκεια εκτέλεσης μιας ποινής στο πεδίο ποινής ποδηλασίας.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	3.6 δ) (v)
84. Επικίνδυνη οδήγηση κατά τη διάρκεια του ποδηλατικού τμήματος	- Χρονική ποινή - Εάν επαναληφθεί σκόπιμα: Αποκλεισμός και απομάκρυνση από τον αγώνα	5.1 β) (iii)

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ΚΑΝΟΝΕΣ	ΠΟΙΝΕΣ	ΑΝΑΦΟΡΑ
85. Σύρσιμο κατά τη διάρκεια του τμήματος τρεξίματος,	- Αποκλεισμός και απομάκρυνση από τον αγώνα	6.1 α) (iii) 6.3 α)
86. Τρέχουν μαζί ή/και παίρνουν ρυθμό από άλλον/ες αθλητή/ές που προηγείται/ονται έναν ή περισσότερους γύρους. (Ισχύει για αθλητές Elite, U23, Junior, Youth και Para triathletes),	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	6.1 α) (viii)
87. Να μην συνοδεύονται από μη αγωνιζόμενους αθλητές, μέλη ομάδων, μάνατζερ ομάδων ή άλλα άτομα που δίνουν τον ρυθμό στη διαδρομή ή κατά μήκος της διαδρομής.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	6.1 α) vii 18.5 β)
88. Τρέξετε ή κάντε σκι φορώντας κράνος,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	6.1 α) (v) 18.5 στ)
89. Να μην χρησιμοποιούν στύλους, δέντρα ή άλλα σταθερά στοιχεία ως υποβοήθηση στους ελιγμούς στις στροφές.	- Χρονική ποινή	6.1 α) (vi)
90. Οι αθλητές δεν πρέπει να συνοδεύονται από οποιοδήποτε μη αγωνιζόμενο άτομο στο σημείο τερματισμού.	- Αποκλεισμός	6.3 β) 18.5 β)
91. Να μην χρησιμοποιείτε κλασικό στυλ όπου είναι υποχρεωτικό	- Πρώτη παράβαση Ποινή χρόνου, - Δεύτερη παράβαση:	18.5 ε)
92. Αλλαγή διαδρόμων στον αγωγό τερματισμού, παρεμποδίζοντας την πρόοδο άλλων αθλητών.	- Αποκλεισμός	18.5. θ)

ΟΜΑΔΙΚΗ ΣΚΥΤΑΛΟΔΡΟΜΙΑ		
ΚΑΝΟΝΕΣ	ΠΟΙΝΕΣ	ΑΝΑΦΟΡΑ
93. Ένα ή περισσότερα δηλωθέντα μέλη ομάδας σε αυτόνομο αγώνα σκυταλοδρομίας, που εισηγείται στην αίθουσα εμαρτυρία 2 ΠΕΙΡΑΙΑΣ Τ.Κ. 185 41 στην έναρξη της ενημερωτικής συνεδρίασης παρευρίσκονται στην	- 10 δευτερόλεπτα ποινή χρόνου για την ομάδα που σερβίρει στη μετάβαση 1 από το πρώτο μέλος της ομάδας	2.7 β) (v)

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94. Μη υποβολή του εντύπου δήλωσης ομάδας εντός της καθορισμένης προθεσμίας,	- Οι ομάδες θα διαγραφούν από τη λίστα εκκίνησης της διοργάνωσης και από όλες τις λίστες εκκίνησης και αναμονής στις διοργανώσεις των επόμενων 30 ημερών.	16.7 γ)
95. Ομαδική αλλαγή σκυταλοδρομίας που ολοκληρώθηκε εκτός της ζώνης ανταλλαγής,	- Χρονική ποινή	16.10 γ)
96. Ομαδική αλλαγή σκυταλοδρομίας που δεν ολοκληρώθηκε ή ολοκληρώθηκε σκόπιμα εκτός της ζώνης αλλαγής,	- Αποκλεισμός	16.10 γ) 16.10 δ)

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ΚΑΝΟΝΕΣ	ΠΟΙΝΕΣ	ΑΝΑΦΟΡΑ
97. Οι παρατριαθλητές που χρησιμοποιούν καθετήρες ή άλλες συσκευές εκτροπής ούρων, έχουν διαρροές κατά τη διάρκεια της προπόνησης, του αγώνα ή της κατάταξης,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	17.19 α)
98. Χρήση προσαρμοσμένων πέλματων και παπουτσιών ποδηλάτου με εκτεθειμένα πέλματα που είναι τοποθετημένα σε προσθετικά πόδια (τα οποία επιτρέπονται στην περιοχή πριν από τη μετάβαση) και τα πέλματα δεν καλύπτονται ή δεν περιβάλλονται από αντιολισθητικό υλικό.	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	17.9 στ)
99. Παρατριαθλητής χωρίς προσωρινή, αναθεωρημένη ή επιβεβαιωμένη ιδιότητα κατηγορίας σύμφωνα με τα προβλεπόμενα χρονοδιαγράμματα,	- Αποκλεισμός	17.4
100. Παρατριαθλητής αγωνίζεται φορώντας ή χρησιμοποιώντας προσθετικά ή ειδικό προσαρμοστικό εξοπλισμό που δεν είναι επίσημα εγκεκριμένος	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	17.16 α) 17.12 ιβ) 17.8 β) (vi)
101. Παρατριαθλητής χρησιμοποιεί αιχμηρά αντικείμενα, προσθετικές επενδύσεις ή	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός και απομάκρυνση από τον αγώνα	17.14 α)

προσθετικές συσκευές που μπορεί να είναι επιβλαβείς,		
102. Η κατάταξη του παρατριάθλου θεωρείται μη ολοκληρωμένη (CNC),	- Αφαιρέθηκε από τη λίστα εκκίνησης	Βλέπε Ταξινόμηση Κανόνες - μέρος 3 τμήμα 10
103. Παρατριαθλητές που έχουν χαρακτηριστεί ως μη επιλέξιμοι για αγώνες παρατριάθλου,	- Αφαιρέθηκε από τη λίστα εκκίνησης	Βλέπε Ταξινόμηση κανόνες - μέρος 5
104. Ο παρατριαθλητής δεν παρευρίσκεται στην προγραμματισμένη συνεδρία κατάταξης,	- Λογική εξήγηση: Δώστε δεύτερη ευκαιρία - Εάν όχι: Αφαιρέθηκε από τη λίστα εκκίνησης	Βλέπε Ταξινόμηση κανόνες - μέρος 6
105. Παρατριαθλητής/τριαθλήτρια που παραποιεί σκόπιμα τις δεξιότητες του/της ή/και τις ικανότητές του/της,	- Πρώτη παράβαση: Αποκλεισμός - Δεύτερη παράβαση: Αποκλεισμός και αναφορά στο Δικαστικό Όργανο της Διεθνούς Ένωσης Τριάθλου για πιθανή αναστολή	Βλέπε Ταξινόμηση κανόνες - μέρος 8
106. Οι οδηγοί και οι προσωπικοί χειριστές, οι οποίοι δεν έχουν εγγραφεί στην ενημέρωση των αθλητών,	- Αφαίρεση της πρόσβασης στο FOP	17.6 β)
107. Προσωπικός χειριστής που δεν φέρει τα ειδικά διαπιστευτήρια που δόθηκαν από την LOC/World Triathlon,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: DSQ τον παρατριαθλητή που χειρίζεται	17.7 α)
108. Παρατριαθλητής που δέχεται βοήθεια από περισσότερους προσωπικούς συνοδούς που έχει δηλώσει,	- Αποκλεισμός	17.7 β)
109. Οποιαδήποτε ενέργεια του προσωπικού χειριστή που ωθεί τον παρατριαθλητή προς τα εμπρός,	- DSQ τον παρατριαθλητή που χειρίζεται	17.7 ε)
110. Ο προσωπικός χειριστής επισκευάζει το ποδήλατο ενός παρατριαθλητή σε χώρο διαφορετικό από το σημείο μετάβασης των αθλητών ή το σταθμό τροχών κατά τη διάρκεια του αγώνα,	- Αποκλεισμός	17.7 γ) (iv) 17.7 ζ)
111. Ο εξοπλισμός των παρατριαθλητών στον προ-μεταβατικό χώρο που δεν έχει καταγραφεί,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	17.7 θ) (iv)

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112. Οι "προσωπικοί χειριστές" είναι παρόντες στην περιοχή πριν από τη μετάβαση από τα PTS2, PTS3, PTS4 και PTS5,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: DSQ τον αθλητή που χειρίζονται	17.9 α)
113. Παρατριαθλητές με απουσία κάτω άκρου που δεν χρησιμοποιούν προσθετικό μέλος ή πατερίτσες για να φτάσουν από την περιοχή Pre-Transition στην Transition 1 και να πηδήξουν με το ένα πόδι,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	17.9 ζ)
114. PTWC1 και PTWC2 παρατριάθλου που κάνουν τη μετάβαση έξω από τον ατομικό χώρο,	- Χρονική ποινή	17.10 η)
115. Οι αθλητές PTWC1 και PTWC2 δεν σταματούν εντελώς στις γραμμές αναρρίχησης και αποβίβασης ή συνεχίζουν πριν ο Τεχνικός Αξιωματούχος πει "Πάμε",	- Χρονική ποινή	17.14 ε)
116. Οι αθλητές PTWC1 και PTWC2 που αποσύρονται από όχημα ή μοτοσικλέτα κατά τη διάρκεια της διαδρομής,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Ποινή χρόνου drafting	17.15 δ)
117. Παρατριαθλητές που αφήνουν τον εξοπλισμό σε προ-μεταβατικό στάδιο μετά την έξοδό τους από αυτό,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Χρονική ποινή	17.9 ε)
118. Αθλητές PTVI1, PTVI2 και PTVI3 που αγωνίζονται με οδηγό που δεν πληροί τις απαιτήσεις,	- Αποκλεισμός	17.17 α) (iv) (v)
119. Οι αθλητές PTVI1, PTVI2 και PTVI3 δεν είναι δεμένοι κατά τη διάρκεια της κολύμβησης ή του τρεξίματος,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	17.17 β) (i) 17.17 δ) (i)
120. Οι αθλητές PTVI1, PTVI2 και PTVI3 έκαναν βηματισμό, καθοδηγούνταν ή απείχαν περισσότερο από 1,5 m από τον οδηγό τους, κατά τη διάρκεια της κολύμβησης,	- Πρώτη παράβαση: Χρονική ποινή - Δεύτερη παράβαση: Αποκλεισμός	17.7 β) (ii)
121. Οι αθλητές PTVI1, PTVI2 και PTVI3 έκαναν βηματισμό, καθοδηγούνταν ή απείχαν περισσότερο από 0,5 μέτρα από τον οδηγό τους, κατά τη διάρκεια της εξόδου με το πηλίκι κολύμβησης,	- Πρώτη παράβαση: Χρονική ποινή - Δεύτερη παράβαση: Αποκλεισμός	17.17 α) (viii) 17.17 δ) (ii)
122. PTVI1, PTVI2 and PTVI3 pulled or pushed by the guide	- Αποκλεισμός	17.17 β) (iii)

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123. Ο παρατριαθλητής PTVI1, PTVI2 και PTVI3 διασχίζει τη γραμμή τερματισμού και ο οδηγός βρίσκεται δίπλα ή πίσω από τον παρατριαθλητή αλλά σε απόσταση μεγαλύτερη από την απαιτούμενη μέγιστη απόσταση 0,5 μέτρων,	- Αποκλεισμός	17.17 α) (viii) 17.17 δ) (ii)
124. Παρατριαθλητής μπαίνει στον αγωνιστικό χώρο με σκύλο-οδηγό,	- Προειδοποίηση και διόρθωση - Εάν δεν διορθωθεί: Αποκλεισμός	17.17 α) (i)
125. Οι αθλητές PTVI1 δεν φορούσαν γυαλιά συσκότισης ή γυαλιά κατά τη διάρκεια των σχετικών τμημάτων,	- Αποκλεισμός	17.17 α) (x)

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Τα αποτελέσματα και τα δείγματα της λίστας εκκίνησης μπορείτε να τα βρείτε στην ιστοσελίδα του World Triathlon.

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ΠΑΡΑΡΤΗΜΑ ΙΓ: ΣΥΜΦΩΝΪΑ ΑΘΛΗΤΗ

Η Συμφωνία Αθλητών περιγράφεται στην ιστοσελίδα του World Triathlon στον ακόλουθο σύνδεσμο: https://www.triathlon.org/about/downloads/category/athletes_agreement

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1. Τοποθεσία και χρόνος:

- 1.1. Για κάθε αγώνισμα, ο έλεγχος τεχνολογικής απάτης θα πραγματοποιείται τη στιγμή που ελέγχονται τα ποδήλατα των αθλητών (αίθουσα αναμονής των αθλητών ή ζώνη μετάβασης).
- 1.2. Ιδανικά θα πρέπει να παρέχονται δύο σκηνές από την LOC (η μία από αυτές μπορεί να είναι χωρίς τοίχους).
- 1.3. Πριν από τον διαγωνισμό, θα γίνουν τυχαίες επιλογές μεταξύ των αθλητών. Οι μεταγωνιστικές δοκιμές μπορούν να πραγματοποιηθούν σε στοχευμένους αθλητές ανάλογα με τις επιδόσεις τους.

2. Εμπλεκόμενο προσωπικό:

- 2.1. Ένας ή δύο διαπιστευμένοι από το World Triathlon υπεύθυνοι ελέγχου ποδηλάτων θα πρέπει να συμμετέχουν στη διαδικασία.
- 2.2. Ο LOC θα πρέπει να διαθέσει έναν εξειδικευμένο μηχανικό ποδηλάτων. Ο μηχανικός ποδηλάτων θα πρέπει να είναι πολύ εξοικειωμένος με τους τύπους ποδηλάτων που χρησιμοποιούνται στον συγκεκριμένο διαγωνισμό και να μπορεί να αποσυναρμολογεί το ποδήλατο και να το συναρμολογεί σε σύντομο χρονικό διάστημα.

3. Διαδικασία:

- 3.1. Ο επιλεγμένος αθλητής θα κληθεί να μεταφέρει το ποδήλατό του στην 1η σκηνή. Ο διαπιστευμένος από το World Triathlon υπάλληλος ελέγχου ποδηλάτων θα εξηγήσει τη διαδικασία στον αθλητή, θα πραγματοποιήσει οπτικό έλεγχο και θα σαρώσει το ποδήλατο, συμπεριλαμβανομένου του σκελετού και των τροχών.
- 3.2. Σε περίπτωση χαμηλών ενδείξεων, ο αθλητής και το ποδήλατο θα απελευθερωθούν.
- 3.3. Σε περίπτωση υψηλών ενδείξεων, εάν υπάρχουν, ο δεύτερος διαπιστευμένος υπάλληλος ελέγχου ποδηλάτων θα κληθεί να επαληθεύσει τα αποτελέσματα. Εάν η ένδειξη παραμένει υψηλή, θα ζητηθεί από τον αθλητή να μετακινήσει το ποδήλατό του στην κλειστή σκηνή. Σε περίπτωση που η ένδειξη είναι υψηλή και δεν υπάρχει διαθέσιμος δεύτερος διαπιστευμένος υπάλληλος ελέγχου ποδηλάτων, θα ζητηθεί από τον αθλητή να μετακινήσει το ποδήλατό του στην κλειστή σκηνή.
- 3.4. Το World Triathlon μπορεί να χρησιμοποιήσει οποιαδήποτε διαθέσιμη τεχνολογία για τον έλεγχο των ποδηλάτων των αθλητών.
- 3.5. Στην κλειστή σκηνή, μαζί με τον διαπιστευμένο από το Παγκόσμιο Τρίαθλο αξιωματούχο ελέγχου ποδηλάτων, πρέπει να είναι παρόντες ο επικεφαλής διαιτητής του Παγκοσμίου Τρίαθλου (ή οπιοποδήποτε άλλος αξιωματούχος που έχει οριστεί από τον επικεφαλής διαιτητή) και ένας μηχανικός ποδηλάτων. Ο μηχανικός ποδηλάτων πρέπει να αποκλείσει από κάθε σκηνή οποιαδήποτε εμπορική προβολή.
- 3.6. Στον αλυσοτροχό, ο εκπρόσωπος των αθλητών μπορεί να αφαιρέσει το στύλο της σελίδας και τον αλυσοτροχό. Εναλλακτικά, ο εκπρόσωπος των αθλητών μπορεί να αφαιρέσει τον

παραπάνω εξοπλισμό για λογαριασμό τους. Εάν ο αθλητής ή ο εκπρόσωπός του δεν είναι διατεθειμένος να αφαιρέσει τον παραπάνω εξοπλισμό, πρέπει να υπογράψει δήλωση αποποίησης για τυχόν ζημιές στο ποδήλατο κατά την αφαίρεση από εγκεκριμένο μηχανικό ποδηλάτων του World Triathlon.

- 3.7. Ο μηχανικός του ποδηλάτου ή ο αθλητής θα αφαιρέσει τον άξονα του τροχού της αλυσίδας. Εάν υπάρχει κινητήρας, ο αθλητής θα παραπέμπεται στον επικεφαλής διαιτητή για απόφαση. Ο επικεφαλής διαιτητής θα αποκλείσει τον αθλητή και θα παραπέμψει την υπόθεση στο Παγκόσμιο Δικαστήριο Τριάθλου για πιθανές περαιτέρω ποινές.
- 3.8. Εάν ο αθλητής αρνηθεί να υπογράψει την παραίτηση, η περίπτωση θα θεωρηθεί ως χαμένος έλεγχος και ως εκ τούτου ο επικεφαλής διαιτητής θα αποκλείσει τον αθλητή και θα παραπέμψει την υπόθεση στο Παγκόσμιο Δικαστήριο Τριάθλου για πιθανές περαιτέρω κυρώσεις.
- 3.9. Ο αθλητής δεν επιτρέπεται να αγωνιστεί με άλλο ποδήλατο σε καμία διοργάνωση του Παγκόσμιου Τριάθλου μέχρι να κλείσει η υπόθεση και κατά τη διάρκεια της πιθανής αποβολής.

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ΠΑΡΑΡΤΗΜΑ ΙΣΤ: ΜΗ ΠΑΡΑΔΟΣΙΑΚΗ Ή ΑΣΥΝΗΘΙΣΤΗ ΔΙΑΔΙΚΑΣΙΑ ΕΓΚΡΙΣΗΣ ΠΟΔΗΛΑΤΩΝ

1. Ο κατασκευαστής θα πρέπει να παρέχει περιγραφή του προϊόντος (με ενδεικτικές εικόνες) σχετικά με τον προς έγκριση σκελετό ποδηλάτου.
2. Ο κατασκευαστής θα πρέπει να δηλώνει ότι ο σκελετός (σε όλα τα διαθέσιμα/πωλούμενα μεγέθη σκελετού) πληροί όλα τα κριτήρια των πραγματικών προτύπων ασφαλείας ποδηλάτων, προς το παρόν το ISO 4210:2015. Η δήλωση αυτή θα πρέπει να αποτελεί μέρος του πακέτου εγγράφων που υποβάλλεται προς έγκριση.
3. Ο κατασκευαστής θα πρέπει να αποδεικνύει τη συμμόρφωση του πλαισίου με το πρότυπο ISO 4210:2015 με έκθεση δοκιμής που εκδίδεται από ανεξάρτητο εργαστήριο τρίτου μέρους που διενεργεί δοκιμές ασφάλειας και συμμόρφωσης καταναλωτικών προϊόντων στον τομέα των μηχανικών δοκιμών και είναι διαπιστευμένο σύμφωνα με τις απαιτήσεις του προτύπου EN/ISO/IEC 17025. Θα πρέπει να παρέχονται εκθέσεις δοκιμών για όλα τα διαθέσιμα/πωληθέντα μεγέθη πλαισίων (όπως 48/50/52 κ.λπ.). Οι εν λόγω εκθέσεις δοκιμών πρέπει να αποτελούν μέρος του πακέτου εγγράφων που υποβάλλεται προς έγκριση.
4. Η πιστοποίηση της συμμόρφωσης με το πρότυπο EN/ISO/IEC 17025 του διαπιστευμένου εργαστηρίου δοκιμών θα πρέπει να αποτελεί μέρος του πακέτου εγγράφων που υποβάλλεται προς έγκριση.
5. Η επιτροπή έγκρισης θα μελετήσει τα έγγραφα αυτά και θα λάβει απόφαση σχετικά με την αποδοχή της αίτησης.

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ΠΑΡΑΡΤΗΜΑ ΙΖ: ΡΡΕ – ΑΞΙΟΛΟΓΗΣΗ ΠΡΙΝ ΑΠΟ ΤΗΝ ΕΝΑΡΞΗ ΣΥΜΜΕΤΟΧΗΣ

1. Τα ΜΑΠ πρέπει να περιλαμβάνουν:

1.1. Απαντήστε στο ιατρικό ερωτηματολόγιο: το ερωτηματολόγιο αυτό είναι αυστηρά εμπιστευτικό και πρέπει να δοθεί στον υπεύθυνο γιατρό της ομάδας πριν από την ιατρική εξέταση. Το ιατρικό ερωτηματολόγιο θα είναι διαθέσιμο για να το κατεβάσετε από την ιστοσελίδα του World Triathlon.

1.2. Φυσική εξέταση: από τον γιατρό σύμφωνα με τις συστάσεις της ΔΟΕ που δημοσιεύονται στις "Συστάσεις της Λωζάνης" σχετικά με τη συναίνεση για τον αιφνίδιο καρδιαγγειακό θάνατο στον αθλητισμό.

α) Καρδιακή ακρόαση:

- Ρυθμός/ρυθμός
- Θόρυβος : συστολική/διαστολική
- Συστολικό κλικ

β) Πίεση αίματος

γ) Ακτινικοί και μηριαίοι παλμοί

δ) Στίγματα Marfan

1.3. Ηλεκτροκαρδιογράφημα ηρεμίας 12 απαγωγών (ΗΚΓ). Γιατρός για να αναζητήσει ανωμαλίες στο ρυθμό, την αγωγιμότητα ή την επαναπόλωση.

1.4. Κάθε εθνική ομοσπονδία πρέπει να αποστέλλει μία επιστολή/πιστοποιητικό στην αρχή κάθε αγωνιστικής περιόδου, υπογεγραμμένο από τον εκπρόσωπο της εθνικής ομοσπονδίας, που να επιβεβαιώνει ότι όλοι οι αθλητές όπως περιγράφεται στο 2.4.γ έχουν αναλάβει τα ΜΑΠ, οι οποίοι θα συμμετάσχουν σε αγώνα του Παγκοσμίου Τριάθλου κατά το συγκεκριμένο ημερολογιακό έτος. Η επιστολή αυτή θα πρέπει να υποβληθεί χειρόγραφα, διαφορετικά οι αθλητές από τη συγκεκριμένη Εθνική Ομοσπονδία δεν θα γίνουν δεκτοί σε καμία διοργάνωση του Παγκοσμίου Τριάθλου.

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ΠΑΡΑΡΤΗΜΑ ΙΗ: ΚΑΝΟΝΕΣ ΣΥΝΑΓΩΝΙΣΜΟΥ ΓΙΑ ΤΟΝ ΓΥΡΟ ΑΠΟΚΛΕΙΣΜΟΥ

1. Ορισμός:

- 1.1 Η μορφή Eliminator είναι ένας αγώνας που αποτελείται από δύο ή τρία τρίαθλα - ή άλλους αγώνες πολλαπλών αθλημάτων - που διεξάγονται το ένα μετά το άλλο, με ένα σύντομο χρονικό διάστημα αποκατάστασης μεταξύ τους. Στην εκκίνηση της πρώτης κούρσας θα υπάρχουν το πολύ 30 αθλητές και στο τέλος κάθε κούρσας θα αποκλείεται ένας καθορισμένος αριθμός τελευταίων αθλητών.
- 1.2 Εάν έχουν δηλώσει συμμετοχή περισσότεροι από 30 αθλητές, θα διεξαχθεί προκαταρκτική προκριματική φάση. Εναλλακτικά, η επιλογή των 30 αθλητών μπορεί να γίνει με βάση το αποτέλεσμα προηγούμενου αγώνα ή με βάση την κατάταξη. Η μορφή Eliminator θα χρησιμοποιηθεί ως τελική φάση.
- 1.3 Οι αποστάσεις όλων των αγώνων, συμπεριλαμβανομένου κάθε γύρου του Eliminator, θα είναι Super Sprint.
- 1.4 Τρίαθλο ή άλλοι αγώνες πολλαπλών αθλημάτων μπορούν να διοργανωθούν με τη χρήση της μορφής Eliminator.

2. Προκαταρκτική φάση:

- 2.1 Σε περίπτωση που θα γίνουν δεκτοί περισσότεροι από 30 αθλητές στην εκδήλωση, μπορεί να οργανωθεί μια προκαταρκτική φάση ως μία από τις ακόλουθες επιλογές:
 - α) Προκριματικός αγώνας χρονομέτρησης Super Sprint (μπορεί να προγραμματιστεί για την ίδια ή την προηγούμενη ημέρα της τελικής φάσης):
 - (i) Οι αθλητές με τους 30 καλύτερους χρόνους θα προκριθούν στην τελική φάση. Σε περίπτωση ισοβαθμίας στην 30η θέση, όλοι οι ισοβαθμοί αθλητές θα προχωρήσουν στην τελική φάση.
 - β) Προκριματικό αγώνισμα Super Sprint (μπορεί να προγραμματιστεί την ίδια ή την προηγούμενη ημέρα της τελικής φάσης). Σχήμα με κύματα Repechage (εκτεταμένο πρόγραμμα):
 - (i) 31- 40 αθλητές:
 - Δύο προκριματικά κύματα (έως 20 αθλητές το καθένα). Οι 10 καλύτεροι αθλητές από κάθε κατηγορία προκρίνονται στον τελικό.
 - Ένα κύμα Repechage που περιλαμβάνει έως και 20 εναπομείναντες μη προκριμένους αθλητές. Οι 10 καλύτεροι αθλητές από το Repechage προκρίνονται στον τελικό. Οι αθλητές στο κύμα επαναληπτικών αγώνων διατηρούν τους αριθμούς των αγώνων τους και τη θέση τους στο χώρο μετάβασης από τα κύματα των προκριματικών αγώνων. Η σειρά εισαγωγής των αθλητών είναι σύμφωνα με την τρέχουσα Παγκόσμια Κατάταξη.
 - (ii) 41 - 50 αθλητές

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- Δύο προκριματικά κύματα (έως 25 αθλητές το καθένα). Οι 10 καλύτεροι αθλητές από κάθε αγώνα προκρίνονται στον τελικό.
 - Ένα κύμα Repêchage περιλαμβάνει έως και 30 εναπομείναντες αθλητές που δεν έχουν προκριθεί. Οι 10 καλύτεροι αθλητές από το Repêchage προκρίνονται στον τελικό. Οι αθλητές στο κύμα επαναληπτικών αγώνων διατηρούν τους αριθμούς των αγώνων τους και τη θέση τους στο χώρο μετάβασης από τα κύματα των προκριματικών αγώνων. Η σειρά εισαγωγής των αθλητών θα είναι σύμφωνα με την τρέχουσα Παγκόσμια Κατάταξη Τριάθλου ή οποιαδήποτε άλλη ισχύουσα.
- (iii) 51 - 60 αθλητές:
- Δύο προκριματικά κύματα (έως 30 αθλητές το καθένα). Οι 10 καλύτεροι αθλητές από κάθε αγώνα προκρίνονται στον τελικό.
 - Δύο κύματα επαναληπτικών αγώνων που περιλαμβάνουν έως και 20 εναπομείναντες μη προκριματικούς αθλητές από κάθε προκριματικό κύμα. Οι αθλητές θα αγωνιστούν με τους ίδιους αθλητές όπως και στα προηγούμενα προκριματικά κύματα και θα διατηρήσουν τη θέση τους στο χώρο μετάβασης. Η σειρά εισαγωγής των αθλητών θα είναι σύμφωνα με τον αριθμό του αγώνα τους. Οι 5 καλύτεροι αθλητές από κάθε κύμα επαναληπτικών αγώνων προκρίνονται στον τελικό.
- (iv) 61 - 70 αθλητές:
- Τρία προκριματικά κύματα (έως 23 ή 24 αθλητές το καθένα). Οι 8 καλύτεροι αθλητές από κάθε κατηγορία προκρίνονται στον τελικό.
 - Δύο κύματα επαναληπτικών αγώνων με έως και 46 εναπομείναντες αθλητές που δεν έχουν προκριθεί το καθένα. Οι 3 καλύτεροι αθλητές από κάθε κύμα επαναληπτικών αγώνων προκρίνονται στον τελικό. Οι αθλητές θα καταταγούν σύμφωνα με το χρόνο τερματισμού τους από τα κύματα πρόκρισης και θα κατανεμηθούν ισόποσα σύμφωνα με τους κανονισμούς των προκριματικών αγώνων. Η σειρά εισαγωγής των αθλητών θα είναι σύμφωνα με την τρέχουσα Παγκόσμια Κατάταξη Τριάθλου ή οποιαδήποτε άλλη ισχύουσα.
- γ) Σχήμα χωρίς κύματα Repêchage (συμπαγές πρόγραμμα):
- (i) Σε περίπτωση δύο προκριματικών κυμάτων, οι 15 καλύτεροι αθλητές από κάθε κύμα προκρίνονται στον τελικό.
 - (ii) Σε περίπτωση τριών προκριματικών κυμάτων, οι 10 πρώτοι αθλητές από κάθε κύμα προκρίνονται στον τελικό.
 - (iii) Σε περίπτωση τεσσάρων προκριματικών κυμάτων, οι 7 πρώτοι αθλητές από κάθε κύμα, καθώς και οι 2 ταχύτεροι χρόνοι από όλα τα κύματα, προκρίνονται στον τελικό.
- δ) Ο TD μπορεί να καθορίσει άλλα μοντέλα, τα οποία μπορεί να περιλαμβάνουν ή να μην περιλαμβάνουν κύματα Repêchage και μπορεί να προσαρμόσει τα παραπάνω μοντέλα σύμφωνα με τον αριθμό των αθλητών που συμμετέχουν.
- ε) Σε κάθε περίπτωση προτεραιότητας στην προκριματική φάση, οι αθλητές θα προκρίνονται με τον αριθμό των αθλητών που προκρίνονται με τις ανάγκες.

- στ) Οποιαδήποτε διοργάνωση σε οποιαδήποτε άλλη μορφή μπορεί να οριστεί ως προκριματική διοργάνωση.
- ζ) Η Παγκόσμια Κατάταξη Τριάθλου (ή οποιαδήποτε άλλη κατάταξη) μπορεί να χρησιμοποιηθεί ως εναλλακτική λύση ή σε περίπτωση ακύρωσης ή αδυναμίας διεξαγωγής ή ολοκλήρωσης του προκριματικού αγώνα.

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η) Η προκαταρκτική φάση θα καθορίσει:

(i) Οι 30 αθλητές προκρίθηκαν στην τελική φάση.

(ii) Η σειρά (με βάση το χρόνο) των αθλητών που δεν έχουν δικαίωμα συμμετοχής, προκειμένου να καλυφθούν τυχόν κενές θέσεις μεταξύ των αθλητών που έχουν δικαίωμα συμμετοχής και να απονεμηθούν βαθμοί κατάταξης, εάν υπάρχει.

3. Τελική φάση:

3.1 Η τελική φάση της μορφής Eliminator περιλαμβάνει δύο ή τρεις γύρους τριάθλου Super Sprint - κατά προτίμηση με την απόσταση 300 μέτρα κολύμπι + 6 χιλιόμετρα ποδήλατο + 1,5 χιλιόμετρο τρέξιμο. (+/- 10%) - που πραγματοποιούνται ο ένας μετά τον άλλον με σύντομο χρόνο αποκατάστασης μεταξύ τους.

3.2 Η έναρξη του πρώτου γύρου της τελικής φάσης πρέπει να προγραμματιστεί όχι νωρίτερα από 90 λεπτά μετά το τέλος των τελευταίων κυμάτων της προκριματικής φάσης του ίδιου φύλου.

3.3 Οι αθλητές θα αριθμηθούν σύμφωνα με τα αποτελέσματα της προκριματικής φάσης. Ανατρέξτε στην ενότητα 20.5 των Κανόνων Αγώνων του Παγκόσμιου Τριάθλου.

3.4 Ο επόμενος γύρος θα ξεκινήσει εντός 30 λεπτών από την έναρξη του προηγούμενου γύρου. Ο Τεχνικός Αντιπρόσωπος μπορεί να τροποποιήσει αυτόν τον χρόνο ανάλογα με τις τοπικές συνθήκες.

3.5 Οι αθλητές θα αποκλείονται μόνο στη γραμμή τερματισμού.

Φάση αποκλεισμού με 2 γύρους	Πρόοδος ανά γύρο
Γραμμή τερματισμού 1ου γύρου	15 πρόοδοι

Φάση αποκλεισμού με 3 γύρους	Πρόοδος ανά γύρο
Γραμμή τερματισμού 1ου γύρου	20 πρόοδοι
Γραμμή τερματισμού 1ου γύρου	10 πρόοδοι

3.6 Σε περίπτωση ισοβαθμίας κατά την τελική φάση, οι ισόπαλοι αθλητές θα προχωρήσουν στον επόμενο γύρο και ο αριθμός των αθλητών θα προσαρμοστεί ανάλογα με τις ανάγκες.

3.7 Οι αθλητές που είναι DSQ, DNF και DNS δεν έχουν δικαίωμα να προχωρήσουν.

3.8 Εξοπλισμός: **ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ**

α) Οι αθλητές μπορούν να κάνουν check-in στο χώρο μεταβίβασης με έναν ποδηλάτη και όποιο εξοπλισμό χρειάζονται για τον πρώτο γύρο.

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- β) Σε περίπτωση που απαιτείται πρόσθετος εξοπλισμός για τους επόμενους γύρους, οι αθλητές μπορούν να τον διαχειριστούν κατά τη διάρκεια του χρόνου μεταξύ των γύρων.
- γ) Οι εφεδρικοί τροχοί δεν επιτρέπονται στην περιοχή μετάβασης.
- δ) Οι εφεδρικοί τροχοί μπορούν να κατατεθούν στο σταθμό τροχών που βρίσκεται δίπλα στο χώρο μετάβασης.
- ε) Ο εξοπλισμός προθέρμανσης ή οποιοσδήποτε άλλος μη αγωνιστικός εξοπλισμός πρέπει να κατατίθεται στο σαλόνι των αθλητών πριν από κάθε εκκίνηση (ο Τεχνικός Αντιπρόσωπος μπορεί να το τροποποιήσει αυτό ανάλογα με τις τοπικές συνθήκες).

3.9 Ειδικό κανόνες για την τελική φάση:

- α) Περιοχή μετάβασης:
- (i) Κατά την έναρξη οποιουδήποτε γύρου, όλα πρέπει να βρίσκονται στο ειδικό κουτί, εκτός από:
- Παπούτσια ποδηλασίας, εάν είναι ήδη τοποθετημένα στα πεντάλ.
 - Κράνος ποδηλάτου, αν τοποθετηθεί στο ποδήλατο.
 - Γυαλιά, εάν είναι τοποθετημένα στο ποδήλατο ή στο κράνος.
 - Παπούτσια τρεξίματος, εάν τοποθετούνται στο χώρο του αθλητή στο χώρο μετάβασης.
- β) Ποινές: πρέπει να εκτίονται κατά τη διάρκεια του ίδιου γύρου που έγινε η παράβαση.
- γ) Μετά τον τερματισμό/πριν από την επόμενη έναρξη:
- (i) Οι αθλητές που προχωρούν στην επόμενη κούρσα επιτρέπεται να επιστρέψουν στο χώρο μεταβάσεων. Μπορούν να αναδιοργανώσουν τον χώρο τους, συμπεριλαμβανομένης, ενδεικτικά, της επισκευής του ποδηλάτου ή της αντικατάστασης των τροχών.
- (ii) Οι αθλητές που αποκλείονται δεν επιτρέπεται να επιστρέψουν στην περιοχή μεταβάσεων μεταξύ των γύρων. Ο εξοπλισμός τους ελέγχεται και μεταφέρεται στο σαλόνι των αθλητών από τους τεχνικούς υπαλλήλους.
- δ) Ο χώρος μετάβασης, ο χώρος πριν από την εκκίνηση και το μονοπάτι που συνδέει τους δύο χώρους είναι προσβάσιμα μόνο στους αθλητές που αγωνίζονται στον επόμενο γύρο και στους Τεχνικούς Αξιωματούχους.
- ε) Οι προπονητές μπορούν να βοηθούν τους αθλητές τους στο σαλόνι των αθλητών.
- στ) Οι αθλητές πρέπει να είναι έτοιμοι για την παράταξη τρία λεπτά πριν από την επόμενη εκκίνηση. Οι αθλητές που λείπουν θα τοποθετηθούν στις τελευταίες θέσεις της παρατάξης. Κανόνες, άλλοι αθλητές δεν θα γίνει δεκτός στη γραμμή εκκίνησης λιγότερο από δύο λεπτά πριν από την εκκίνηση.

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- ζ) Οι αποφάσεις των Τεχνικών Αξιωματούχων και του Επικεφαλής Διαιτητή στον αγωνιστικό χώρο θεωρούνται οριστικές στην τελική φάση, με εξαίρεση τον τελευταίο γύρο. Οι αθλητές που αποκλείονται δεν θα προχωρήσουν στον επόμενο γύρο. Αυτό μπορεί να έχει ως αποτέλεσμα να περάσει στον επόμενο γύρο ο επόμενος αθλητής ή οι επόμενοι αθλητές που θα περάσουν τη γραμμή τερματισμού. Για αποκλεισμούς ή ποινές που συμβαίνουν στον τελευταίο γύρο, ισχύει η συνήθης διαδικασία έφεσης/διαμαρτυρίας.
- η) Εάν κάποιος αθλητής που έχει προκριθεί για τον επόμενο γύρο γνωστοποιήσει στον επικεφαλής διαιτητή την απόσυρσή του/της έως και πέντε λεπτά πριν από την έναρξη, θα επιτραπεί στον πρώτο αθλητή που δεν προκρίθηκε στον προηγούμενο γύρο να αγωνιστεί.
- θ) Οι πίνακες εξέλιξης των αθλητών μπορούν να τροποποιηθούν από τον Τεχνικό Αντιπρόσωπο σε περίπτωση που αγωνίζονται λιγότεροι από 30 αθλητές.
- ι) Οι αθλητές που αποκλείονται θα ενημερώνονται από τον επικεφαλής διαιτητή ή τον τεχνικό υπάλληλο τερματισμού στη γραμμή τερματισμού.

ια) Ο αγώνας διακόπηκε:

(i) Σε περίπτωση που ο αγώνας διακοπεί χωρίς δυνατότητα επανεκκίνησης, τα αποτελέσματα του αγώνα θα έχουν ως εξής:

- Εάν ο αγώνας διακοπεί κατά τη διάρκεια του πρώτου σταδίου, το αποτέλεσμα του αγώνα θα γίνει με διαλογή των αθλητών:

(i) Πρώτον: όσοι προκρίθηκαν απευθείας από τα προκριματικά, σύμφωνα με τους χρόνους στα προκριματικά

(ii) Δεύτερον: όσοι προκρίθηκαν από το *repechage* σύμφωνα με τους χρόνους στο *repechage*.

- Εάν ο αγώνας διακοπεί κατά τη διάρκεια του δεύτερου ή του τρίτου σταδίου, οι θέσεις από το τελευταίο σημείο χρονομέτρησης θα καθορίσουν τις θέσεις των αθλητών που αγωνίζονται εκείνη τη στιγμή. Για όσους αποκλείονται ή DNF, οι θέσεις στο τέλος του τελευταίου σταδίου που ολοκληρώθηκε θα καθορίσουν τις θέσεις τους.

2. Συνολικά αποτελέσματα:

2.1 Τα αποτελέσματα θα δημιουργηθούν ως εξής:

- α) Οι αθλητές που θα περάσουν τη γραμμή τερματισμού θα καταταγούν σύμφωνα με τους χρόνους τους στη γραμμή τερματισμού του συγκεκριμένου γύρου. Εάν περισσότεροι από ένας αθλητές έχουν σημειώσει DNF ή LAP, αυτοί που ολοκλήρωσαν τον μεγαλύτερο αριθμό γύρων θα πρέπει να αναφέρονται πρώτοι. Εάν αρκετοί αθλητές σημειώσουν DNF ή LAP στον ίδιο γύρο, οι αθλητές θα πρέπει να καταταχθούν σύμφωνα με τους χρόνους τους στο προηγούμενο σημείο χρονομέτρησης. Εάν οι αθλητές έχουν τον ίδιο χρόνο, θα καταταχθούν με τη σειρά αρχής.
- β) Οι αθλητές των προηγούμενων γύρων θα καταταγούν σύμφωνα με τις θέσεις αρχής.

- γ) Οι αθλητές της προκριματικής φάσης θα καταταγούν μετά από εκείνους της τελικής φάσης σύμφωνα με τους χρόνους που θα επιτύχουν.
- δ) Οι αθλητές που αποκλείονται δεν θα έχουν καμία κατάταξη.

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ΠΑΡΑΡΤΗΜΑ ΙΘ: ΚΑΝΟΝΕΣ ΣΥΝΑΓΩΝΙΣΜΟΥ ΓΙΑ ΤΗ ΜΟΡΦΗ ARENA GAMES TRIATHLON

1. Εισαγωγή:

- α) Αυτή η ενότητα δημιουργήθηκε για να περιγράψει τους ειδικούς κανόνες και κανονισμούς που ισχύουν για τα Arena Games Triathlon Series και Arena Games Triathlon Finals. Εάν δεν διευκρινιστεί, ισχύουν οι γενικοί κανόνες συναγωνισμού της Διεθνούς Ένωσης Τριάθλου.

2. Πρόκριση:

- α) Τα συγκεκριμένα κριτήρια πρόκρισης για τα αγωνίσματα Arena Games Triathlon περιγράφονται στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου στον παρακάτω σύνδεσμο: https://www.triathlon.org/about/downloads/category/qualification_criteria

3. Κατάταξη:

- α) Τα συγκεκριμένα κριτήρια κατάταξης για τα αγωνίσματα Arena Games Triathlon περιγράφονται στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου στον παρακάτω σύνδεσμο: https://www.triathlon.org/about/downloads/category/ranking_criteria

4. Μορφή διοργάνωσης:

- α) Διοργάνωση Arena Games Triathlon Series - επιλογή 1:

i. Προκριματικοί:

1. 8 αθλητές ανά προκριματικό x 2 προκριματικοί
2. 2 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο / Κολύμβηση - Ποδηλασία - Τρέξιμο)
3. Η δραστηριότητα ξεκινά για το τελευταίο στάδιο με βάση τη διαφορά χρόνου μετά το πρώτο στάδιο. Ο αθλητής με τον ταχύτερο χρόνο θα ξεκινήσει πρώτος.
4. Οι αθλητές με κατάταξη 1-3 ανά προκριματικό προκρίνονται στον τελικό.
5. Οι επόμενοι δύο ταχύτεροι αθλητές και στους δύο προκριματικούς περνούν επίσης στον τελικό. Εάν υπάρχει ισοβαθμία στην 8η θέση, πρέπει να γίνει κλήρωση μεταξύ των εν λόγω αθλητών.

ii. Τελικός:

1. 8 αθλητές
2. 3 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο // Τρέξιμο - Ποδηλασία - Κολύμβηση // Κολύμβηση - Ποδηλασία - Τρέξιμο)
3. Η δραστηριότητα ξεκινά για το τελευταίο στάδιο με βάση τον συσσωρευμένο χρόνο μετά το πρώτο και το δεύτερο στάδιο. Ο αθλητής με τον ταχύτερο χρόνο θα ξεκινήσει πρώτος.

- β) Διοργάνωση Arena Games Triathlon Series - επιλογή 2:

i. Προκριματικοί:

4. 10 αθλητές ανά προκριματικό x 2 προκριματικοί
5. 2 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο / Κολύμβηση - Ποδηλασία - Τρέξιμο)
6. Η δραστηριότητα ξεκινά για το τελευταίο στάδιο με βάση τη διαφορά χρόνου μετά το πρώτο στάδιο. Ο αθλητής με τον ταχύτερο χρόνο θα ξεκινήσει πρώτος.

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7. Οι αθλητές με κατάταξη 1-4 ανά προκριματικό προκρίνονται στον τελικό.
8. Οι επόμενοι δύο ταχύτεροι αθλητές και στους δύο προκριματικούς περνούν επίσης στον τελικό. Εάν υπάρχει ισοβαθμία στη 10η θέση, πρέπει να γίνει κλήρωση μεταξύ των εν λόγω αθλητών.

ii. Τελικός:

1. 10 αθλητές
2. 3 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο // Τρέξιμο - Ποδηλασία - Κολύμβηση // Κολύμβηση - Ποδηλασία - Τρέξιμο)
3. Η δραστηριότητα ξεκινά για το τελευταίο στάδιο με βάση τον συσσωρευμένο χρόνο μετά το πρώτο και το δεύτερο στάδιο. Ο αθλητής με τον ταχύτερο χρόνο θα ξεκινήσει πρώτος.

γ) Arena Games Triathlon Finals - επιλογή 1:

i. Προκριματικοί:

1. 10 αθλητές ανά προκριματικό x 3 προκριματικοί
2. 2 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο // Κολύμβηση - Ποδηλασία - Τρέξιμο)
3. Ξεκινά η δραστηριότητα για το τελευταίο στάδιο
4. Οι αθλητές με κατάταξη 1-2 ανά προκριματικό προκρίνονται στον τελικό
5. Οι αθλητές με κατάταξη 3-7 ανά προκριματικό περνούν σε επαναληπτικό
6. Οι επόμενοι πέντε ταχύτεροι αθλητές σε όλους τους προκριματικούς περνούν επίσης σε επαναληπτικό. Εάν υπάρχει ισοβαθμία στην 20η θέση, πρέπει να γίνει κλήρωση μεταξύ των εν λόγω αθλητών.

ii. Επαναληπτικός:

1. 10 αθλητές ανά προκριματικό x 2 προκριματικοί
2. 2 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο // Κολύμβηση - Ποδηλασία - Τρέξιμο)
3. Ξεκινά η δραστηριότητα για το τελευταίο στάδιο
4. Οι 2 πρώτοι προκρίνονται στον τελικό

iii. Τελικός:

1. 10 αθλητές
2. 3 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο // Τρέξιμο - Ποδηλασία - Κολύμβηση // Κολύμβηση - Ποδηλασία - Τρέξιμο)
3. Ξεκινά η δραστηριότητα για το τελευταίο στάδιο

δ) Arena Games Triathlon Finals - επιλογή 2:

i. Προκριματικοί:

1. 15 αθλητές ανά προκριματικό x 2 προκριματικοί
2. 2 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο // Κολύμβηση - Ποδηλασία - Τρέξιμο)
3. Ξεκινά η δραστηριότητα για το τελευταίο στάδιο
4. Οι αθλητές με κατάταξη 1-5 ανά προκριματικό προκρίνονται στον τελικό
5. Οι επόμενοι 10 αθλητές περνούν σε επαναληπτικό
6. Οι επόμενοι πέντε ταχύτεροι αθλητές στους δύο προκριματικούς περνούν επίσης σε επαναληπτικό. Εάν υπάρχει ισοβαθμία στη 15η θέση, πρέπει να γίνει κλήρωση μεταξύ των εν λόγω αθλητών.

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1. 15 αθλητές
2. 2 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο // Κολύμβηση - Ποδηλασία - Τρέξιμο)
3. Ξεκινά η δραστηριότητα για το τελευταίο στάδιο
4. Οι 5 πρώτοι προκρίνονται στον τελικό

iii. Τελικός:

1. 15 αθλητές
2. 3 στάδια (Κολύμβηση - Ποδηλασία - Τρέξιμο // Τρέξιμο - Ποδηλασία - Κολύμβηση // Κολύμβηση - Ποδηλασία - Τρέξιμο)
3. Ξεκινά η δραστηριότητα για το τελευταίο στάδιο 4.

5. Χρόνοι και αποτελέσματα:

- α) Οι χρόνοι και οι κατατάξεις που καταγράφονται από την πλατφόρμα esports καθορίζουν τον νικητή, όλες τις θέσεις και τον χρόνο που ισχύει για κάθε αθλητή για τους αγώνες που ολοκληρώνονται σε ένα αγώνισμα στην πλατφόρμα esports.
- β) Ο αυτόματος εξοπλισμός χρησιμοποιείται για τον καθορισμό του νικητή, όλων των θέσεων και του χρόνου που ισχύει για κάθε διάδρομο για τους αγώνες που τελειώνουν με πραγματική κολύμβηση.
- γ) Τα αποτελέσματα ενός αγώνα θεωρούνται προσωρινά μέχρι να ολοκληρωθούν όλες οι διαδικασίες επαλήθευσης των επιδόσεων και να παρέλθει η προθεσμία για την άσκηση οποιασδήποτε έφεσης/διαμαρτυρίας.

6. Υπεύθυνοι επί τεχνικών θεμάτων:

- α) Η Διεθνής Ένωση Τριάθλου θα διορίζει έναν επικεφαλής διαιτητή σε κάθε διοργάνωση των Arena Games.
- β) Τεχνικοί αντιπρόσωποι δεν θα διορίζονται σε αυτόν τον τύπο αγώνων.
- γ) Ο αριθμός των υπευθύνων επί τεχνικών θεμάτων καθορίζεται από τον επικεφαλής διαιτητή και δεν μπορεί να είναι μικρότερος από τέσσερις (4).
- δ) Η σύνθεση της Κριτικής Επιτροπής Αγωνισμάτων θα αποτελείται από έναν εκπρόσωπο της Διεθνούς Ένωσης Τριάθλου που θα προεδρεύει, έναν εκπρόσωπο της Super League Triathlon και έναν εκπρόσωπο της διοργανώτριας Εθνικής Ομοσπονδίας.
- ε) Ένσταση / διαμαρτυρία μπορεί να ασκηθεί ανά πάσα στιγμή, αλλά θα συζητηθεί στο τέλος της φάσης (προκριματικός/επαναληπτικός/τελικός). Οι διαδικασίες και τα χρονοδιαγράμματα που πρέπει να τηρηθούν είναι παρόμοια με όσα ισχύουν σε οποιαδήποτε άλλη διοργάνωση.

7. Εξοπλισμός:

- α) Τα τμήματα ποδηλασίας και τρεξίματος των αγώνων Arena Games διεξάγονται σε πλατφόρμες esports και τρεξίματος. Μια πλατφόρμα esports ποδηλασίας/τρεξίματος είναι λογισμικό που, όταν συνδυάζεται με συγκεκριμένο υλικό επιτρέπει σε άτομα να συμμετέχουν σε αγώνες ποδηλασίας/τρεξίματος σε εικονικό περιβάλλον. Η πλατφόρμα esports ποδηλασίας/τρεξίματος πρέπει να παρέχει

τουλάχιστον μία μορφή συνεχούς ανατροφοδότησης στους συμμετέχοντες όσον αφορά την πρόδοό τους στον αγώνα σε σχέση με τους άλλους συμμετέχοντες.

- β) Ο πάροχος της πλατφόρμας esports είναι υπεύθυνος για τη λήψη όλων των εύλογων μέτρων ούτως ώστε να διασφαλίσει ότι το λογισμικό που χρησιμοποιείται είναι απαλλαγμένο από τυχόν ελαττώματα που ενδέχεται να διακόψουν τη διεξαγωγή του αγώνα ή να προκαλέσουν με άλλον τρόπο ένα άδικο αποτέλεσμα.
- γ) Πριν από την έναρξη ή μετά τη λήξη οποιουδήποτε αγώνα, ο εξοπλισμός που χρησιμοποιήθηκε από έναν αθλητή μπορεί να ελεγχθεί από τον επικεφαλής διαιτητή ούτως ώστε να επαληθευτεί η απόδοση του αθλητή και η ακριβής μέτρηση του εξοπλισμού.
- δ) Οι αθλητές θα αγωνίζονται σε πανομοιότυπο εξοπλισμό (trainers / έξυπνα ποδήλατα, διαδρόμους) που παρέχεται από την Τοπική Οργανωτική Επιτροπή του αγώνα. Επιτρέπονται μόνο τα trainers και τα έξυπνα ποδήλατα με ακρίβεια ανάγνωσης ισχύος +/- 2% ή καλύτερη σύμφωνα με τον κατασκευαστή.
- ε) Όλος ο εξοπλισμός που παρέχεται από την Τοπική Οργανωτική Επιτροπή για τα τμήματα ποδηλασίας και τρεξίματος πρέπει να είναι πανομοιότυπος. Κανένας αθλητής δεν πρέπει να αποκτά οποιοδήποτε πλεονέκτημα από τον φυσικό ή εικονικό εξοπλισμό που του έχει παραχωρηθεί μέσω της Τοπικής Οργανωτικής Επιτροπής ή της πλατφόρμας esports.
- στ) Η Τοπική Οργανωτική Επιτροπή πρέπει να ακολουθεί τις απαιτούμενες προδιαγραφές του κατασκευαστή για τη διατήρηση της ακρίβειας του εξοπλισμού, συμπεριλαμβανομένης ενδεικτικά, της πραγματοποίησης περιστροφής, μηδενισμού ή άλλης διαδικασίας βαθμονόμησης ή αντιστάθμισης των μετρητών ισχύος ή των smart trainers αμέσως πριν από έναν αγώνα.
- ζ) Εκτός της περιπτώσεως που ορίζεται ρητά στους ειδικούς κανονισμούς ενός αγώνα, οι αθλητές πρέπει να αγωνίζονται χρησιμοποιώντας τον εξοπλισμό που παρέχεται από την Τοπική Οργανωτική Επιτροπή, ο οποίος είναι απαραίτητος για την καταγραφή και τη μετάδοση των δεδομένων απόδοσης των αθλητών. Σε αυτόν τον εξοπλισμό περιλαμβάνονται, ενδεικτικά, smart trainers ή έξυπνα ποδήλατα, διάδρομος, αισθητήρας βηματισμού, μετρητές καρδιακών παλμών και άλλος εξοπλισμός που κρίνεται απαραίτητος. Για την αποφυγή παρεμβολών στον επίσημο εξοπλισμό, οι αθλητές δεν πρέπει να χρησιμοποιούν δικές τους ασύρματες συσκευές μετάδοσης, όπως ασύρματες μονάδες κεφαλής, μετρητές ισχύος ή άλλες.
- η) Το βάρος, το ύψος και κάθε άλλο τέτοιο στοιχείο ενός αθλητή που χρησιμοποιείται για τη βαθμονόμηση του εξοπλισμού ή της πλατφόρμας αγώνων μετρείται το αργότερο 180 λεπτά πριν από την έναρξη ενός αγώνα. Οι μετρήσεις αυτές πρέπει να υπολογίζονται όταν φορούν Trisuit χωρίς παπούτσια. Κάθε αθλητής που δεν θα παρευρίσκεται στη διαδικασία μέτρησης θα διαγράφεται από τη λίστα εκκίνησης.
- θ) Trisuit:

- i. Τα Trisuit που χρησιμοποιούν οι αθλητές, πρέπει να ταιριάζουν με το εικονικό αγατάρι
- ii. Τα Trisuit είναι απαγορευμένο να έχουν τοπική Οργανωτική Επιτροπή
- iii. Το Trisuit θα έχει ένα προεπιλεγμένο χρώμα (πανομοιότυπο για κάθε αγώνα) με το λογότυπο της Διεθνούς Ένωσης Τριάθλου και των Arena Games Triathlon

ι) Ομάδα υποστήριξης:

- i. Αναλογία Εθνικής Ομοσπονδίας: Κάθε Εθνική Ομοσπονδία έχει μια αναλογία ομάδας υποστήριξης ενός προπονητή και ενός ιατρού της ομάδας.

ια) Ενημέρωση αθλητών

- i. Για τις διοργανώσεις Arena Games Triathlon Series και Arena Games Triathlon Finals, υπάρχει μία ενιαία ενημέρωση των αθλητών και αθλητριών της κατηγορίας Elite. Αυτή η ενημέρωση θα πραγματοποιείται στις 18:00 τοπική ώρα μία (1) ημέρα πριν από την πρώτη ημέρα των αγωνισμάτων της κατηγορίας Elite.

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8. Αγώνες:

α) Γενικά:

- i. Κάθε στάδιο θα ξεκινά ακριβώς την ώρα για την οποία έχει προγραμματιστεί.
- ii. Ο αθλητής δεν πρέπει να έχει καμία επαφή με τις οθόνες που χρησιμοποιούνται.
- iii. Οι χρονικές ποινές για κάθε αγώνισμα θα επιδίδονται το συντομότερο δυνατό και στις περισσότερες περιπτώσεις η χρονική ποινή θα επιδίδεται στον σταθμό ποδηλασίας ή στον σταθμό τρεξίματος. Η μόνη φορά που αυτό δεν θα συμβαίνει θα είναι όταν η κολύμβηση αποτελεί το τελευταίο τμήμα ενός σταδίου και, σε αυτήν την περίπτωση, ο αθλητής διακόπτεται κατά τη διάρκεια του τμήματος για να εκτελέσει την ποινή.
- iv. Οι πρόωρες εκκινήσεις κολύμβησης θα έχουν ως αποτέλεσμα οι αθλητές να σταματούν μετά το πρώτο τμήμα για 5 δευτερόλεπτα. Δεν είναι δυνατή η πρόωρη εκκίνηση σε άλλες μορφές.
- v. Διαγραφές: Οι αθλητές που δεν τερματίζουν εγκαίρως για την έναρξη του επόμενου σταδίου θα διαγράφονται.
- vi. Δεν απαιτείται κράνος στο ποδήλατο.
- vii. Οι αθλητές πρέπει να κολυμπούν στον καθορισμένο κολυμβητικό διάδρομο, να ποδηλατούν στον καθορισμένο bike trainer, να τρέχουν στον καθορισμένο διάδρομο. Σε αντίθετη περίπτωση, θα αποκλειστούν.
- viii. Το φτύσιμο θα έχει ως αποτέλεσμα τον άμεσο αποκλεισμό από τον αγώνα.

β) Στάδιο που ξεκινά με το τμήμα ποδηλασίας ή τρεξίματος:

- i. Οι αθλητές πρέπει να ξεκινήσουν από όρθια θέση.
- ii. 60 δευτερόλεπτα πριν από την έναρξη του σταδίου, ο επικεφαλής διαιτητής θα εκφωνήσει την φράση "Attention Athletes, 60 seconds to go" και θα εμφανίσει μια αντίστροφη μέτρηση στη μεγάλη οθόνη της αρένας.
- iii. 30 δευτερόλεπτα πριν από την έναρξη του σταδίου, ο επικεφαλής διαιτητής θα εκφωνήσει "30 seconds to go".
- iv. 20 δευτερόλεπτα πριν από την έναρξη του σταδίου, η Τοπική Οργανωτική Επιτροπή θα σβήσει τη μουσική στην αρένα.
- v. 15 δευτερόλεπτα πριν από την έναρξη του σταδίου, ο επικεφαλής διαιτητής θα σφυρίξει.
- vi. Σε αυτό το σημείο, οι αθλητές πρέπει να σταματήσουν να τρέχουν ή να ποδηλατούν
- vii. Περίπου 10 δευτερόλεπτα πριν από την εκκίνηση, ο επικεφαλής διαιτητής θα δώσει την εντολή: "Athletes, on your mark" -> Μετά από αυτό το σήμα, δεν επιτρέπεται αυστηρά καμία κίνηση. Σε αντίθετη περίπτωση, ο αθλητής θα αποκλειστεί.
- viii. Ο αγώνας θα ξεκινήσει με κόρνα εκκίνησης από το σύστημα ηχείων.
- ix. ΣΗΜΑΝΤΙΚΟ: Η κόρνα εκκίνησης είναι το μόνο έγκυρο σήμα εκκίνησης. Η αντίστροφη μέτρηση από την ηλεκτρονική πλατφόρμα είναι μόνο ενημερωτική και όχι επίσημη.

γ) Κολύμβηση

- i. Οι αθλητές θα κολυμπήσουν μια απόσταση 200 m
- ii. Εκκίνηση από την πλατφόρμα έναρξης
- iii. Θα υπάρχουν επιπλέον αφής χρονομέτρησης (ή οποιαδήποτε άλλη ειδική συσκευή χρονομέτρησης) στα μήκους των 50 m
- iv. Οποιοδήποτε αφής χρονομέτρησης πρέπει να αγγίζει τον τοίχο κατά την ολοκλήρωση κάθε μήκους. Μετά τον τερματισμό του αγώνα, ο αθλητής πρέπει να αγγίξει τον τοίχο κολύμβησης πριν να αγγίξει τον πίνακα αφής (ή οποιαδήποτε άλλη ειδική συσκευή χρονομέτρησης)

του αυτόματου εξοπλισμού διαίτησias. Σε αντίθετη περίπτωση, θα επιβληθεί ποινή 5 δευτερολέπτων.

- v. Οι αθλητές πρέπει να βγουν από τον διάδρομό τους. Δεν επιτρέπεται η έξοδος από το πλάι της πισίνας. Σε αντίθετη περίπτωση, ο αθλητής θα αποκλειστεί.
- vi. Σε περίπτωση κολύμβησης σε ανοιχτή θάλασσα, η χρονομέτρηση της κολύμβησης μπορεί να γίνει με διαφορετική διαδικασία που θα γνωστοποιηθεί στους αθλητές εκ των προτέρων.

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δ) Μετάβαση:

- i. Υπάρχει ένα πεδίο μετάβασης για κάθε αθλητή στην αρχή / στο τέλος κάθε τμήματος.
- ii. Οι αθλητές πρέπει να τοποθετούν όλο τον εξοπλισμό που χρησιμοποιούν στο αγώνισμα στο πεδίο μετάβασης του συγκεκριμένου τμήματος. Αν δεν το κάνουν αυτό, θα λάβουν ποινή 5 δευτερολέπτων.
- iii. Οι σκούφοι και τα γυαλιά κολύμβησης πρέπει να τοποθετούνται στο πεδίο μετάβασης στην εκκίνηση της κολύμβησης / έξοδο
- iv. Τα παπούτσια τρεξίματος πρέπει να τοποθετούνται στο πεδίο μετάβασης στον διάδρομο.
- v. Οι αθλητές δεν πρέπει να τρέχουν με τα παπούτσια από τον διάδρομο στον σταθμό ποδηλάτων.
- vi. Οι αθλητές πρέπει να ποδηλατούν με τα ποδηλατικά τους παπούτσια. Τα πηδάλια πλατφόρμας δεν επιτρέπονται.
- vii. Οι αθλητές δεν πρέπει να φέρουν μαζί τους σκούφους κολύμβησης. Αντ' αυτού, πρέπει να τους πάρουν από το πεδίο μετάβασης στην εκκίνηση της κολύμβησης.
- viii. Οι αθλητές επιτρέπεται να έχουν πολλά ζευγάρια παπούτσια, πολλά ζευγάρια σκούφων κολύμβησης στο πεδίο μετάβασης.
- ix. Οι αθλητές είναι υπεύθυνοι για να έχουν όλο τον εξοπλισμό έτοιμο εγκαίρως για το επόμενο στάδιο (παπούτσια στον διάδρομο, ελαστικές ταινίες έτοιμες για το ποδήλατο, σκούφο κολύμβησης στην εκκίνηση κ.λπ.).

ε) Μετάβαση από το ένα τμήμα στο άλλο:

- i. Οι αθλητές πρέπει να χρησιμοποιούν μόνο την καθορισμένη διαδρομή προς τη θέση τους.

στ) Τρέξιμο:

- i. Οι αθλητές θα τρέχουν σε αυτοτροφοδοτούμενο κυρτό διάδρομο. Αυτό σημαίνει ότι θα ρυθμίζουν την ταχύτητα τρέχοντας απλώς πιο γρήγορα ή πιο αργά.
- ii. Θα τρέχουν περίπου 1 χιλιόμετρο σε μια εικονική καθορισμένη διαδρομή.
- iii. Οι οθόνες που είναι τοποθετημένες στον διάδρομο θα δείχνουν την πρόοδό τους στον αγώνα.
- iv. Δεν επιτρέπεται το τρέξιμο με γυμνά πόδια
- v. Το τμήμα τρεξίματος ολοκληρώνεται όταν το εικονικό avatar των αθλητών φτάσει στην εικονική γραμμή τερματισμού.

ζ) Ποδηλασία:

- i. Το ποδήλατο του αθλητή θα είναι τοποθετημένο σε ένα Smart Trainer. Θα χρησιμοποιείται πανομοιότυπος εξοπλισμός για όλους τους αθλητές.
- ii. Οι οθόνες μπροστά από κάθε ποδήλατο θα δείχνουν την πρόοδο στο τμήμα.
- iii. Η ποδηλατική διαδρομή θα είναι μια εικονική καθορισμένη διαδρομή περίπου 3 έως 4 χιλιομέτρων.
- iv. Το τμήμα ποδηλασίας ολοκληρώνεται όταν το εικονικό avatar διασχίσει την εικονική γραμμή τερματισμού.
- v. Το drafting στην εικονική λειτουργία drafting θα ενεργοποιηθεί στο λογισμικό.

η) Έκτακτες συνθήκες info@intertranslations.com

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- i. Εάν παρουσιαστεί μια τεχνική βλάβη εκτός του ελέγχου των αθλητών (π.χ. σχετίζεται με το λογισμικό ή το υλικό, αλλά όχι με το ποδήλατο), θα ισχύουν οι παρακάτω κανόνες:
1. Εάν επηρεαστούν 3 ή λιγότεροι αθλητές, το στάδιο θα συνεχιστεί και οι αθλητές που επηρεάστηκαν θα λάβουν τον ίδιο χρόνο με τον τελευταίο αθλητή που τερμάτισε το στάδιο. Αυτοί οι αθλητές θα μπορούν να συνεχίσουν στο επόμενο στάδιο.
 2. Εάν επηρεαστούν 4 ή περισσότεροι αθλητές λόγω τεχνικής βλάβης, το τμήμα στο οποίο βρίσκονται όλοι οι αθλητές θα διακοπεί. Οι χρόνοι που καταγράφηκαν μετά το προηγούμενο τμήμα θα είναι τα αποτελέσματα αυτού του σταδίου. Εάν το στάδιο διακοπεί κατά τη διάρκεια του πρώτου τμήματος, δεν θα προστεθεί χρόνος από αυτό το στάδιο. Οι χρόνοι που θα καταγραφούν στο τελευταίο ολοκληρωμένο τμήμα του σταδίου θα είναι το αποτέλεσμα του σταδίου. Εάν η τεχνική βλάβη συμβεί στο πρώτο τμήμα, το στάδιο θα ακυρωθεί.

9. Ανάθεση των αθλητών στους προκριματικούς γύρους και κατανομή των διαδρόμων.

α) Arena Games Triathlon Series:

Εάν η πισίνα έχει 8 διαδρόμους, 16 αθλητές αγωνίζονται σε 2 προκριματικούς και 1 τελικό

Προκριματικός 1	Προκριματικός 2	Διάδρομοι
Καλύτερη κατάταξη	2η θέση κατάταξης	Διάδρομος 4
4η θέση κατάταξης	3η θέση κατάταξης	Διάδρομος 5
5η θέση κατάταξης	6η θέση κατάταξης	Διάδρομος 3
8η θέση κατάταξης	7η θέση κατάταξης	Διάδρομος 6
9η θέση κατάταξης	10η θέση κατάταξης	Διάδρομος 2
12η θέση κατάταξης	11η θέση κατάταξης	Διάδρομος 7
13η θέση κατάταξης	14η θέση κατάταξης	Διάδρομος 1
16η θέση κατάταξης	15η θέση κατάταξης	Διάδρομος 8

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
 ΔΙΕΥΘΥΝΤΗΣ
 ΜΑΧΗΤΩΝ 2 ΠΕΙΡΑΙΑΣ Τ.Κ. 185 41
 ΑΦΜ 037385370-ΔΟΥ:21 ΠΕΙΡΑΙΑΣ
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 ΤΗΛ: 210 92 25 000
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 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
 ΕΛ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
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 ΤΗΛ. 2109225000



Τελικός	Διάδρομοι
Νικητής - Προκριματικός 1	Διάδρομος 4
Νικητής - Προκριματικός 2	Διάδρομος 5
2η θέση - Προκριματικός 1	Διάδρομος 3
2η θέση - Προκριματικός 2	Διάδρομος 6
3η θέση - Προκριματικός 1	Διάδρομος 2
3η θέση - Προκριματικός 2	Διάδρομος 7
Επόμενος ταχύτερος χρόνος	Διάδρομος 1
2ος επόμενος ταχύτερος χρόνος	Διάδρομος 8

(*) Σε περίπτωση ισοπαλίας σε οποιαδήποτε θέση θα διεξαχθεί κλήρωση

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
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ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
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ΤΗΛ:210 92 25 000
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 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
 Ε/Λ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
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- β) **Arena Games Triathlon Series:**
Εάν η πισίνα έχει 10 διαδρόμους, 20 αθλητές αγωνίζονται σε 2 προκριματικούς και 1 τελικό

Προκριματικός 1	Προκριματικός 2	Διάδρομοι
Καλύτερη κατάταξη	2η θέση κατάταξης	Διάδρομος 4
4η θέση κατάταξης	3η θέση κατάταξης	Διάδρομος 5
5η θέση κατάταξης	6η θέση κατάταξης	Διάδρομος 3
8η θέση κατάταξης	7η θέση κατάταξης	Διάδρομος 6
9η θέση κατάταξης	10η θέση κατάταξης	Διάδρομος 2
12η θέση κατάταξης	11η θέση κατάταξης	Διάδρομος 7
13η θέση κατάταξης	14η θέση κατάταξης	Διάδρομος 1
16η θέση κατάταξης	15η θέση κατάταξης	Διάδρομος 8
17η θέση κατάταξης	18η θέση κατάταξης	Διάδρομος 0
20η θέση κατάταξης	19η θέση κατάταξης	Διάδρομος 9

Τελικός	Διάδρομοι
Νικητής - Προκριματικός 1	Διάδρομος 4
Νικητής - Προκριματικός 2	Διάδρομος 5
2η θέση - Προκριματικός 1	Διάδρομος 3
2η θέση - Προκριματικός 2	Διάδρομος 6
3η θέση - Προκριματικός 1	Διάδρομος 2

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3η θέση - Προκριματικός 2	Διάδρομος 7
4η θέση - Προκριματικός 1	Διάδρομος 1
4η θέση - Προκριματικός 2	Διάδρομος 8
Επόμενος ταχύτερος χρόνος	Διάδρομος 0
2ος επόμενος ταχύτερος χρόνος	Διάδρομος 9

(*) Σε περίπτωση ισοπαλίας σε οποιαδήποτε θέση θα διεξαχθεί κλήρωση

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41
ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
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ΤΗΛ:210 92 25 000
ΗΛΕΚ.Δ/ΝΣΗ: info@intertranslations.com

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 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
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 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
 ΤΗΛ. 2109225000

- γ) **Τελικοί Τριάθλου Arena Games:**
Εάν η πισίνα έχει 10 διαδρόμους, 30 αθλητές αγωνίζονται σε 3 προκριματικούς, 2 επαναληπτικούς και 1 τελικό

Προκριματικός 1	Προκριματικός 2	Προκριματικός 3	Διάδρομοι
Καλύτερη κατάταξη	2η θέση κατάταξης	3η θέση κατάταξης	Διάδρομος 4
6η θέση κατάταξης	5η θέση κατάταξης	4η θέση κατάταξης	Διάδρομος 5
7η θέση κατάταξης	8η θέση κατάταξης	9η θέση κατάταξης	Διάδρομος 3
12η θέση κατάταξης	11η θέση κατάταξης	10η θέση κατάταξης	Διάδρομος 6
13η θέση κατάταξης	14η θέση κατάταξης	15η θέση κατάταξης	Διάδρομος 2
18η θέση κατάταξης	17η θέση κατάταξης	16η θέση κατάταξης	Διάδρομος 7
19η θέση κατάταξης	20η θέση κατάταξης	21η θέση κατάταξης	Διάδρομος 1
24η θέση κατάταξης	23η θέση κατάταξης	22η θέση κατάταξης	Διάδρομος 8
25η θέση κατάταξης	26η θέση κατάταξης	27η θέση κατάταξης	Διάδρομος 0
30η θέση κατάταξης	29η θέση κατάταξης	28η θέση κατάταξης	Διάδρομος 9

Επαναληπτικός 1	Επαναληπτικός 2	Διάδρομοι
3η θέση - Προκριματικός 1	3η θέση - Προκριματικός 2	Διάδρομος 4
3η θέση - Προκριματικός 3	4η θέση - Προκριματικός 1	Διάδρομος 5
4η θέση - Προκριματικός 2	4η θέση - Προκριματικός 3	Διάδρομος 3
5η θέση - Προκριματικός 1	5η θέση - Προκριματικός 2	Διάδρομος 6
5η θέση - Προκριματικός 3	6η θέση - Προκριματικός 1	Διάδρομος 7

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 ΑΦΜ 037385370-ΔΟΥ:2Τ ΠΕΙΡΑΙΩΣ
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 ΤΗΛ:210 92 25 000
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 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
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 ΤΗΛ. 2109225000



6η θέση - Προκριματικός 2	6η θέση - Προκριματικός 3	Διάδρομος 7
7η θέση - Προκριματικός 1	7η θέση - Προκριματικός 2	Διάδρομος 1
7η θέση - Προκριματικός 3	Επόμενος ταχύτερος χρόνος	Διάδρομος 8
2ος επόμενος ταχύτερος χρόνος	3ος επόμενος ταχύτερος χρόνος	Διάδρομος 0
4ος επόμενος ταχύτερος χρόνος	5ος επόμενος ταχύτερος χρόνος	Διάδρομος 9

(*) Σε περίπτωση ισοπαλίας σε οποιαδήποτε θέση θα διεξαχθεί κλήρωση

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
ΔΙΚΗΓΟΡΟΣ
ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Τ.Κ. 185 41
ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
ΑΜΔΣΑ: 18705
ΤΗΛ:210 92 25 000
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 ΜΕΤΑΦΡΑΣΤΙΚΕΣ ΥΠΗΡΕΣΙΕΣ
 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
 Ε/Λ. ΒΕΝΙΖΕΛΟΥ 4 – ΚΑΛΛΙΘΕΑ – Τ.Κ. 176 76
 ΑΦΜ:095730866 – ΔΟΥ: ΦΑΕ ΠΕΙΡΑΙΑ
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Τελικός	Διάδρομοι
Νικητής - Προκριματικός 1	Διάδρομος 4
Νικητής - Προκριματικός 2	Διάδρομος 5
Νικητής - Προκριματικός 3	Διάδρομος 3
2η θέση - Προκριματικός 1	Διάδρομος 6
2η θέση - Προκριματικός 2	Διάδρομος 2
2η θέση - Προκριματικός 3	Διάδρομος 7
Νικητής - Επαναληπτικός 1	Διάδρομος 1
Νικητής - Επαναληπτικός 2	Διάδρομος 8
2η θέση - Επαναληπτικός 1	Διάδρομος 0
2η θέση - Επαναληπτικός 2	Διάδρομος 9

(*) Σε περίπτωση ισοπαλίας σε οποιαδήποτε θέση θα διεξαχθεί κλήρωση

- δ) **Τελικοί Τριάθλου Arena Games:**
Εάν η πισίνα έχει 15 διαδρόμους, 30 αθλητές αγωνίζονται σε 2 προκριματικούς, 1 επαναληπτικό και 1 τελικό

Προκριματικός 1	Προκριματικός 2	Διάδρομοι
Καλύτερη κατάταξη	2η θέση κατάταξης	Διάδρομος 7
4η θέση κατάταξης	3η θέση κατάταξης	Διάδρομος 6
5η θέση κατάταξης	6η θέση κατάταξης	Διάδρομος 8
8η θέση κατάταξης	7η θέση κατάταξης	Διάδρομος 5
9η θέση κατάταξης	10η θέση κατάταξης	Διάδρομος 9
12η θέση κατάταξης	11η θέση κατάταξης	Διάδρομος 4

ΦΩΤΙΟΣ ΜΠΑΜΠΑΝΗΣ
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 ΜΑΧΗΤΩΝ 2-ΠΕΙΡΑΙΑ-Ρ.Κ. 185 41
 ΑΦΜ 037885671 ΔΟΥ: ΣΤ ΠΕΙΡΑΙΩΣ
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 ΤΗΛ: 210 92 25 000
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13η κατάταξης	θέση	14η κατάταξης	θέση	Διάδρομος 10
16η κατάταξης	θέση	15η κατάταξης	θέση	Διάδρομος 3
17η κατάταξης	θέση	18η κατάταξης	θέση	Διάδρομος 11
20η κατάταξης	θέση	19η κατάταξης	θέση	Διάδρομος 2
21η κατάταξης	θέση	22η κατάταξης	θέση	Διάδρομος 12
24η κατάταξης	θέση	23η κατάταξης	θέση	Διάδρομος 1
25η κατάταξης	θέση	26η κατάταξης	θέση	Διάδρομος 13
28η κατάταξης	θέση	27η κατάταξης	θέση	Διάδρομος 0
29η κατάταξης	θέση	30η κατάταξης	θέση	Διάδρομος 14

Επαναληπτικός	Διάδρομοι
6η θέση - Προκριματικός 1	Διάδρομος 7
6η θέση - Προκριματικός 2	Διάδρομος 6
7η θέση - Προκριματικός 1	Διάδρομος 8
7η θέση - Προκριματικός 2	Διάδρομος 5
8η θέση - Προκριματικός 1	Διάδρομος 9
8η θέση - Προκριματικός 2	Διάδρομος 4
9η θέση - Προκριματικός 1	Διάδρομος 10
9η θέση - Προκριματικός 2	Διάδρομος 3
10η θέση - Προκριματικός 1	Διάδρομος 11
10η θέση - Προκριματικός 2	Διάδρομος 2

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 ΑΦΜ 037385370-ΔΟΥ:ΣΤ ΠΕΙΡΑΙΩΣ
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 ΤΗΛ: 210 92 25 000
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 ΠΑΡΟΧΗ ΥΠΗΡΕΣΙΩΝ Η/Υ – INTERNET
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 ΤΗΛ. 2109225000



Επόμενος ταχύτερος χρόνος	Διάδρομος 12
2ος επόμενος ταχύτερος χρόνος	Διάδρομος 1
3ος επόμενος ταχύτερος χρόνος	Διάδρομος 13
4ος επόμενος ταχύτερος χρόνος	Διάδρομος 0
5ος επόμενος ταχύτερος χρόνος	Διάδρομος 14

(*) Σε περίπτωση ισοπαλίας σε οποιαδήποτε θέση θα διεξαχθεί κλήρωση

Τελικός	Διάδρομοι
Νικητής - Προκριματικός 1	Διάδρομος 7
Νικητής - Προκριματικός 2	Διάδρομος 6
2η θέση - Προκριματικός 1	Διάδρομος 8
2η θέση - Προκριματικός 2	Διάδρομος 5
3η θέση - Προκριματικός 1	Διάδρομος 9
3η θέση - Προκριματικός 2	Διάδρομος 4
4η θέση - Προκριματικός 1	Διάδρομος 10
4η θέση - Προκριματικός 2	Διάδρομος 3
5η θέση - Προκριματικός 1	Διάδρομος 11
5η θέση - Προκριματικός 2	Διάδρομος 2
Νικητής - Επαναληπτικός	Διάδρομος 12
2η θέση - Επαναληπτικός	Διάδρομος 1
3η θέση - Επαναληπτικός	Διάδρομος 13
4η θέση - Επαναληπτικός	Διάδρομος 0
5η θέση - Επαναληπτικός	Διάδρομος 14

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10. Συνολικά αποτελέσματα



α) **Arena Games Triathlon Series:**
Εάν η πισίνα έχει 8 διαδρόμους, 16 αθλητές αγωνίζονται σε 2 προκριματικούς και 1 τελικό

- i. 1η έως 8η θέση, σύμφωνα με τα αποτελέσματα της τελικής φάσης.
 - 1. Οι DNF θα κατατάσσονται στις τελευταίες θέσεις σύμφωνα με τους χρόνους στους προκριματικούς γύρους
 - 2. Οι DSQ δεν θα κατατάσσονται
- ii. 9η έως 16η θέση σύμφωνα με τους χρόνους στους προκριματικούς γύρους
 - 1. Εάν αποκλειστεί (DSQ) στον τελικό, αυτή η ομάδα θα είναι στην 8η έως 15η θέση κ.λπ.
 - 2. Οι DNF στους προκριματικούς γύρους δεν θα κατατάσσονται.
 - 3. Οι DSQ δεν θα κατατάσσονται

β) **Διοργάνωση Arena Games Triathlon Series:**
Εάν η πισίνα έχει 10 διαδρόμους, 20 αθλητές αγωνίζονται σε 2 προκριματικούς και 1 τελικό

- i. 1η έως 10η θέση, σύμφωνα με τα αποτελέσματα της τελικής φάσης.
 - 1. Οι DNF θα κατατάσσονται στις τελευταίες θέσεις σύμφωνα με τους χρόνους στους προκριματικούς γύρους
 - 2. Οι DSQ δεν θα κατατάσσονται
- ii. 11η έως 20η θέση σύμφωνα με τους χρόνους στους προκριματικούς γύρους
 - 1. Εάν αποκλειστεί (DSQ) στον τελικό, αυτή η ομάδα θα είναι στη 10η έως 19η θέση κ.λπ.
 - 2. Οι DNF στους προκριματικούς γύρους δεν θα κατατάσσονται.
 - 3. Οι DSQ δεν θα κατατάσσονται

γ) **Τελικοί Τριάθλου Arena Games:**
Εάν η πισίνα έχει 10 διαδρόμους, 30 αθλητές αγωνίζονται σε 3 προκριματικούς, 2 επαναληπτικούς και 1 τελικό

- i. 1η έως 10η θέση, σύμφωνα με τα αποτελέσματα της τελικής φάσης:
 - 1. Οι DNF θα κατατάσσονται στις τελευταίες θέσεις σύμφωνα με τους χρόνους στους προκριματικούς γύρους
 - 2. Οι DSQ δεν θα κατατάσσονται
- ii. 11η έως 26η θέση σύμφωνα με τους χρόνους στους επαναληπτικούς γύρους:
 - 1. Εάν αποκλειστεί (DSQ) στον τελικό, αυτή η ομάδα θα είναι στη 10η έως 25η θέση κ.λπ.
 - 2. Οι DNF θα κατατάσσονται στις τελευταίες θέσεις σύμφωνα με τους χρόνους στους προκριματικούς γύρους.
 - 3. Οι DSQ δεν θα κατατάσσονται.
- iii. 27η έως 30η θέση σύμφωνα με τους χρόνους στους προκριματικούς γύρους

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1. Εάν αποκλειστεί (DSQ) στους επαναληπτικούς ή στον τελικό, αυτή η ομάδα θα είναι στη 26η έως 29η θέση κ.λπ.
2. Οι DNF δεν θα κατατάσσονται.
3. Οι DSQ δεν θα κατατάσσονται.

δ) **Τελικοί Τριάθλου Arena Games:**

Εάν η πίσίνα έχει 15 διαδρόμους, 30 αθλητές αγωνίζονται σε 2 προκριματικούς, 1 επαναληπτικό και 1 τελικό

i. 1η έως 15η θέση, σύμφωνα με τα αποτελέσματα της τελικής φάσης:

1. Οι DNF θα κατατάσσονται στις τελευταίες θέσεις σύμφωνα με τους χρόνους στους προκριματικούς γύρους
2. Οι DSQ δεν θα κατατάσσονται

ii. 15η έως 25η θέση σύμφωνα με τους χρόνους στους επαναληπτικούς γύρους:

1. Εάν αποκλειστεί (DSQ) στον τελικό, αυτή η ομάδα θα είναι στη 14η έως 24η θέση κ.λπ.
2. Οι DNF θα κατατάσσονται στις τελευταίες θέσεις σύμφωνα με τους χρόνους στους προκριματικούς γύρους.
3. Οι DSQ δεν θα κατατάσσονται.

iii. 26η έως 30η θέση σύμφωνα με τους χρόνους στους προκριματικούς γύρους:

1. Εάν αποκλειστεί (DSQ) στους επαναληπτικούς ή στον τελικό, αυτή η ομάδα θα είναι στη 25η έως 29η θέση κ.λπ.
2. Οι DNF δεν θα κατατάσσονται.
3. Οι DSQ δεν θα κατατάσσονται.

11. Ορολογία

α) Τίτλος σειράς: Arena Games Triathlon World Championship Series powered by Zwift

β) Διοργανώσεις: Arena Games Triathlon "CITY" powered by Zwift

γ) Περιγραφή: Το πρώτο Παγκόσμιο Πρωτάθλημα Τριάθλου Esports

δ) Νικητής σειράς: Arena Games Triathlon World Champion

ε) Βαθμίδες:

i. Μόναχο, Λονδίνο: Διοργάνωση σειράς

ii. Σιγκαπούρη: Τελικός

στ) Αγώνας: ολόκληρη η αγωνία σε μία τοποθεσία.

ζ) Ο αγώνας χωρίζεται σε φάσεις: Προκριματικός, επαναληπτικός, τελικός

η) Οι φάσεις χωρίζονται σε 20 λεπτά

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- θ) Παραλλαγές σταδίων: Κολύμβηση + ποδηλασία + τρέξιμο ή τρέξιμο + ποδηλασία + κολύμβηση
- ι) Οι φάσεις χωρίζονται σε τμήματα: Κολύμβηση, ποδηλασία και τρέξιμο.

12. Χρηματικό έπαθλο

- α) Τα χρηματικά έπαθλα για τους αγώνες τριάθλου Arena Games περιγράφονται στον ιστότοπο της Διεθνούς Ένωσης Τριάθλου στον παρακάτω σύνδεσμο:
https://triathlon.org/about/downloads/category/prize_money_information

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World Triathlon - Sport Department

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Ακριβής μετάφραση
από την *Ελληνικά* γλώσσα στην *Ελληνικά*
σύμφωνα με το άρθρο 36 παράγραφο 2Γ
του κωδικού των δικηγόρων (ΝΟΜΟΣ 4194/13).
Βεβαιώνοντας ότι έχω επαρκή γνώση της γλώσσας
η μετάφραση έχει πλήρη ισχύς
έναντι οποιασδήποτε αρχής σύμφωνα με το ανώτερο άρθρο.

Α.Μα

19.07.2022

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