

TRIATHLON CANADA LEVEL I OFFICIALS COURSE

Thank you for undertaking this very important task on behalf of Triathlon Canada! The goal of a provincial governing body is to have qualified marshals at all events in the province. You are helping us to achieve this goal.

Remember always that officials are really not here to enforce rules. Rather to provide a safe race with an even playing field for all participants. The rules give us guidelines in how to accomplish this.

Please review this booklet and ITU Competition Rules before conducting a course.

LEVEL I OFFICIALS are qualified to:

- a. act as a Race Marshall
- b. act as an Assistant Chief Marshal
- c. spot and report rule infractions
- d. be pro-active to prevent accidents and rule infractions

COURSE OBJECTIVES:

- a. Teach the ITU Competition Rules
- b. Emphasize pro-activeness
- c. Ensure that fairness, safety and sportsmanship are the 3 key factors considered before a judgement is passed.
- d. Ensure that reporting procedures, warning procedures and DQ procedures are known.

NOTE: Fair play rule is:

- Respect for the competitors
- Respect for the officials
- Respect for the rules
- An even playing field
- Safety first

OUR JUDGEMENT AS OFFICIALS IS BASED ON THE FAIR PLAY RULE!

Each **Level I** course participant should receive:

- a. Agenda for the course
- b. Copy of Competition Rules
- c. Level I Officials card (on successful completion)
- d. "Practical" check list for events worked each year

LEVEL I OFFICIALS THEORY COURSE

Program Outline

1. Overview of Triathlon
 - a. Growth
 - b. Types
 - c. Future

- goal is to provide s short, quick history lesson son to get non-racing volunteers familiar with this sport
2. Organization
 - a. Governing Bodies
 - b. National officials Program

- goal is a quick overview of the International, National and Provincial administrative structure to show how developed we are. Outline levels of officials
3. Break
4. Competition Rules
 - a. Purpose of ITU Rules
 - b. Conduct of officials
 - c. Conduct of participants
 - d. Swim
 - e. Bike
 - f. Run
 - g. Transition
 - h. Warning and DQ's
 - l. Reporting procedure
 - j. Protests, Appeals
 - k. Frequently violated rules

- Emphasize "Fair play Rule" throughout.
5. Race Officials
6. Marshalling
 - a. directing traffic
 - b. directing race participants
7. Questions

LEVEL I OFFICIALS THEORY COURSE

Course Outline

1. Overview of Triathlon

a. Growth

- sport started as a x-training alternative to running
- first known triathlon in 1974 - Mission Bay
- first created on a challenge - 1978
- first race in Canada in 1979 - Sri Chimnoy
- 1982 Ironman sparks interest throughout the world. Julie Moss on ABC Wide World of Sports
- 1989 ITU is formed
- 1990 ITU Competition Rules book is completed
- 1994 first participation in Pan Am and Commonwealth Games
- essentially went from x-training to fad to sport

b. Types

- Sprint - anything under Standard (800m, 20km, 5km common)
- Standard - 1.5km, 40km, 10km
- Long Course - 2km, 90km, 21km to Ironman - 2mile(4km), 112 mile (180km), 26mile(42km)
- Kids of Steel -

5-6yrs	50m, 3km, 800m
7-8yrs	50m, 5km, 800m
9-10yrs	100m, 8km, 1km
11-12yrs	300m, 10km, 3km
- Youth - 13-15yrs 750m, 20km, 5km
- Junior - 16-19yrs Standard

c. Future

- Olympics 2000
- Pan Am Games
- Commonwealth Games
- Sprint is big
- Duathlon

4. Organization

a. Governing Bodies

- International Triathlon Union
 - 125 member countries
 - world governing body
 - sanctions World Cup and World Championships
- Triathlon Canada
 - National governing body
 - liaison with ITU
 - includes 9 provincial governing bodies

- coordinates National championships, qualifiers, rankings and series
- Provincial Governing Body (PGB)
 - provincial governing body
 - liaison with Tri Can
 - sanctions all multi sport events in province
 - ensures all ITU Rules are upheld
 - coordinates Provincial championships, qualifiers, rankings and series

b. National Officials Program

- Level I Official
 - familiar with ITU Competition Rules
 - qualified Race Marshal or Chief Assistant Marshall
 - qualified to prevent or report rule infractions
- Level II Official
 - Prerequisite: Level I Theory and Practical
 - familiar with ITU Competition Rules
 - familiar with ITU Operations Manual
 - qualified Head Marshal, Race Director, Head Referee or Technical Delegate
 - qualified to prevent, report enforce or penalize rule infractions
 - qualified to teach Level I officials clinic
- Level III Official
 - Prerequisite: Level II Theory and Practical and successful completion of Level III Exam
 - qualified as Technical Delegate or Referee for Provincial Championships, National or International Events
 - qualified to teach Level I or II officials clinics

5. Break

6. Competition Rules

a. Purpose of ITU rules

- fair race
- safe race
- promote fair play
- respect of officials
- respect of rules
- respect of competitors
- equal playing field
- sportsmanship
- equality
- individual sport

b. Conduct of officials

- pro-active
- unbiased
- unobtrusive
- effective

c. Conduct of participants

- good sportsmanship
- responsible for own safety
- understand ITU rules
- obey traffic regulation and officials
- respect for competitors, officials, rules
- no abusive language
- inform officials after withdrawing from race
- if they violate rules, report themselves

d. Swim

- any stroke
- may stand on bottom
- raise arm in an emergency
- swim cap provided if any
- no propulsive devices
- wetsuit thickness less than 5mm
- no wetsuit bottoms
- wetsuit only between 22C and 14C, 1 hr, 10 min. time limit
- swim start maximum 125 people

e. Bike

- must not block others
- must obey traffic laws unless directed by an official
- any competitor who appears to be a to themselves or others may be removed from the competition
- bare torso not permitted
- no forward progress permitted without the bicycle
- no drafting allowed for age groupers (see Appendix 1 for guidelines)
 - officials today look for:
 - Safety
 - Passive vs Aggressive
 - Organized vs Unorganized
- safety zones
- cycling helmets compulsory
- headphones, headsets illegal
- no glass containers
- helmet straps done up while bike in your hands

f. Run

- may run or walk
- no crawling
- no bare torso
- keeping on course responsibility of the competitor
- considered finished when any part of torso crosses the finish line
- any competitor who appears a danger to himself or others may be removed from the competition

g. Transition

- may only use designated rack
- must not impede progress of others
- must not interfere with another competitors equipment
- competitors must mount and dismount bicycles at the designated spot
- no cycling in the transition area
- competitors must rack their own bikes
- emphasize flow of traffic (no cross-overs)

h. Warnings and DQ's

- blow whistle/horn
- call out participant's #
- write down racer #, rule infraction, time, location, description of person

i. Reporting procedure

- Race Marshal informs Assistant Chief Marshal immediately after completion of responsibilities
- Asst. Race Marshal informs Head Marshal immediately after all Race Marshals have checked in
- Head Marshal informs Referee immediately after all Asst, Marshals have checked in
- Referee passes judgment and posts all penalties on results board
- whoever spots rule infraction must record racer# and competitor description
- written report comes after verbal warning, if verbal was not effective
- gather evidence

j. Protests and Appeals

- athletes choice
- handled by the competition jury
- may want marshal's information

k. Frequently violated rules

- swim
 - (pool) incomplete laps
 - wearing improper swim cap

- unsportsmanlike conduct
- cutting corners
- bike
 - drafting
 - blocking
 - unsafe cycling
 - helmet straps
 - dismount line
- run
 - cutting course
 - bare torso
 - unsportsmanlike conduct
- transition
 - riding bike
 - helmet

7. Race Officials

Technical Delegate

- appointed by provincial governing body
- oversees technical applications
- focus on operations

Head Referee

- appointed by provincial governing body
- oversees competitors
- focus on ITU rules

Chief Marshal

- appointed by Race Director
- supervises all Marshals

Assistant Chief Marshal

- appointed by Chief Marshal
- supervises part of the race (ie. run)

Marshal

- appointed by Assistant Chief Marshal
- supervises a portion of a leg of the race

Competition Jury

- Technical Delegate
- Referee
- provincial governing body representative not racing

8. Marshalling Signals

- a. Be visible - stand tall
 - stand in line of sight
- b. Be Vocal - loud
- c. One arm pointing
- d. One arm moving in proper direction
- e. Smile and be friendly.

**TRIATHLON CANADA
LEVEL I OFFICIALS EXAM**

1. Which statement is in conflict with the "Purpose, Intentions and Modifications" of the ITU Competition Rules?

- a. The competition rules specify the conduct and of competitors during ITU sanctioned events.
- b. The competition rules are intended to provide safety and protection
- c. Officials must enforce the competition rules strictly as written regardless of the conditions

2. Which is/are in accordance with the "General Requirements" for the conduct of competitors?

- a. be responsible for understanding and obeying ITU rules
- b. obey traffic regulations and instructions from officials
- c. avoid the use of abusive language
- d. all of the above

3. Which is not a violation?

- a. incidental contact between competitors in equally favourable positions
- b. blocking, charging or interfering with the forward progress of another competitor
- c. failing to follow the prescribed course

4. Which is a violation?

- a. leaving the course for reasons of safety and re-entering at the point of departure
- b. behaving in an unsportsmanlike way
- c. wearing unaltered race number on the chest during the cycle segment

5. Which is a violation during Swim?

- a. standing on the bottom
- b. resting by holding onto a buoy
- c. calling for assistance, taking the official assistance and then continuing to swim

6. Match safety zone measurements to categories:

- a. 10 X 3 - 30 seconds
- b. 10 X 3 - 30 seconds
- c. 7 X 3 - 5 seconds
- d. Juniors
- e. Age Groupers
- f. Elite

7. A bicycle must have the following characteristic:

- a. no fairs to reduce air resistance
- b. a front wheel smaller than the rear
- c. covers on the rear wheel

8. Cycling helmets must be securely fastened:

- a. at all times when in possession of the bicycle
- b. as soon as the cyclist departs or arrives at transition
- c. at all times when the cyclist is on the bicycle

9. Identify two types of equipment that are illegal for both cycling and running:

- a. headphones/headsets and visors
- b. headphones/headsets and glass containers
- c. visors and jewellery

10. Which of the following combinations indicates accurate statements of transition area rules?

- a. I, ii, iii
- b. ii, iii, iv
- c. iii, iv, v
- d. none of the above
 - i. competitors may select their own bicycle areas
 - ii. because the event is a race, competitors not required to slow down when exiting or entering the transition area
 - iii. competitors may not interfere with another competitor's equipment in the transition area
 - iv. competitors must mount and dismount their bicycles at the designated area or line
 - v. indecent exposure or nudity is not permitted

11. To assess a warning, an official must:

- a. call the competitors number and make a loud statement about the possible violation
- b. blow the whistle, call the competitor's number, pro-actively deal with the infraction and record details
- c. blow a whistle, call the competitor's number and record all details about the violation
- d. blow the whistle and say "stop"

12. To assess a disqualification, an official:

- a. records the competitor's number, the violation, and information about place and time then pass information on to Head Referee after the event
- b. blows the whistle, call the competitor's number, record all required information
- c. blows the whistle, records all required information
- d. blows the whistle, records all required information

13. You are a lap counter at a triathlon for a pool swim. An athlete exits the swim when in your judgment he/she has not completed the required laps. What is your course of action?

14. You are a Marshal at the dismount line at the transition area. An over exuberant athlete approaches and the helmet strap while still on the bicycle. What is your course of action?

15. You are a Marshal at an Aid Station on the run. A competitor in the rear the race misses the water cup and uses abusive language directed towards you. What is your course action?

APPENDIX 1

Safety/Drafting Zones

Use Safety zone overheads while discussing the following issues:

1. Safety zone

- a. Cover history of the safety zone and why it was established - Dave Scott's dad was concerned about poor bike handling skills in triathlete's and the fact that they were riding so close
- b. Discuss how the nature of the sport causes the formation of packs
- c. Discuss how we should not be too quick to penalize an athlete for something that happens unintentionally.

2. Drafting

- a. Discuss how speed increases the benefits of drafting - anyone going 30km/hr or slower isn't getting an advantage
- b. Discuss wind direction on course as well as wind speed.
- c. Discuss the need to much closer to the lead cyclist than the safety zone says to get the advantage.

3. Passive/Aggressive method of dealing with packs

- a. Looking for "wheel suckers"
- b. Looking for safety issues
- c. Looking for athletes displaying a disregard for drafting rule or trying to gain an unfair advantage.
- d. Looking for any athlete not respecting the official.

4. Dealing with the offending athlete(s)

- a. Blow whistle, yell or honk horn
- b. Call out competitor number
- c. Request that competitor slow down and move to back of pack
- d. Official moves over and verbally reprimands athlete, taking written notice
- e. Once athlete is clear of all other cyclists allow him/her to proceed with race.