



Fair Sport Needs Rules

PTO Age Group Rules

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Fairness and Safety -> Rules 1. General a

The main rules are fairness, safety & respect.

**Triathlon is an individual sport,
therefore you must comply with the following:**

**You must not interfere with the race of another athlete
do the race by yourself without assistance from outside**

Respect the WADA anti doping rules

Race only with your own human power



Fairness and Safety -> Rules 1. General b

The PTO reserve the right to:

- Limit and refuse entries.
- Remove any participant deemed physically incapable of continuing the race.
- Amend the race rules without prior notification.
- Amend the race course and venue without prior notice to participants.

Prior to race day, in the event of inclement weather, force majeure or other hazardous conditions, The PTO reserves the right to reschedule or cancel the race or change the venue and race course and distance without any refund of registration fees.

On race day, in the event of inclement weather, force majeure or other hazardous conditions, The PTO reserves the right to delay the commencement of the race, shorten the race, modify the course or change venue.

Should the inclement weather or other hazardous conditions persist after the delay, The PTO and the local authorities reserves the right to cancel the race.

The swim, bike and run disciplines may have time limitations.

The PTO Head Referee, and the PTO competition jury have overall authority over the race results and interpretation of the race rules. They can use in case of, the rules from other association to made a decision.



Fairness and Safety -> Rules 2. RACE ENTRY

- On-the-spot entries will not be accepted.
- The PTO will not be responsible for any disputes arising from incomplete and/or incorrect entry details given by the participants.
- Age category is determined by the participant's age on December 31st in the year of competition.
- Triathlon, Duathlon Long distance, PTO 100 Team members, TEAM RELAY members, participants must be 18 years old at December 31st in the year of competition to compete.
- Duathlon competitors must be 16 years and over as of December 31st in the year of competition for Standard distance.
- All changes to race entry or personal details must be made 7 days before race day.
- Individual race entries are not transferable. Any person racing with another athlete's race number will be held responsible in case of an accident arising from or provoked by the other person during the race. The PTO reserves the right to exclude both parties from future events.
- Verbal abuse of our staff via email, telephone or in person will not be tolerated. The PTO reserves the right to cancel an athlete's entry at any time if their actions are deemed in breach of this rule.
- To provide a fair sport and help the athletes to enjoy the race, we have nearly no penalties, we do stop correct and go. There are some exceptions, they are pointed out in these rules
- We respect the nature, an intentional littering can be penalized with a DSQ

Fairness and Safety -> Rules 2. Check in

- Only technically sound equipment is allowed.
It is the athlete's responsibility to ensure that all equipment is in perfect condition. Where this is not the case, participation will be refused, without any refund of registration fees - PTO is the final decision maker.
- Bike:
All wheels must have brakes, all tubes must be closed,
A Disk wheel at the back wheel is allowed, the PTO competition jury can prohibit in case inclement weather conditions
Fixies are not allowed.
- Helmets :
Only certified road bike helmets without damage are allowed.
- The bike must racked at the correct rack location - numbered.
- Only equipment needed during the race is allowed in Transition,
- Additional markings (towels etc.) are not allowed, and will be removed,
- For races with a bag system, all equipment must be placed in the bags. Only shoes and nutrition that are fixed on the bike may be placed at the bike.
- The access to Transition is only allowed during the official check in and check out times, and only the athletes and official has access.

Fairness and Safety -> Rules 3. Start

- The start process and place is define in the athletes guide.
- In case of waves starts every athletes must start in his definite start wave. It is the athletes responsibility to be on time.
Starting in an earlier wave will result in a DSQ
Those starting in a later group, will get there original start time.
- Starting before the start signal will result in a stop and go in Transition.

Fairness and Safety -> Rules 4. Swim

- Athletes must follow the designated course. Swimming on the wrong side of a buoy will result in a stop and go penalty in TA 1
- Every swim style is allowed, **Swim safety buoys, fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.**
- The decision to allow wetsuits or not will be made by the competition jury 1h in front of the race based on the water, air temperature and the weather conditions.

The temperature tables from World Triathlon Competition rules will be used - taking into account local rules and temperature levels.

If the wetsuit is mandatory it must cover the whole body, except the face, hands and feet, short wetsuits are not allowed

- It is mandatory to wear the PTO race swim cap during the swim, a unbranded one can be worn under the official one
- The bib number may not be worn during the swim
- Swim clothes or a tri-suits must be worn if it is a non wetsuit swim
- In an emergency, an athlete should turn on their back, raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition
- The cut off times will be listed in the Athletes Guide, all athletes who miss the cut off time will be removed from the race and will be marked as DNF in the results

Fairness and Safety -> Rules 4. TA1/2

- Riding the bike in Transition is not allowed
- Every athlete must use their designed space, if a bag system is in place then no equipment is allowed in Transition which is not attached to the Bike - Nutrition and Shoes which are clipped to the bike only.
- Used equipment must be placed in the bag if provided or at your rack position.
- Nudity in Transition is strictly forbidden.
- Blocking or interference of another athlete is forbidden
- Only athletes and race officials have access to Transition
- In the case of a duathlon the athlete is allowed to place their trainers from in TA 1 at the bike spot during the bike segment.
- If a box is provided all equipment must be placed in the box after Transition 2. If there is a bag system all equipment goes into the bag, exception being the shoes if they are clipped on to the bike.
In T1 only used equipment must be placed in bag/box, exception run shoes in case of a duathlon.
- Helmets are not allowed to be placed on the bike if a bag system is provided.
- For teams and the PTO 100 the handover point and the system is written in the athletes guide.

Fairness and Safety -> Rules 5. Bike

- Helmets must be worn with closed straps, before the bicycle is touched until it is racked.
- Shoes must be worn.
- Wearing headphones is not permitted.
- E-bikes or other non human powered systems are not permitted.
- There is a 12m drafting rule to ensure the race is as fair as possible.
Failure to keep this distance will result in a drafting penalty - the athlete will be shown a blue card and be required to serve their time penalty (5 min) in the next penalty box.
It is the athletes responsibility to serve this penalty at the bike penalty box. If the penalty is not served the athlete will be disqualified.
- The riding and pass side will be point out in the athlete's guide
- Riding with a bare torso or without trousers is not allowed
- It is mandatory to wear the bib number clearly and visibly on the back during the bike segment
- In line with the UCI rules riding a bike positioned in front or behind of the saddle while is forbidden.
- Athletes must followed the designated course, it is athletes responsibility to know the course and count their own laps.

Fairness and Safety -> Rules 7. Run

- Shoes must be worn.
- Wearing headphones is not permitted.
- The running and pass side will be point out in the athlete's guide
- Running with a bare torso or without trousers is not allowed
- Runners must wear their race number clearly visible at the front of their apparel at all times.
- Support vehicles or pacers are not allowed.
- A front zipper can be opened during the run, to the sternum. Booth arms must be in the shirt.
- Athletes must follow the designated course, it is the athletes responsibility to know the course and count their own laps.

Fairness and Safety -> Rules 8. Finish

- 200m to the finish a front zipper must be closed completely
- 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.
- 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.
- No children, friends, family or other participants (who have already completed the race) may run down the finish chute with an athlete

Fairness and Safety -> Rules 9. Protest

- A protest is only possible against a mistake in the results, a directly Disqualification for missing the course or unsportsmanlike behavior.
- There is no possibility to protest against a Head Referee or Technical Official decision or against a Disqualification for not serving a penalty.
- A protest must be placed by the Head Referee, within 15 min after the athletes finish time.
Against the timing 15 min after the last athlete of the age category, goes over the finish line.
- An amount for 50\$ must be placed with the protest, if the protest fails, the money will go to a social system, in case the protest is successful, the money is returned.
- The competition jury makes the final decision, there is no higher protest possible

The competition Jury for all PTO events is:

Kat Valk PTO Operations Manager

Dylan Mcneice PTO Athletes Board Secretary

Thomas Klingler PTO Head of Rules and Fairness

