



国际铁人三项联盟 竞赛规则

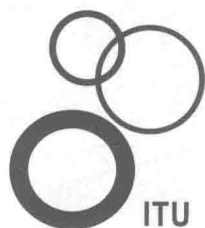
ITU Competition Rules

中国铁人三项运动协会 / 审定

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北京体育大学出版社



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前 言

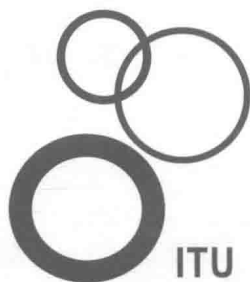
《国际铁人三项联盟竞赛规则》由中国铁人三项运动协会依照 2017 年 12 月国际铁人三项联盟（ITU）执委会批准发布的《ITU Competition Rules》组织翻译编订。

《国际铁人三项联盟竞赛规则》的翻译编订力求忠实于原文。由于规则文本体量庞大，翻译和审校工作可能存在疏漏之处，如在理解和执行过程中出现争议，以国际铁联官方语言英文版为准。欢迎广大读者提出意见和建议，以便我们今后修订和完善。

参加此版本规则翻译与审校工作的有王炳、王志强、阮志洋、杨飞、怀宁宁、郑辉等（姓名按照笔画排序）。北京体育大学出版社对本书的出版、发行给予了大力支持和帮助，在此一并致谢。

中国铁人三项运动协会

2018 年 3 月



ITU Competition Rules

Approved by the ITU Executive Board, in December 2017

The ITU Competition Rules is the master source document, found on ITU's website at www.triathlon.org. The web based document acts as the official (authorised) reference document and is maintained based on authorised amendments in accordance with recommendations by the ITU Technical Committee and accepted by the ITU Executive Board.

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For general information about ITU visit www.triathlon.org



国际铁人三项联盟竞赛规则

2017年12月经国际铁联执委会批准

国际铁联竞赛规则是最重要的基础文件，可在国际铁联官方网站（www.triathlon.org）上查阅。该文件作为官方参考文件，由国际铁联技术委员会提出修订意见，经国际铁联执委会批准后生效。

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更多关于国际铁联的信息可查阅 www.triathlon.org



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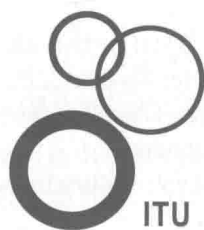
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国际铁人三项联盟 竞赛规则

ITU Competition Rules

1. INTRODUCTION

1.1. Purpose:

- a.) The International Triathlon Union (ITU) is the sole governing body, responsible for the Competition Rules for Triathlon, Duathlon and its other related multisports. The complete list of sports under the jurisdiction of ITU is included as Appendix A and Appendix J;
- b.) The ITU Technical Committee (ITU TC) will ensure technical aspects of ITU competitions are of the highest quality;
- c.) The ITU Competition Rules specify the conduct and behaviour of athletes during ITU competitions. Where the ITU Competition Rules do not specify, the rules of International Swimming Federation (FINA), International Cycling Union (UCI), International Association of Athletics Federations (IAAF), International Ski Federation (FIS), IPC Swimming, IPC Athletics and IPC Nordic Skiing will apply in their specific segments, unless ITU Technical Committee decides otherwise;
- d.) The ITU Event Organisers' Manual (EOM) and its related documents set safety and logistical standards for host National Federations (NFs) and for the Local Organising Committees (LOCs);
- e.) The ITU Technical Officials' Certification Programme sets the standards for certifying ITU Technical Officials;
- f.) It will be clearly indicated when a rule applies to a specific competition.

1.2. Intention:

- a.) The ITU Competition Rules are intended to:
 - (i) Create an atmosphere of sportsmanship, equality, and fair play;
 - (ii) Provide safety and protection;
 - (iii) Emphasise ingenuity and skill without unduly limiting the athlete's freedom of action;
 - (iv) Penalise athletes who gain an unfair advantage.
- b.) Definitions of all terms used in the ITU Competition Rules are provided in Appendix D. Any difficulty in the interpretation or application of the ITU Competition Rules should be referred to the ITU Technical Committee.

1.3. Language and Communication:

- a.) The official language of ITU Events is English:
 - (i) National Federations are responsible for providing translation services from/to English for their own athletes;
 - (ii) Local Organising Committees will communicate at least in English, even if another language is used in parallel.

1.4. Modifications:

- a.) The ITU Competition Rules will be adapted for other modern multisport competitions, which fall within ITU's jurisdiction;

1. 绪论

1.1 宗旨

- a) 国际铁人三项联盟（译者注：以下简称“国际铁联”）是铁人三项、骑跑两项以及其他相关分项的唯一管理机构，并负责为其制定相关的竞赛规则。国际铁联管辖的所有运动项目见附件 A 和附件 J。
- b) 国际铁联技术委员会（ITU-TC）将确保国际铁联举办的比赛在技术方面达到最高质量标准。
- c) 国际铁联竞赛规则具体规定了在国际铁联比赛中运动员应遵守的行为规范。国际铁联竞赛规则中未明确说明的情况，如国际铁联技术委员会未另行做出决定，将分别参照国际游泳联合会（FINA）、国际自行车联盟（UCI）、国际田径联合会（IAAF）、国际滑雪联合会（FIS）、国际残奥委员会（IPC）游泳项目、田径项目和越野滑雪项目的规则。
- d) 国际铁联比赛操作手册（EOM）为举办比赛的会员协会（NFs）和比赛当地组委会（LOCs）制定了安全保卫和后勤保障等工作的标准。
- e) 国际铁联技术官员（ITO）认证管理办法为国际铁联技术官员的认证设定标准。
- f) 部分仅仅适用于特定比赛的规则，将在文中予以说明。

1.2 目的

- a) 国际铁联制定本竞赛规则的目的是：
 - (1) 创造一种公平、公正并体现良好体育道德的竞赛环境。
 - (2) 提供安全和保护措施。
 - (3) 强调独创性和技巧性，不过分限制运动员自由发挥的空间。
 - (4) 对非法获利的运动员给予处罚。
- b) 附件 D 提供了本规则中使用的所有名词的定义和解释。在解释或执行规则的过程中遇到任何困难应立即向国际铁联技术委员会提出。

1.3 语言及交流

- a) 国际铁联比赛的官方语言是英语：
 - (1) 会员协会有责任按照要求为其所属运动员提供英文翻译服务。
 - (2) 无论是否同时使用其他语言，比赛当地组委会至少要能够使用英语进行交流。

1.4 规则的调整

- a) 在规则适用过程中，对于国际铁联管理权限范围内的其他分项的比赛，本规则可进行相应调整。

- b.) An athlete must not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, every infringement related in the ITU Competition Rules has a sanction attached. Technical Officials base their judgments on whether an advantage, not intended by the Rules, has been gained;
- c.) ITU Competition Rules will be applicable to international competitions hosted by National Federations affiliated with ITU.

1.5. Exceptions:

- a.) The ITU Competition Rules will be applicable to all events sanctioned by ITU and are to be implemented by the appointed Technical Delegate as appropriate. Where the ITU Competition Rules conflict with the laws of the jurisdiction in which the event is to be held, the ITU Competition Rules will override the laws of the jurisdiction to the extent of the inconsistency. Athletes must be notified of the implications of these laws as early as possible and not later than prior to the start of the event;
- b.) Exceptions for special circumstances in a particular event may only be gained from ITU with prior approval. A request for an exception to the ITU Competition Rules must be made in writing 30 days prior to the event to the ITU Technical Committee through by assigned Technical Delegate;
- c.) Exceptions for special circumstances in a particular athlete may only be gained from ITU with prior approval. A request for an exception to the ITU Competition Rules must be made in writing 30 days prior to the event to the ITU Technical Committee by the assigned Technical Delegate from the National Federation to whom the application has been submitted or is being submitted;
- d.) The ITU Technical Committee may consult with other ITU committees, commissions or appropriate parties;
- e.) For any rule exceptions related to events sanctioned by ITU, but not run within the competition system of ITU or any of the Continental Confederations, a permanent panel will be created with one representative from each of the three parties: ITU Technical Committee, ITU Staff, Event Rights Holder. The final proposal from the panel will go to the ITU Technical Committee for endorsement.

1.6. Specific Regulations:

- a.) A Technical Delegate may approve the addition of specific regulations for a particular competition, provided that:
 - (i) Each additional specific regulation does not conflict with another ITU Competition Rules;
 - (ii) Each additional specific regulation is made available in written form and is announced at the athletes' briefing; and
 - (iii) Each additional specific regulation and the reasons for its inclusion are advised to the ITU Technical Committee one week before the day on which the event is to be conducted. The ITU Technical Committee may invalidate the incorporation of an additional specific regulation only on the authority of the ITU Executive Board.

- b) 运动员不可以在规则说明的范围之外获利或者实施危险的行为。为保证此条款的顺利实施，本规则对于各种犯规情况的处罚办法进行了说明。技术官员根据其判断来决定运动员是否在规则说明的范围之外获利。
- c) 国际铁联竞赛规则适用于由国际铁联会员协会举办的国际比赛。

1.5 例外情况

- a) 国际铁联竞赛规则适用于所有国际铁联批准的比赛，并由其任命的技术代表加以执行。在国际铁联竞赛规则与比赛举办地的法律发生冲突的情况下，国际铁联竞赛规则在冲突的部分有效（译者注：此处可理解为，为顺利举办国际铁联比赛而需在某一特定条件下实施法律通常不允许的行为，当地法律应给予必要的授权），运动员应尽早地获知相关法律条文的含义，最晚不得迟于比赛开始前。
- b) 特定赛事的例外情况必须事先得到国际铁联的批准，特殊规则的申请应在赛前 30 天以书面的形式由任命的技术代表提交给国际铁联技术委员会。
- c) 特定运动员的例外情况必须事先得到国际铁联的批准。特殊规则的申请应由任命的技术代表在国家会员协会申请的基础上，于赛前 30 天以书面的形式提交给国际铁联技术委员会。
- d) 国际铁联技术委员会可以咨询或与国际铁联其他委员会，或与相关团体与组织协商。
- e) 受国际铁联管辖但在国际铁联或洲际联盟竞赛系统之外的比赛，其例外规则须由分别来自国际铁联技术委员会、国际铁联工作人员、赛事举办方的代表各 1 名组成的专门委员会确定，该委员会的最终提议须提交至国际铁联技术委员会认可。

1.6 特别规则

- a) 技术代表可以批准某一特定比赛执行特别规则，前提是：
 - (1) 每一条增加的特别规则不与国际铁联其他规则发生冲突。
 - (2) 每一条增加的特别规则都在赛前以书面形式通知参赛人员并在运动员技术会上宣布。
 - (3) 每一条增加的特别规则以及增加的原因都在赛前一周通知国际铁联技术委员会。国际铁联技术委员会只可通过国际铁联执委会使得某条增加的特别规则失效。

1.7. Intellectual Property:

- a.) ITU Events are the exclusive property of ITU, which owns all rights associated including, without limitation, the rights to organise, exploit, broadcast and reproduce ITU Events. These rights include any type of digital media, whether that be photographic or video in nature, captured from within the boundaries of the field of play, regardless of ownership of the capturing device. All the personal data from the athlete entered into any ITU event and the data produced from the event, including the results are exclusive property of ITU.

1.8. Unauthorised Exceptions or Additions:

- a.) The unauthorised exception to, or addition of, a competition rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from National Federations and/or municipal authorities to use roads and waterways. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

1.9. Rule Updates:

- a.) The ITU Competition Rules may be changed from time to time by the ITU Technical Committee at its discretion, with the approval of the ITU Executive Board. Any rule change(s) shall be advised in writing to affiliated National Federations at least 30 days before it/they is/are to take effect unless the ITU Executive Board decides otherwise. Updated ITU Competition Rules will be posted on the ITU website (www.triathlon.org).

2. CONDUCT OF ATHLETES

2.1. General Conduct:

- a.) Triathlon and ITU's other related multisports involve many athletes. Competition tactics are part of the interaction between athletes. Athletes will:
 - (i) Practice good sportsmanship at all times;
 - (ii) Be responsible for their own safety and the safety of others;
 - (iii) Know, understand and follow the ITU Competition Rules, available from their National Federations and on www.triathlon.org;
 - (iv) Obey traffic regulations and instructions from race officials;
 - (v) Treat other athletes, race officials, volunteers, and spectators with respect and courtesy;
 - (vi) Avoid the use of abusive language;
 - (vii) Inform a Technical Official after withdrawing from the competition. Failing to do this may result in a suspension;
 - (viii) Compete without receiving assistance other than from event personnel and race officials;

1.7 产权声明

- a) 国际铁联举办的所有赛事版权均属国际铁联独有，其权利包括但不限于赛事组织、开发、传播和复制。其版权包括在赛场内拍摄的任何形式的数字媒体，无论图片还是视频，也不论拍摄设备归谁所有。所有国际铁联赛事参赛运动员个人数据以及比赛所产生的数据，包括比赛结果均由国际铁联独有。

1.8 未经授权的例外情况或特别规则

- a) 未经授权的例外情况或特别规则的增加将会导致比赛得不到批准，或者已经得到批准的比赛失去举办权。这种情况会导致法律纠纷，尤其是在比赛中发生事故后向会员协会和 / 或市政当局申请使用道路和航道的情况下。保险部门也声明这些情况下的索赔可能被认定为无效。

1.9 规则的更新

- a) 国际铁联技术委员会根据其判断，可经国际铁联执委会批准适时对竞赛规则进行修订。所有修订的部分应至少在生效前 30 天书面通知各会员协会，除非国际铁联执委会另有决定。更新的规则将在国际铁联网站上(www.triathlon.org)公布。

2. 运动员行为

2.1 总 则

- a) 全世界有众多运动员从事铁人三项及国际铁联管辖的其他分项。比赛的战术、策略是运动员之间相互竞争的一个方面，运动员应做到：
 - (1) 始终奉行和遵守良好的体育道德风尚。
 - (2) 对自己和他人的安全负责任。
 - (3) 知道、理解并遵守国际铁联竞赛规则（可从其会员协会或国际铁联官方网站 www.triathlon.org 获取）。
 - (4) 遵守交通规则，听从技术官员的指导。
 - (5) 对待其他运动员、技术官员、志愿者和观众要尊重而有礼貌。
 - (6) 不使用不文明语言。
 - (7) 退出比赛后应通知技术官员。如运动员未能通知技术官员，可导致停赛。
 - (8) 比赛中不得向赛事工作人员和技术官员以外的其他人员寻求帮助。