

Australian Olympic Distance Championships

Sunday 24 January 2010

SPECIAL RULES

The Technical Delegate for the event has approved the following Special Rules.

Special Rule 1 (Speed Suits):

For a non-wetsuit swim, competitors must wear their race uniform on the outside (ie the outer garment). If a second suit (eg speed suit) is used, it must be worn underneath the race uniform, as an inner garment. The second suit (ie the inner garment) can be removed at the completion of the swim leg, observing nudity rules in the transition.

Where an athlete removes the outer garment after exiting from the swim and continues the race using the inner garment, the race referee will impose a disqualification.

This replaces General Rule 1 item H as well as the interim instruction on the same matter:

Competitors must wear a Speed Suit for the entire event if it is worn in an event where wetsuits are not permitted. The Speed Suit must remain over both shoulders at all times with only the zipper able to be undone for heat relief.

In the interests of athlete safety these suits can be removed after the swim providing there is no breach of nudity rules and the torso is covered prior to removing the bike from the rack.

Special Rule 2 (Wetsuits):

Wetsuits forbidden above 22°C

This replaces rule 7(b):

Wetsuits forbidden above 24°C.

Special Rule 3 (draft zone):

Once passed a competitor must within **5-seconds** drop back out of the draft zone of the passing competitor before attempting to re-pass.

This replaces rule 24:

Once passed a competitor must within 15-seconds drop back out of the draft zone of the passing competitor before attempting to re-pass.