

BEDFORD BOROUGH COUNCIL

Sports Development Unit

Presents

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GALEFORCE EVENTS

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DSD Leisure

The 6th Junior Bedford Aquathlon SWIM & RUN

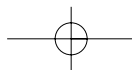
4th May 2008 at Bedford Park & Robinson Pool

RULES

These rules are written for children and their parents/guardians, and are intended to help make it a safe and enjoyable event.

- 1) General
- 2) Parents/Guardians/Accompanying Adults
- 3) Conduct
- 4) Race Conduct
- 5) Swimming
- 6) Safety Provision - Swimming Section
- 7) Numbers
- 8) Completing the Course
- 9) Running
- 10) Transition Areas
- 11) Race Referees
- 12) Penalties
- 13) Appeals
- 14) Age Categories
- 15) Race Distances





1 GENERAL

- 1.1 Competitors and supporters must carry out all instructions from officials
- 1.2 It is the Competitors/Parents/Accompanying adults, responsibility to be prepared for an event and to ensure that their equipment and clothing is suitable and fit for its intended purpose
- 1.3 Aquathlon events are individual. Any teamwork which provides an advantage over other competitors is forbidden
- 1.4 Medical personnel have absolute authority to remove a competitor from the race who in their opinion is physically incapable of continuing

2 PARENTS/GUARDIANS/ACCOMPANYING ADULTS

- 2.1 Parents/Guardians/Accompanying Adults must carry out all instructions from officials
- 2.2 Parents/Guardians/Accompanying Adults must conduct themselves in a proper manner and not bring the sport into disrepute
- 2.3 Infringement of the following will result in disqualification of the Competitor:
 - foul or abusive language
 - failing to treat officials with respect
 - failing to obey marshals
 - outside assistance
 - tampering with the equipment of others
 - unsporting impedance
- 2.4 Parents/Guardians/Accompanying Adults must not hand water bottles or any other equipment to competitors during the event

3 CONDUCT

Competitors must conduct themselves in a proper manner and not bring the sport into disrepute. Infringement of any of the following carries the penalty of disqualification from the event.

- 3.1 All competitors, officials, volunteers and spectators must be treated with respect and courtesy
- 3.2 Foul or abusive language is not permitted
- 3.3 Standards of dress should be adequate as befits a public place i.e. no public nudity

4 RACE CONDUCT

- 4.1 All competitors must wear any official numbers provided by the race organiser
- 4.2 Competitors must be adequately clothed at all times, the minimum being a one or two piece non-transparent swim suit together with a running top/T-shirt and/or number belt for the running sections of the event.

5 SWIMMING

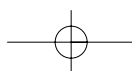
- 5.1 Competitors shall, at all times, swim so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance and lead to disqualification

6 SAFETY PROVISION - SWIMMING SECTION

- 6.1 No diving is permitted
- 6.2 No competitor shall be permitted to continue who, in the opinion of the race officials is unfit to do so

7 NUMBERS

- 7.1 Competitors must wear the race number provided by the organisers unaltered throughout the running sections of the event. It must be worn on the front and must be attached at all four corners or attached to a number belt.



8 COMPLETING THE COURSE

8.1 To finish the race every competitor must complete the marked course as instructed by race officials

9 RUNNING

9.1 No form of locomotion other than running or walking is permitted

9.2 No individual support/pacing by bicycles or on foot is permitted, except where provided by the organiser

9.3 All competitors must wear a swimming suit (see race conduct), suitable footwear, and have their unaltered race number securely fixed at all four corners and clearly visible on the front of the vest/T-shirt or number belt.

9.4 Competitors must follow the directions and instructions from all race officials

10 TRANSITION AREAS

In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends or family members into any transition area when the race is in progress.

10.1 No assistance other than that provided by the organisers is permitted

10.2 Competitors equipment must be placed in the allotted space and not where it may hinder the progress of other competitors

10.3 Competitors must not interfere with another competitor's equipment in the transition area

10.4 Clothing must be placed in the competitors allotted space in the transition area.

11 RACE REFEREE

11.1 The referee, with the race organiser, shall have full jurisdiction over the event. If necessary, and with the advice of local safety experts, the referee shall have the power to cancel or curtail an event on safety grounds.

The race referee shall chair any race jury

12 PENALTIES

12.1 Competitors may only be penalised by the race referee. This may be on the advice of readily identifiable race officials.

12.2 Penalties may be issued or disqualifications given at any time up to the announcement of the final results

12.3 The following penalties will be imposed for infringements

12.3.1 Disqualification:

- Abusive language
- Diving
- Failing to obey marshals
- Nudity
- Outside assistance (other than that given by the organiser)
- Tampering with the equipment of others
- Unsporting impedance

12.3.2 Formal Warning. If the fault is not rectified after a warning the ultimate sanction is Disqualification

- Illegal equipment (swim or run)
- Illegal progress (during the swim or run)
- Topless

12.3.3 Time Penalty. The time penalty for each age category is as follows:

School Year	
Year 3	30 seconds
Years 4 & 5	30 seconds
Years 6 & 7	40 seconds
Years 8 & 9	50 seconds
Years 10 & 11	50 seconds

The time penalties will be imposed for:

Number violations (not able to be rectified after a formal warning)

12.3.4 Course irregularities result in disqualification unless the competitor returns to the point at which she/he left the course, or a point on the course prior to it, and then completes the course

13 APPEALS

- 13.1 Appeals can be made against fellow competitors, other parties involved and the race organisation.
- 13.2 An appeal is a request for a review of a decision made by a referee
- 13.3 Appeals cannot be made against 'judgement calls' by officials. Judgement calls include, but are not limited to dangerous riding and unsporting conduct
- 13.4 Appeals must be made in writing within one hour of a penalty being notified
- 13.5 The race jury shall consist of the race referee, the race organiser and one other responsible member of the association appointed by the referee

14 AGE CATEGORIES

- 14.1 The following age categories will apply

CATEGORY	SCHOOL YEAR
Tristar Start	Year 3
Tristar 1	Years 4 & 5
Tristar 2	Years 6 & 7
Tristar 3	Years 8 & 9
Tristar 4	Years 10 & 11

- 14.2 Current school year from September 2007

15 RACE DISTANCES

- 15.1 The following race distances are applicable at each year group:

CATEGORY	SCHOOL YEAR	SWIM	LENGTHS	RUN (approx)
Tristar Start	Year 3	66m	2	600m
Tristar 1	Year 4 & 5	133m	4	1.5k
Tristar 2	Year 6 & 7	200m	6	2k
Tristar 3	Year 8 & 9	333m	10	3k
Tristar 4	Year 10 & 11	400m	12	3k



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