

SCHOOL SPORT AUSTRALIA

13 - 19 Years Triathlon, 11 – 12 Years Aquathlon, 11 – 19 Years Multi Class Aquathlon & 13 – 19 Years Multi Class Triathlon Championships

Amended December 2022

RULES AND GUIDELINES

Section A – Championship Overview

- A - 1.** These Rules and Guidelines should be read in conjunction with School Sport Australia Policies, Championship Protocols and the Aquathlon & Triathlon Championship Organisational Manual.
- A - 2.** The Championships shall be conducted in accordance with the Rules of Triathlon Australia, except where otherwise indicated in rules C - 1 and C - 3.
- A - 3.** The Championships shall be conducted in accordance with a current Memorandum of Understanding between School Sport Australia and Triathlon Australia.

A - 4. Championship Length

A - 4.1 Day One

- Arrival
- Settle into Accommodation
- View Race Venue
- Pre Event Meeting

A - 4.2 Day Two

- Course Familiarisation
- Opening Ceremony
- Championship Team Experience

A - 4.3 Day Three

- Individual Competition
- Presentation Dinner (Individual Event Medals & Individual Event Trophy presentations)

A - 4.4 Day Four

- Relay Competition
- Presentations of Relay Event Medals, Relay Event & Championship Trophies
- Closing Ceremony
- Post Event Meeting

A - 5. Eligibility

A - 5.1 Individual event

Qualification for selection to compete in the individual event at the Championship shall be:

Triathlon 13 – 19 Years & Multi Class 13 – 19 Years / Aquathlon 11 – 12 Years & 11 – 19 Years Multi Class Championships Rules and Guidelines

A - 5.1.1 Aquathlon: 11 and 12 years as of 31 December in the year in which the Championship is held

Added September 2018

A - 5.1.2 Aquathlon MC: 11 - 19 years as of 31 December in the year in which the Championship is held

Added December 2021

A - 5.1.3 Triathlon MC: 13 - 19 years as of 31 December in the year in which the Championship is held

Added December 2022

A - 5.1.4 Triathlon Junior: 13 and 14 years as of 31 December in the year in which the Championship is held

A - 5.1.5 Triathlon Intermediate: 15 and 16 years as of 31 December in the year in which the Championship is held

A - 5.1.6 Triathlon Senior: 17, 18 and 19 years as of 31 December in the year in which the Championship is held

A - 5.1.7 No student shall be permitted to race outside his/her specific age group.

A - 5.2 Relay event

As per A - 5.1 above.

A - 6. Age Dispensation

Age Dispensation is not granted to any SSA member body for these Championships.

A - 7. Team Size

A - 7.1 Each State/Territory may enter a team. A team consists of a maximum of thirty-six (36 - triathlon only) / sixteen (16 – aquathlon only), sixteen (16 – Multi Class Triathlon) and forty eight (48 – Multi Class Aquathlon) athletes.

Amended December 2022

A - 7.2 A State/Territory that has historically had a full or near to full team in Aquathlon (16) and or Triathlon (36) may propose to field a second Team in the Championship. The second team must be suitably skilled at the level of competition without impacting the integrity of the event. The second team must be no less than 75% of a full team, that is, not less than Aquathlon (12) or Triathlon (27) athletes.

Added December 2022

A - 7.3 For the Triathlon Championships, a State/Territory may nominate a maximum of six (6) athletes for both females and males in each age group.

A - 7.4 For the Aquathlon Championships, a State/Territory may nominate a maximum of eight (8) athletes for both females and males.

A - 7.5 For the Aquathlon Multi-Class Championships, a State/Territory may nominate a maximum of six (6) athletes for both females and males in each

age group. (Refer Category/Classification Appendix 1 & Event Categories Appendix 2)

Amended December 2021

- A - 7.6** For the Triathlon Multi-Class Championships, a State/Territory may nominate a maximum of eight (8) athletes for both females and males. The athletes should be currently involved in Triathlon Australia pathway programs and are able to complete an individual triathlon in the standard format. Athletes must be signed off by Triathlon Australia, the athlete's coach and the relevant member body

Added December 2022

- A - 7.7** A maximum of five (5 – triathlon only) / seven / number (7 – triathlon and aquathlon) adult officials may accompany the (triathlon & aquathlon) team. States and Territories will be required to provide Team Officials to support and manage multi-class athletes to ensure appropriate consideration of any requirements.

Amended December 2021

A - 8. Attendance at Championships

All students who participate in the School Sport Australia Triathlon / Aquathlon Championships must remain at the Championship location throughout the duration of the Championships and be bound by all Championship arrangements, except in exceptional circumstances as per School Sport Australia policy.

Added December 2020

Section B – Competition Structure

B - 1. Championship Format

B - 1.1 Individual Event (Triathlon and Aquathlon)

All States/Territories represented shall compete in the individual event.

Amended December 2021

B - 1.2 Individual Event (Multi-Class Aquathlon & Multi Class Triathlon)

All States/Territories represented shall compete in the individual event.

Amended December 2022

B - 1.3 Relay Event (Triathlon and Aquathlon)

Amended December 2022

- B - 1.3.1** The Relay event shall be held at least twenty four (24) hours after all individual events.

- B - 1.3.2** All States/Territories represented shall compete in the relay event. Students must compete in the individual race in order to compete in the relay event unless a medical certificate is provided.

- B - 1.3.3** Relay teams shall comprise:

Senior Team (max. of 2 teams) 2 x Senior Boys & 2 Senior Girls

Intermediate (max. of 2 teams)	2 x Intermediate Boys & 2 x Intermediate Girls
Junior (max. of 2 teams)	2 x Junior Boys & 2 x Junior Girls
All Age Teams (max of 3 teams)	2 Boys & 2 Girls with at least one athlete from each age group in each team
Aquathlon (max of 4 teams)	2 x 11-12 Boys & 2 x 11-12 Girls

B - 1.4 Relay Event (Multi-Class Aquathlon & Multi Class Triathlon)

B - 1.4.1 The Relay event shall be held at least twenty four (24) hours after all individual events.

B - 1.4.2 All States/Territories represented shall compete in the relay event. Students must compete in the individual race in order to compete in the relay event unless a medical certificate is provided.

B - 1.4.3 Relay teams shall comprise:

Multi Class Aquathlon	2 Boys & 2 Girls
Multi Class Triathlon	2 Boys & 2 Girls

Added December 2022

B - 1.5 Any variations to the composition of relay teams, based on team size, illness or injury must be approved at a Team Managers meeting prior to the relay events.

B - 1.5.1 Changeover procedure shall be at the discretion of the Race Director.

B - 1.6 Drafting

The Triathlon Australia/WT rules in regard to draft legal events shall apply for all Individual & Relay Events.

Amended September 2023

B - 1.7 Race Components

B - 1.7.1 Host States/Territories should ensure that contingency plans for all components of the race schedule are considered should any exceptional circumstances arise.

B - 1.7.2 All competitors will be expected to arrive fully prepared for the competition even if, in the event of unforeseen circumstances, some adjustment has to be made to race procedures.

B - 2. Points allocation - Triathlon

B - 2.1 Point scoring for the best performed Individual State/Territory be on the following points basis:

1st	1 point
2nd	2 points
3rd	3 points

DNF Number in the field plus one

DNS Number in the field plus one

DQ Number in the field plus one

B - 2.2 Point scoring for the best performed Relay State/Territory be on the following points basis:

1st 1 point

2nd 2 points

3rd 3 points

DNF Number in the field plus one

DNS Number in the field plus one

DQ Number in the field plus one

B - 2.3 In any age group, if a State/Territory has more than one team, only the first State/Territory team across the line is eligible for points. All State/Territory teams will be eligible for medals.

B - 3. Method of Determining a Winner (Triathlon)

Amended December 2022

B - 3.1 Individual Competition - Triathlon

B - 3.1.1 All athletes are eligible for medals; the first three (3) from each official team to finish will count. In the event of a drawn score, the 4th athlete will count.

B - 3.1.2 In determining the finishing position of scoring athletes of teams, the race results will be adjusted so that the finishing positions of non-scoring athletes of a team (i.e., more than 4 from any State/Territory) will be eliminated.

B - 3.1.3 In the individual event, the sum total of each state shall be ranked one to eight (1-8) for each age group, and the total ranking shall determine the overall placing. States/Territories may tie for placings.

B - 3.2 Relay event - Triathlon

The total ranking shall determine the overall placing. States/Territories may tie for placings.

B - 4. Points allocation - Aquathlon

B - 4.1 Point scoring for the best performed Individual State/Territory be on the following points basis:

1st 1 point

2nd 2 points

3rd 3 points

DNF Number in the field plus one

DNS Number in the field plus one

DQ Number in the field plus one

B - 4.2 Point scoring for the best performed Relay State/Territory be on the following points basis:

1st 1 point
2nd 2 points
3rd 3 points

DNF Number in the field plus one
DNS Number in the field plus one
DQ Number in the field plus one

B - 4.3 In any age group, if a State/Territory has more than one team, the first Two State/Territory team across the line is eligible for points. All State/Territory teams will be eligible for medals.

B - 5. Method of Determining a Winner (Aquathlon)

B - 5.1 Individual Competition - Aquathlon

B - 5.1.1 All athletes are eligible for medals; the first four (4) from each official team to finish will count. In the event of a drawn score, the 5th athlete will count.

B - 5.1.2 In determining the finishing position of scoring athletes of teams, the race results will be adjusted so that the finishing positions of non-scoring athletes of a team (i.e., more than 5 from any State/Territory) will be eliminated.

B - 5.1.3 In the individual event, the sum total of each state shall be ranked one to eight (1-8) for each age group, and the total ranking shall determine the overall placing. States/Territories may tie for placings.

B - 5.2 Relay event - Triathlon

The total ranking of the first two (2) teams shall determine the overall placing. States/Territories may tie for placings.

Added December 2022

Section C – Facilities / Equipment

C - 1. Swim Starts

The swim start shall be as per WT competition rules with the start line being determined as per transition (Ref Rule 3.5).

Amended September 2023

C - 2. Wheel Exchange

C - 2.1 A Wheel Exchange area will be established close to the transition area and supervised by an Event Official.

C - 2.2 Wheels must be clearly labelled with athlete numbers/and or/State/Territory.

C - 2.3 If wheels are exchanged, the athlete must complete the lap they are on.

C - 3. Transition Area

The transition area shall not exceed Triathlon Australia dimensions and shall be of a flow through nature giving no advantage to any competitor. Places on the bike racks will be allocated on a basis where states are listed in alphabetical order and athletes are positioned as follows:

Example:	Junior Girls	Position	1.	ACT
			2.	NSW
			3.	NT
			4.	QLD
			5.	SA
			6.	TAS
			7.	VIC
			8.	WA
			9.	ACT etc.

C - 4. Course Length

C - 4.1 Distances shall be as near as geographically as possible to the following:

Aquathlon (11, 12)	1 km run, 200 m swim, 1 km run
Aquathlon Relay (11, 12)	500 m run, 100 m swim, 500 m run
Multi class (11, 12)	100m swim, 1 km run
Multi class (11, 12)	500m run, 100m swim, 500m run
Multi class (13, 14)	100m swim, 1 km run
Multi class (13, 14)	500m run, 100m swim, 500m run
Multi class (15, 16)	200m swim, 2 km run
Multi class (15, 16)	1km run, 200m swim, 1km run
Multi class (17, 18, 19)	200m swim, 2 km run
Multi class (17, 18, 19)	1km run, 200m swim, 1km run
Triathlon	
Multi Class	300 m swim, 10 km cycle, 2 km run
Junior (13, 14)	300 m swim, 10 km cycle, 2 km run
Intermediate (15, 16)	500 m swim, 15 km cycle, 4 km run
Senior (17, 18, 19)	750 m swim, 20 km cycle, 5 km run
Relay event	200 m swim, 5 km cycle, 1.5 km run

Amended December 2022

C - 4.2 The Host State, in consultation with School Sport Australia and member bodies, may determine the appropriate course distance and design and amend the format of competition as required.

Added December 2022

C - 4.3 It is strongly recommended that the Championship be conducted on a road closed course.

Amended December 2022

C - 5. Electronic Timing

Where possible, host states/territories are encouraged to use electronic time at the event.

C - 6. Race Components

- C - 6.1** Host member bodies should ensure that contingency plans for all components of the race schedule are considered should any exceptional circumstances arise.
- C - 6.2** All competitors will be expected to arrive fully prepared for the competition even if in the event of unforeseen circumstances, some adjustment has to be made to race procedures.

Section D – Uniform

D - 1. All States/Territories shall wear representative clothing as follows:

Australian Capital Territory	Yellow and Blue
New South Wales	Sky Blue, Navy Blue and White
Northern Territory	Ochre, Black and White
Queensland	Maroon and White, splash Black/Grey
South Australia	Red, Yellow and Blue
Tasmania	Green, Gold and Red
Victoria	Navy Blue, White, Red and Green
Western Australia	Black and Gold

D - 2. All team members must wear state coloured uniforms i.e., bathers, swim caps and running gear as covered by sanctioning. Race singlets are required for male competitors only. This is to apply for both Individual and Relay events. For all relay events (Triathlon), if extra apparel is worn, team members must wear state coloured tops, state coloured cycling pants or plain black cycling pants.

Amended September 2018

D - 3. It is recommended that States/Territories wear coloured swim caps as indicated:

Australian Capital Territory	Royal Blue
New South Wales	Pale Blue/Sky Blue
Northern Territory	Ochre
Queensland	Maroon
South Australia	Yellow
Tasmania	Red
Victoria	Navy Blue
Western Australia	Black with Yellow

Section E – Injury Management

E - 1. Refer to School Sport Australia Championship Protocols and Policy for the management of injuries. This policy will override any sport specific injury management Protocols.
[School-Sport-Australia-Injury-Management-Policy.pdf \(schoolsportaustralia.edu.au\)](https://schoolsportaustralia.edu.au/School-Sport-Australia-Injury-Management-Policy.pdf)

New Policy Dec 2023

Section F – Officials

F - 1. Race Director

The Host member will appoint the race Director, who is responsible for the appointment of all technical officials.

Section G – Protests

G - 1. Protests - Technical

The current Triathlon Australia protest procedure shall be used.

G - 2. Protests – Non-Technical

G - 2.1 Non-Technical protests will be considered by the Competition Jury.

G - 2.2 One nominated team official representative of the protester and of the accused must be present. Protest forms shall be made available at the Opening Conference.

Section H – Tribunal / Judiciary

H - 1. A Competition Jury shall be formed at the Opening Conference of each Championship.

H - 2. The Jury shall consist of representatives from at least three (3) different states, the School Sport Australia National Triathlon Advisor and the Triathlon Australia Technical Delegate in an advisory capacity only.

Section I – Trophies / Awards / Medals

I - 1. Major Trophies Triathlon

I - 1.1 The following trophies are presented at the Closing Ceremony. The name of the winning team is to be engraved on the cup at the expense of the winning state.

Championship Trophy	Combined Individual & Relay Total
Relay Trophy	Relay Total
Individual Trophy	Individual Total

I - 2. Major Trophies Aquathlon

I - 2.1 The following trophies are presented at the Closing Ceremony. The name of the winning team is to be engraved on the cup at the expense of the winning state.

Championship Trophy	Combined Individual & Relay Total
Relay Trophy	Relay Total
Individual Trophy	Individual Total

Added December 2022

I - 3. Athlete Awards – Triathlon, Multi Class Triathlon, Aquathlon & Multi Class Aquathlon

I – 3.1 Individual medallions will be presented to the first three (3) finishers in each age group (Triathlon & Aquathlon).

I – 3.2 Individual medallions will be presented to the first three (3) finishers in each age group and category (Multi Class Triathlon & Multi Class Aquathlon).

Amended December 2022

I – 3.3 Relay medallions will be presented to the first three (3) finishers in each age group (Triathlon & Aquathlon)

I – 3.4 Relay medallions will be presented to the first three (3) finishers in each age group (Multi Class Triathlon & Multi Class Aquathlon)

Added December 2022