

# Duathlon (Men and Women)

These Championships are conducted under the rules of Triathlon Australia, with the following exceptions:

## 1. Team Size

- 1.1 Each team shall name a squad not exceeding twelve (12) competitors, six (6) men and six (6) women.
- 1.2 Minimum number of competitors is one (1).
- 1.3 The first three (3) competitors of each sex from each university to finish will count towards their respective team events.

## 2. Competition Format

- 2.1 Hosts will have the right to set course lengths in accordance with the following guidelines:
  - a) First Run: Min: 5km Max: 10km
  - b) Cycle: Min: 20km Max: 40km
  - c) Run: Min: 2.5km Max: 5km

## 3. Championship Scoring

- 3.1 The first place is allocated a score equal to the number of competitors to finish, second place a score one less etc. down to the last place who scores one (1) point. The points of the first three (3) competitors from each team are added in order to determine the team placing.
- 3.2 In the event that two (2) or more teams have equal totals, then they will be separated on the basis of which of their first finishers places best when compared to the first finishers of the other team(s).
- 3.3 The team with the highest combined total will be decided the winner of each respective teams event.

## 4. Championship Titles

- 4.1 The following titles are to be contested: - Men's Individual- Women's Individual

## 5. Safety Requirements

- 5.1 Course Marshalls have ultimate and final authority to remove a participant from the race if the participant is physically incapable of continuing the race without sustaining severe damage or loss of life.
- 5.2 Participants must heed directions and instructions from all race officials and police.

## **6. Race Segment Rules**

### **6.1 Cycle:**

- i. Each participant must wear race number at all times while on the course. Number must be placed on back of cyclist where it is clearly visible.
- ii. Protective headgear must be worn during the race. **HARD SHELL HELMETS ONLY** (ASA Approved).
- iii. No individual support vehicles are allowed.
- iv. Each participant will be responsible for the repair and maintenance of own bike.
- v. Participants may walk bike if necessary.
- vi. Cyclists will be individually responsible for following traffic laws and responsible for the consequences of any infractions.
- vii. Strictly no drafting or bunding.

### **6.2 Run:**

- i. No form of locomotion other than running or walking is allowed.
- ii. Runners must wear race number at all times on the course.
- iii. No individual support vehicles, helpers or pacers allowed on the course.

**Sport Specific Rule Last Updated  
21/10/1998**