



2023 World Triathlon Competition Rules 主な変更点

2023/1/29 JTU審判委員会
JTU技術委員会

2023 World Triathlon Competition Rules 主な変更点について

- 本資料は、2022/12/02に公開された2023 World Triathlon Competition Rulesの改訂内容の主要改訂ポイントに関して紹介するものです。
- 2023 World Triathlon Competition Rulesは、World triathlonサイトに公開された英文が原文であり、英文と和文に差異がある場合は、英文の意味を優先します。
- World Triathlonは、TRIと略します。

選手規範

- 競技用にセッティングされた機材を変更してはならない。：追加 2.1

(xvi) Not modify any equipment of the competition set up.

- スイム・バイク・全体の制限時間がTDによってされ、レジストレーション前資料に掲載されなければならない。：削除 2.4

~~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;~~

選手規範

LGBT関連

- 性転換手術を受け、競技会への参加を希望するアスリートに関する条文
：削除 2.5
- 高アンドロゲン症の可能性のある女性アスリートに関する条文
：削除 2.5
- 男子または女子レースへの選手資格は、下記基準による：追加 2.5
 - World Triathlon(TRI) の男女資格ガイドライン
 - トランスジェンダーのアスリートのためのWorld Triathlon (TRI)資格規則
 - World Triathlon (TRI) ノンバイナリー ポリシー

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](#).

選手規範

- registration対象に選手、コーチの他にサポートチームが追加：2.7（詳細10.9）

(iv) National Federations are responsible for entering their athletes, ~~and~~ 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

- エイジの選手配布物からアスリートガイド削除：2.7

The race packets will contain a minimum of: five (5) official race numbers (one (1) ~~for body~~ bib number, one (1) ~~for~~ 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, ~~athletes' guide~~, tickets for all of the social functions. Local Organising Committee gifts may be distributed at the same time.

選手規範

- 袖付のユニフォームが認められた大会（エリートのスタンダード以下の大会以外すべて）では、ジッパー背中、40cm以下のルールは適用しない：改訂 2.8

(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.

(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 events in which short sleeves are allowed as per (iii) above. ~~middle- and long-distance events and PTWG athletes in all distances;~~

選手規範

- DNS（スタートしなかった選手・チーム）に競技説明会に参加しなかった選手・チームを追加 : 2.11

(vi) and athletes or teams ~~which did not start~~ showing up at pre-race briefing (2.7 b.)
and not starting the race(DNS);

- 同着DSQ文言に「意図的に」が追加

(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;

選手規範

- タイミングチップの運用に関する詳細追加：2.11

(タイミングチップの使用と数量にはTDの承認が必要。TOは、選手の装着状態を確認等。)

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.

選手規範

- タイミングチップの運用に関する詳細追加：2.11

(タイミングチップの使用と数量にはTDの承認が必要。TOは、選手の装着状態を確認等。)

選手がレース中に計測チップを紛失したことが発覚した場合、TO は T1 または T2 のいずれかで交換チップを提供することができる。代わりの計測チップを使用するかどうかは選手が決定する。選手がそれを取らなかった場合、そのスプリットは登録されず、結果に掲載されない場合がある。特に、エイジグループのレースでは、選手がレース全体を完走したと判断できない場合、計測チップを紛失した場合は失格となる可能性がある。

- (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.

選手規範

- 競技が中断された場合、再開は少なくとも中断から45分以上経過後とする。 :
2.12

(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.

ペナルティ

- ペナルティに違反分類「B」、「R」追加 : 3.4
(Bike Behavior 、 Run Behavior)

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

ペナルティ

- その場でのペナルティ（イエローカードで停止された選手が前に進むとペナルティの計時がとまり、立ち止まれば、再スタート）：3.5
- ペナルティが完了したら、TOは、“GO”と言って、選手をスタートさせる。：3.5

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;

ペナルティ

- 上訴の権利で下記が明記他：3.9

「ドラフティング」「既に課せられたタイムペナルティ」については上訴できない。
タイムペナルティを受けていなければ、上訴できる。

3.9 Right of Appeal:

- a.) An Athlete who receives a penalty may protest, with the exception of: ~~Athletes punished with a penalty have the right to appeal with the exception of a drafting violation.~~
 - (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.

スイム

- TDは、スイム始まりとスイム終わり以外の場所で地面をけて進むことを認めることができる：追加 4.1

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;

- スイムスキン：水温によらず着用可。ユニフォーム規則に則っている必要がある。スタンダード以下では、スイムだけでなく大会中着用義務：追加 4.11

(iii) 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;

(iv) 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.

(v) Swimskins can be used in all water temperatures.

スイム

- 選手が周囲に十分な注意を払うことを妨げない限り、電子機器の使用の許可：追加 4.11（通信機器、音楽再生、写真撮影は禁止、（運動記録等は可））

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

- ポリウレタン、ネオプレン素材のスーツ、ベストの使用禁止：追加 4.11
- 浮力のあるショーツ使用禁止：追加 4.11

- Suits, vests, or any clothing having any part made of rubberized material such as polyurethane or neoprene.

- Buoyancy shorts

バイク

● 危険行為に下記追加 : 5.1 (違反分類 B)

- 選手がバイク中に他の選手を横切ったり、偶発的に接触しても、すぐに離れ、クラッシュを引き起こさなかった場合、その選手はペナルティを受けない。
- 選手がバイク中に危険な方法で他の選手を横切ったり、他の選手と接触しても離れずに他の選手の進行を妨げ続けた場合、その選手はタイムペナルティを受ける。
- 選手がバイク中に故意に別の選手を標的にし、彼らの進行を妨げ、不当なアドバンテージを得て、危害や衝突を引き起こす可能性がある場合、その選手は失格となり、出場停止または除名処分の対象としてワールドトライアスロン仲裁裁判所に報告される可能性がある。
- さらに、WTCS、WC、WTPS、WPCでは、選手が 1 暦年に 2 回この規則に違反したことで罰せられた場合、その選手はそれらの次のイベントへの出場を認められません。この制裁は、3 回目、4 回目以降の違反にも適用される。

- (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.

バイク

- エリート等のサドル位置例外申請の有効期間4年間：追加 5.2

- 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.

- バイクの目視確認がトランジションチェックイン前も可能に：改訂 5.3

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 ~~upon Check-in to~~ the transition area prior before the competition. Technical Officials will check that bikes comply with the World Triathlon Competition Rules;

バイク

- ドラフティング、許可レース、禁止レースの表：改訂 5.5（デュアスロン スーパースプリント追加等）

	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

クリップオン（DHバー）も2023年より使用禁止



バイク乗車姿勢に関する2022規則改正が 2023より施行

5.8 Riding positions:

- 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.

Image 1 Allowed positions in all races:
イメージ 1 : 全てのレースで許可される

ダンシング等で腰をサドルの上に浮かすことはできるが、イメージ 3 の姿勢は禁止。
サドルにおけるのは、お尻だけ



Image 2: Allowed position only in raft illegal races:
イメージ 2 : ドラフティング禁止レースだけで許可される

ハンドルバーに肘や腕を置くことは、禁止



Image 3: Forbidden positions in all races:
イメージ 3 : 全てのレースで禁止される

お尻をサドルの前に持ってきたりやサドルの後ろにもってきてサドルの上に胸を当てることは、禁止



ラン

● 危険行為に下記追加：6.1 (違反分類 R)

- 選手がラン中に他の選手と偶発的に接触しても、すぐに離れ、転倒を引き起こさなかった場合、その選手はペナルティを受けない。
- 選手がラン中に他の選手と接触し、他の選手の進行を妨げ続け、離れない場合、その選手はタイムペナルティを受ける。
- 選手がラン中に故意に他の選手を標的にし、彼らの進行を妨げ、不当な優位性を得て、危害や転倒を引き起こす可能性がある場合、その選手は失格となり、出場停止または除名の対象としてTRI仲裁裁判所に報告される場合がある。

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.

ラン

● 禁止用具に靴の項目、パラ選手以外の松葉杖、ステッキ、ポール追加 6.4

- TRIは、すべてのトライアスロンおよびその他の関連するマルチスポーツのロードイベントにおいて World Athletics' Shoe Regulationsを適用する。
- World Athletics' Shoe Regulations で定義されているように、カスタマイズされた靴は、TRI技術委員会 の承認を得た後、大会で着用することが許可される。
- World Athletics' Shoe Regulations で定義されている開発用シューズは、すべての TRI認定イベントで使用できる。
- 選手は、競技前、競技中、または競技後に無作為に靴を検査される。

- 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.

トランジション

- 用具の位置：追加 7.1

- 最後のトランジションの終わりまでに、使用されているかどうかに関係なく、すべての用具は、次の例外を除いて、指定された容器に保管する必要がある。

(ペダルに固定されたバイクシューズ。ヘルメット、サングラスを除くT1よりバイクに取り付けられたもの。)

(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.

- スイム出口とトランジションの間でスイム キャップを投げ捨てるのをTOが確認した選手は、ペナルティを受ける。

e.) Athletes who are observed by a technical official discarding their swim cap between the swim exit and transition will receive a penalty.

トランジション

- マウントラインで乗車するのではなく、トランジションから直ぐに乗車した選手は失格となる：追加 7.1

k.) Athletes who cycle out of transition rather than mounting at the mount line will be disqualified.

- ディスマウントラインで降車せず、トランジションまで自転車に乗った選手は失格となる：追加 7.1

m.) Athletes who make no attempt to dismount at the Dismount line causing them to cycle in Transition will be disqualified.

- すべての選手は、自転車セグメントの開始前にラックから自転車を取り外す前にヘルメットをしっかりと固定し、自転車をラックに置いてフィニッシュ後に手放すまで、ヘルメットのロック機構に触れてはならない。：追加 7.1

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.

競技カテゴリ

- 世界選手権のカテゴリ表：改訂 8.1

(エリート アクアスロン チームリレー追加、パラトライアスロン チームリレー追加等)

	Elite	U23	Junior	Age-Group	Para triathlon
TRIATHLON					
Team Relay	Yes	Yes (U23/Jr combined or separated)		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

イベント

- 雷で中断した**競技の再開は、最後の雷から30分後**：10.5

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.**

- **サポートチームの項追加**：10.9

NF は、アスリートと NF 代表団をサポートするクルーをレースに参加させることができる。このクルーは、次のカテゴリで構成される：**コーチ、メディカル、バイク メカニック、スキーマン、および NF の代表者**。TRIは、特定のイベントで必要に応じて他のカテゴリを追加する場合がある。**コーチおよびメディカルの** **カテゴリにエントリーする人は、アンチ・ドーピング教育コースを修了する必要がある**。

- 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.**

イベント

- 複数ステージからなる競技変更時の大会ポイントに関する規定に追加：
10.11

複数のステージ（準決勝/決勝形式、エリミネーター形式、アリーナゲーム、屋内イベントなど）があり、1つまたは複数のステージが変更された大会の場合、ポイントの削減は最終ステージまたはフェーズの変更により決定する。最終ステージまたはフェーズが変更されない場合、ポイントの減少はない。A 決勝と B 決勝の場合、A 決勝形式が減点を決定する。

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.



TO

- Level 1,2,3a,3b : 11.9

抗議・上訴

- 全文書き換え

パラトライアスロン

- (スポーツクラス間の調整時間の変更) 17.5

	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

2022	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 [←]

2022	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 [←]

パラトライアスロン

- (トランジション) 17.10

最初のトランジションスポットの後、マウントラインの前に**ポストトランジション エリア**が設けられ、トランジションで長距離をジャンプしたくない選手が使用する義足を降ろすことができる。その用具は、TOまたはTDによってこの行為を実行する権限を与えられた人物によって、トランジションゾーンの選手のスペースに戻される。その用具は、選手のレース番号で明確に識別されなければならない。

- 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.

パラトライアスロン

- PTVI1 選手が使用するブラックアウトゴーグルに追記：フレームのみにロゴが許される。：追加 17.17

(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;

- 外部支援：追加 17.18

パラトライアスロン選手が、事故後にハンドサイクル/レース用車椅子または自転車に戻ることができるように支援を提供できる。いかなる機械的修理も、外部からの支援なしに選手が行う必要がある。援助は、TO、大会スタッフ、または同じレースに参加している別の選手によってのみ提供される。

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.

APPENDIX A 競技の距離とエイジの要件

- 大会カテゴリのデュアスロンの表にスーパースプリント追加：23

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

APPENDIX D 定義

- 用語定義に下記追加他：26

上訴：TRI仲介裁判所に加えて不適格性に関しては、TRIアンチドーピングヒアリング委員会が対応

Appeal	<p>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.)</p> <p>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.</p>
---------------	--

抗議：HRの決定も追加

Protest	<p>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.</p>
----------------	--

APPENDIX F TRI認定識別ガイドライン

- 国名コードの大きさ（長さ）：6-10cm削除 28 5.1

(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;~~

APPENDIX K ペナルティと違反

- 6,7 削除 : 33

ブロッキング、チャージング、妨害等が意図的でなければ警告と是正。意図的なら失格。

6. Blocking, charging, obstructing, or interfering the forward progress of another athlete;	<ul style="list-style-type: none">← 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;	<ul style="list-style-type: none">← Unintentionally: warning and amend← Intentionally: DSQ	4.1 e.)

- 18 追加 : 33

FOPでユニフォームを両肩まで着用していない。→警告と是正。できなければ失格。

18. 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)
---	---	-------------

APPENDIX K ペナルティと違反

- 62 追加 : 33

ウェットスーツが許可されていないショート以下の大会でトライスーツ/スイムスキンを脱ぐこと。→警告と是正。できなければ失格。

- 63 追加 : 33

トランジションで自転車を持っているときにヘルメットのロック機構に触れる。→エイジは、警告と是正。エリートは、タイムペナルティ

62.	Remove trisuit and/or swimskin in a standard distance race or shorter when wetsuits are not allowed	<ul style="list-style-type: none">- Warning and amend- If not: DSQ	4.11 c.) (iii)
63.	Touching the locking mechanism on the helmet while in possession of the bike in transition	<ul style="list-style-type: none">- Age-Group: Warning and amend- Elite and Para triathlon: Time penalty	7.1 s.)

APPENDIX K ペナルティと違反

- 78 追加 : 33

追い越し禁止区間での追い越し : タイムペナルティ

78. Passing another athlete in a no passing zone	- Time penalty	18.4 e.) 19.4 e.)
--	----------------	----------------------

APPENDIX K ペナルティと違反

B違反

- 86 追加 P174

危険な方法で別の選手を横切る、または接触し、離れようとする努力をせずに、他の選手の進行を妨げ続ける。：タイムペナルティ

- 87 追加 P174

他の選手を故意に標的にして、彼らの進行を妨げ、不当な優位性を得て、潜在的に害を及ぼす：失格。場合によってTRI仲介裁判所に出場停止または除名の報告

- 88 追加 P174

禁止された姿勢での乗車：タイムペナルティ。繰り返した場合DSQおよび大会からの排除

86. 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.	- Time penalty	5.1 b.) (v)
87. 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;	5.1 b.) (vi)
88. Riding in a forbidden position.	- Time penalty - If repeated: DSQ and removed from competition	5.8

APPENDIX K ペナルティと違反

R違反

- 97 追加 P174

危険な方法で他の選手と接触し、離れようとする努力をせずに他の選手の進行を妨げ続ける：タイムペナルティ

- 98 追加 P175

他の選手を故意に標的にして、彼らの進行を妨げ、不当な優位性を得て、潜在的に害を及ぼす：失格。場合によってTRI仲介裁判所に出場停止または除名の報告

97. Make contact with another athlete in a dangerous manner and	- Time penalty	6.1 c.)
continue to impede the progress of another athlete without making an effort to move apart.		
98. 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.)

APPENDIX T 妊娠中の選手のランキング凍結

- 目的：妊娠により競技を中止せざるを得ない選手の順位を守るため
- 対象：申請時から母になって2年以内あるいは、
20 週を超える妊娠の場合で、申請時から子を失ってから 2 年後まで。
- 内容：スタートリスト作成のランキングは、実際のランキングがより優れていない限り、申請時に選手が占めていたランキング。
資格基準に関連する他のすべての条件も変更なし。

新規

1. **Purpose:** Frozen entry ranking is established to protect the position of the athletes who has to stop the sport competition due to the 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 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 in 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.

APPENDIX U パラトライ アスロンミックスリレー

新規

- TRI競技規則適用
- スイム125～150m、自転車で 3.5 ～ 4 km、ランニングで 0.8 ～ 1 km。
- チームは 4 人の選手 (男性 2 人、女性 2 人)
- パラ混合リレースポーツクラスポイント (PMRSCP)の合計ポイント値が最大 20 ポイントのスポーツクラスのアスリートで構成

43. 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



END