

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

Age Category	Age
Tristar Start	8 year old
Tristar 1	9/10 year old
Tristar 2	11/12 year old
Tristar 3	13/14 year old
Youths	15/16 year old

14.2 Age category shall be determined by age at 31 December in the year of competition

15 RACE DISTANCES

15.1 The following race distances are applicable at each age group:

Category	Age	Swim	Lengths	Run
Tristar Start	8 year old	66m	(2)	600m
Tristar 1	9/10 year old	133m	(4)	1.5k
Tristar 2	11/12 year old	200m	(6)	2k
Tristar 3	13/14 year old	400m	(12)	3k
Youths	15/16 year old	400m	(12)	3k



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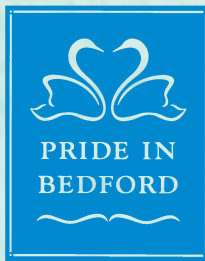
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The 1st Junior Bedford Aquathlon **SWIM & RUN**

30th April 2006 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 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.

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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

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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 swim cap or 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 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 numbers provided by the organisers unaltered throughout the running sections of the event. They must be worn both on the front and back and must be attached at all four corners.

8

COMPLETING THE COURSE

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

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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 minimum of a T-shirt/vest, swimming suit, suitable footwear, and have their unaltered race numbers securely fixed at all four corners and clearly visible on both the front and back 9.4 Competitors must follow the directions and instructions from all race officials

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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. Under certain circumstances organisers may allow running shoes to be placed outside of the transition area; for example events where there is a long run from the swimming pool to the transition area

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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

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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:

Age

8 years 30 seconds

9/10 30 seconds

11/12 40 seconds

13/14 50 seconds

15/16 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 s/he left the course, or a point on the course prior to it, and then completes the course.