



TRIATHLON

AUSTRALIA

Hydrothon Special Rules

JUNE 2014

A hydrothon is defined as an event involving a combination of swim, ski paddle and run. These Special Rules are to be read in conjunction with the current version of the Triathlon Australia Race Competition Rules. Where there is a contradiction, the relevant Special Rule shall take precedence.

SKI PADDLE CONDUCT

- (i) A competitor is not permitted to paddle without a fluoro vest or singlet. A red card penalty shall apply.
- (ii) A competitor in the ski paddle leg must be at least 16 years of age.
- (iii) Drafting is permitted on the ski leg
- (iv) Competitors must be teathered to the craft during the ski leg. A leg leash must be secured at all times when further than 100 metres from the shore line. Those not complying may incur a yellow card time penalty.
- (v) A competitor must carry fluids. Those not complying may incur a yellow card time penalty.
- (vi) A competitor must clearly display the race identification number at all times on the paddle course if provided by the Race Director. Those not complying may incur a yellow card time penalty. However if the Technical Official considers that the identification number has been unintentionally lost, then the competitor will not be penalised.
- (vii) A competitor must paddle their ski (including paddle) around all the course buoys but shall not be penalised if they lose control or contact with their craft after the last course buoy on the return journey. course buoy on the return journey.
- (viii) At the finish of the paddle leg, competitors may be assisted by a personal assistant or a member of the event staff. A personal assistant shall not be considered to be a competitor but shall be required to:
 - Be registered in the event as an assistant
 - Wear a competition cap
 - Comply with all instructions of the officials
 - Make every effort to ensure that they, or the equipment that they are handling, does not impede another competitor, otherwise both their competitor and themselves may be penalised

- (ix) A competitor is not permitted to display unsportsmanlike behaviour on the paddle leg.
- Minor displays of unsportsmanlike behaviour, such as unintentional contact which disadvantages another competitor, shall be penalised with a yellow card time penalty.
 - Major unsportsmanlike behaviour shall be penalised with a red card penalty. Examples of major unsportsmanlike behaviour are:
 - o Cutting the course
 - o Intentional contact which disadvantages another competitor

YELLOW CARD TIME PENALTY

This is a penalty for a minor infringement incurred on any leg of the event. It requires the competitor to serve a time penalty with a Technical Official in a penalty box which is located on the run course. For events involving a total distance up to and including 40km, the time penalty shall be 1 minute. For events involving a total distance greater than 40km, the time penalty shall be 2 minutes.