



## **Competition Protocol for the 2020 season.**

Following the latest procedures put in place by SportMalta, the Malta Triathlon federation would like to bring to the attention of all clubs and entities organising multisport events in 2020, the following rules and regulations. These regulations were put together and endorsed by the council to ensure the safety of athletes and organisers during those unprecedented times. All MTF endorsed events shall abide by those rules and regulation. The below rules and regulations are there to ensure everyone's safety as much as possible. They are subject to change according to the guidelines issued by the relevant authorities.

- The number of athletes per race is limited to 60. No youth races are allowed. Discussions will be taking place, on how and whether to have youth races separately.
- There will be no registration paper work or payments done on the day. We encourage everything to be done electronically days prior to the event.
- There will be no presentations at the end of the event. Finishers will be asked to 'unrack' and leave the transition area as soon as they cross the finishing line. Once an athlete finishes the race, he/she has to leave the area. No support from the side-lines or waiting for other athletes etc is allowed.
- Athletes will leave in waves of 8 with a 30 sec to 1-minute gap between them. For the first race of the season, athletes will be split in waves according to the fastest time they achieved last year. After that, they will leave according to the placing they achieved in the previous races. Fastest athletes start first. Genders will be mixed.
- Races will be NON DRAFTING according to ITU rules and regulations. During the running section, athletes will also be asked to keep a 3-meter distance between each other unless overtaking. Same rules for cycling apply to running.



- Transition area is to be closed off with tape, barriers or any other means possible. Athletes are not to bring in any extra equipment such as bags, towels etc. Only equipment used for the race can be brought in. Bikes will be racked in the designated spaces keeping a suitable distance between each athlete.
- Athlete's body temperature will be checked upon entry into transition and hands should be sanitized. Once in the transition area athletes are to keep social distance and stay within the confinements of the transition area until they are called to the starting line.
- Athletes must wear a mask or a visor while in the transition area. They are only allowed to take it off once their name is called prior to the start of their wave.
- All athletes must have their own timing chip and ankle strap. Timing chips can be bought from the ARRTS timing system prior to race day at €45 each. Timing chips last for up to 7 years and can be used in all multisport and cycling events timed by the arrts team.
- Spectators are to stay as far from the transition area as possible. In fact, spectators should be encouraged not to stay on the circuit. They can watch the races from the turning points at a safe distance.
- No water stations allowed. Athletes should and are allowed to carry their own fluids. Water will be stocked for emergency use only with the race marshals.
- All athletes must be fully paid MTF members and insured. This can be done via club or via the MTF as 'unattached'.
- All athletes will be assigned a race number prior to the first race. They will keep that number for the whole season. No body marking will take place at the start of the race. Athletes may be asked to do their own body marking.