

2025 Rule Updates

Triathlon Alberta

- Triathlon Alberta will be using two rulebooks:
- **2025 World Triathlon Rule Book with provincial addendum**
 - -used for draft legal races of all ages
 - -addendum allows for race suits that do not meet World Triathlon regulations.
- **2025 Provincial Rule Book**
 - -used for youth and adult non-drafting races
 - -This is an entirely new, complete stand-alone rulebook drafted with input from B.C., Alberta, Saskatchewan and the Maritime Provinces.

World Triathlon Rule Updates Overview

Category	Distance	Elite program
World Triathlon Championship Series	Any	18+
World Triathlon Cup	Standard	18+
World Triathlon Cup	Sprint or shorter	17+
Continental Triathlon Cup	Standard	18+
Continental Triathlon Cup	Sprint or shorter	16+
Development Regional Cup	Sprint	16+
Supertri E Championships	Sp-sprint	17+
Continental Triathlon Championships	Any	18+
T100 World Tour	Middle	18+
Mixed Relay World Championships	Sp-sprint	16+
Mixed Relay Series	Sp-sprint	16+

World Triathlon Rule Updates Overview

Apparel Regulations

- Elite athletes will now be allowed to wear uniforms with sleeves that extend down to the elbow. This is applicable at all distances and all events.

World Triathlon Rule Updates Overview

Swim Behaviour

- Athletes are not allowed to push an inanimate object to propel themselves forward.
- dunking, punching, scratching, or kicking another athlete will result in disqualification.
- Elite/U23/Junior races only: Finger and toenails will need to be short in order for the athlete to be authorized to start. Jewelry is forbidden, as are watches.

World Triathlon Rule Updates Overview

Maximum Stay in the Water (changes only)

Swim Length	Elite	Age Group
751m - 1000m	25 min	50 min
1001m - 1500m	30 min	1 hour 10 min
3001m - 4000m	1 hour 45 min	2 hours 20 min

World Triathlon Rule Updates Overview

Drafting Penalties

The new penalty durations are as follows:

- Long Distance: Reduced to 3 minutes
- Middle Distance: Reduced to 2 minutes
- Standard Distance: Reduced to 1 minute
- Sprint Distance: Reduced to 30 seconds

The drafting zone has been unified for all events to 12 meters and 25 seconds to pass another athlete.

World Triathlon Rule Updates Overview

Time Penalties

- A new category has been included: Super Sprint race time penalties will be 5 seconds.

World Triathlon Rule Updates Overview

Fairings

- Fairings are prohibited. Fairings are defined as any devices or materials (including duct tape) added, attached, or blended into the structure of the bicycle which have the effect of reducing the resistance to air penetration.

World Triathlon Rule Updates Overview

Mixed Relay Order Change

- The sequence will be:
woman - man - woman - man.

2025 Provincial Rule Book Overview

New Provincial Rulebook

- Shared rulebook with B.C., Saskatchewan, PEI, and Nova Scotia
- New format. One complete resource for all provincially sanctioned non-drafting races. Modelled off the World Triathlon rulebook with modifications directed toward community events, removing content specific only to Elite, Youth, and Junior draft legal competition.
- As a new rulebook, rule changes are not highlighted.
- Appendix Y still covers modifications for Youth and Junior non-drafting events.

2025 Provincial Rule Book Overview

Equipment

We are trying to encourage participation through a more relaxed stance on equipment.

- Mirrors that are not made of glass will be permitted
- Less restrictions on youth wheels

Explicit references to developmental documents on equipment restriction for education purposes were added.

2025 Provincial Rule Book Overview

Serving Penalties

- Penalties incurred on the bike (draft or time) should be served in the bike penalty box if it exists. If there is no bike penalty box, they should be served in T2.

2025 Provincial Rule Book Overview

Event Specific Regulations

Improved clarity on using information from local authorities for decision making.

- Water quality can rely on Alberta Health thresholds for safe water
- New wind condition guidance added
- Air quality guidance added

2025 Provincial Rule Book Overview

Governance

More clarity on rulebook usage for age group Ironman, T100 etc. events.

Event categories are more relaxed, so long as not a World qualifier.

Protest and Appeals

- The process for protest and appeal has been adjusted to match the provincial processes.

More Officials
needed!

