



## GENERAL GUIDELINES

1. Triathlon
2. Men and Women
3. Sprint Distance
4. Two Day Event (Day 1: 16-17yrs. old, Day 2: 18yrs. & Over)
5. All competing athletes must be at least
  - Sixteen (16-17) years old as of 31 December 2017 (born in or before 01 January 2001)
  - Eighteen (18) years old as of 31 December 2017 (born in or before 01 January 1999).
6. Target: 100+ participants
7. ITU Rule will be implemented

### 1 Competition Information

**1.1** Competition Dates : 14-15 December 2017

**1.2** Competition Venue: Cebu

### 2 Competition Schedule

| Date             | Time      | Gender | Event                                       |
|------------------|-----------|--------|---|
| 14 December 2017 | 0630      | W      | Men & Women's 16-17yrs. Individual Event    |
| 14 December 2017 | 0800-0830 | W      | Victory Ceremony - 16-17yrs. Individual     |
| 15 December 2017 | 0630      | M      | Men & Women's 18yrs. & over Individual      |
| 15 December 2017 | 0800-0830 | M      | Victory Ceremony - 18yrs. & over Individual |

**Packet Pick-Up:** All athletes must pick up their own race packet at the official race registration area during a designated time. The hours shall be from 00:00 to 00:00. • The race packets will contain: 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.

#### **Race Rules:**

1. Body marking (race numbers) must appear on both upper arms and both legs.
2. Bikes must be racked at the designated spot of the bike rack in the transition area.
3. DRAFTING Legal. (It is forbidden to draft off a different gender athlete)
4. Treat other athletes, officials, volunteers, and spectators with respect and courtesy;
5. Do NOT use abusive language;
6. Athletes may use any stroke to propel themselves through the water. They may also tread water or float. It is allowed to push off the ground at the beginning and the end of every swim lap.
7. Athletes must follow the prescribed swim course.
8. Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat, but cannot propel themselves forward.
9. 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.
10. Athlete must wear the swim cap provided by the LOC at all times during the swim. In case the athlete decides to wear additional swim caps, the one provided by the LOC must be the external one.
11. Goggles and nose clips are allowed.
12. Athletes must obey the specific traffic regulations for the event, unless Technical Official advises otherwise.

13. Athlete can run or walk; but cannot crawl.
14. Running with a bare torso with a bike helmet on.
15. Using posts, trees or other fixed elements to assist maneuvering curves; and being accompanied by team members, team managers or other pacemakers on the course are not allowed.
16. All athletes must have their helmet securely fastened from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;
17. Athletes must use only their designated bike rack and must rack their bike properly;
18. Athletes must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or left in the space of another athlete. If a bin is provided, all unused equipment must be placed beside the bin, on the ground, but in the athletes' individual space. All the equipment that is already used should be deposited inside the bin;
19. Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike.
20. Running shoes can be placed in front of/outside the box as close as possible to the bike rack;
21. Athletes must not impede the progress of other athletes in the Transition Area;
22. Athletes must not interfere with another athlete's equipment in the Transition Area;
23. Cycling is not permitted inside the Transition Area: Athletes must mount their bicycles after the mount line and dismount before the dismount line;
24. Nudity or indecent exposure is forbidden;
25. Only items used during the competition can be placed in the Transition Area during the competition;
26. Athletes cannot stop in the flow zones of the Transition Area;
27. Marking position in the Transition Area is not allowed. Marks will be removed and the athletes will not be notified.
28. An athlete will be judged as "finished," the moment any part of the torso, reaches the perpendicular line extending from the leading edge of the finish line.

### **Disqualification Rules**

1. If an athlete fails to comply with the 2017 ITU Rules and Regulations, he/she may be verbally warned, penalized with a time penalty or disqualified.
2. A verbal warning may be given with a stop- amend-go for unintentional violations.
3. A Time Penalty may be given for minor infringements where an athlete may be shown the yellow or blue card.
4. Disqualification is when an athlete is shown the red card for severe rule violations.

### **Protests and Appeals**

1. Any written protest must be first be made and submitted by the Delegation Head or Team Manager to the Race Referee within thirty (30) minutes after the end of the event in which the protest is generated with the payment of a Protest Fee of PHP5,000.00 per protest payable to PSC. If conditions causing a potential protest are noted prior to the start of the event, a written protest must be lodged before the signal to start the event is given.
2. All protests must be considered by the Race Referee concerned who must make a decision as soon as possible. He/She must state the reason(s) for his/her upholding/rejecting the protest.
3. Any Delegation Head or Team Manager dissatisfied with the decision of the Race Referee, may appeal to the Jury of Appeal by submitting the written appeal to the TD within sixty (60) minutes of receipt of the TD's written decision. The appeal must be heard and decided by the Jury of Appeal for the sport within two (2) hours after receipt of the written protest.
5. The protest fee shall be refunded if the protest is upheld; it will be forfeited if the protest is rejected.

### **Registration:**

Registration forms may be downloaded from PSC website: [bp2012.psc.gov.ph](http://bp2012.psc.gov.ph)