

Triathlon By-laws**1 Competition Rules**

- 1.1 The event will be held under International Triathlon Union (ITU) rules, unless otherwise amended or varied by these bye-laws and those of the governing body of the host island.
- 1.2 All competitors must hold a current racing licence, endorsed for overseas/international competition where applicable i.e. when competing outside their own governing bodies jurisdiction, issued by their national governing body who should be affiliated to or be recognised by the International Triathlon Union.
- 1.3 The minimum age shall be as laid down in the ITU regulations.
- 1.4 Male and female competitors shall compete on equal status.

2 Competition Events

- 2.1 Swimming 1500m
Cycling 40km
Running 10km

3 Island Representation

- 3.1 An Island team will consist of 10 competitors, either all male or female or mixed. e.g. 5 men & 5 women giving a male and female team or 9 men & 1 women giving a men's team and 1 female competitor for the women's individual event. The format of the team is left to the discretion of participating islands

4 Competition Format

- 4.1 The first 3 men and first 2 women of each team to finish shall count in their separate team event.
- 4.2 The finishing position of the teams shall be decided by the aggregate times of the counting competitors of each team.
- 4.3 Single entries will count for the individual event only.
- 4.4 Teams of larger than 3 men and 2 women competitors need not nominate who is competing in the team race.

5 Competition Officials

- 5.1 The Race Organiser
Qualified Race referee
Drafting Commissars (according to field size).
Timekeeper
- 5.2 Race Officials e.g. Draftbusters and Referee should be independent and be drawn from outside the Island Games Membership.