



2013 ARMED FORCES MEN'S AND WOMEN'S TRIATHLON CHAMPIONSHIP

1. COMPETITION RULES: Current International Triathlon Union (ITU) Rules, as amended by the Armed Forces Sports Council (AFSC), if applicable. Drafting is Legal.

2. COURSE DISTANCES: Olympic Distance: 1500M swim; 40K bike; and 10k run.

3. SCORING: Men and women team scores will be separated. The winning men and women team is determined by the displacement scoring system. This system adds the place number finish of team's official scorers. The winning men's team is determined by adding the displacement finishers of the top seven (7) of the team's 10 Men's Open participants. The winning women's team is determined by adding the displacement finishers of the top four (4) of the team's six (6) Women's Open participants.

4. TIE-BREAKER POLICY: Placement of first non-scorer for each team (Either the eighth Men's Open finisher or the fifth place Women's Open finisher).

5. UNIFORMS: Advertising is not allowed on service competition uniforms.

6. SCHEDULE OF EVENTS: (Times subject to change by host site)

a. Day One Teams Arrive

b. Day Two 1200 Team Photo
 1400 Course Review/Rules Meeting
 1730 Informal Ice-Breaker*

*Note: Authorized team members must attend the event in their Service polo shirt, coordinated slacks, and appropriate footwear (exceptions may be made dependant on host site letter of instruction). Additional personnel or guests may only attend if pre-coordinated in advance with the host site through the Service Representative. Final decision will be based on availability. Additional personnel and/or guests will assume responsibility of costs to attend the Ice Breaker.

c. Day Three 1000-1200 Bike Repair/Assistance

d. Day Four 0800 Opening Ceremony (Optional) – However, the National Anthem must be played prior to the start of competition. All five Service flags must be displayed if flags are posted.

 0900 Transition Area Open

 1030 Competition Commences
 1330 Awards Ceremony

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Awards Ceremony - (Immediately following the final game)
Service teams are required to wear Service warm-ups or competitive uniforms at the awards ceremony. Individual athletes who do not comply will not receive awards, and if selected, will be removed from the Armed Forces team. If the Awards ceremony is conducted as a separate function in conjunction with the Ice-Breaker Social, then all Service Members must comply with Ice-Breaker Dress Policy.

e. Day Five Teams Depart

7. TEAM STANDINGS: See paragraph 3.

8. AWARDS:

- a. Individual: Awards are given to the top three finishers in the men's and women's open divisions.
- b. Team Award: Individuals awards are given to each member of the first place and second place men's and women's open teams (to include the OIC).

9. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP: Team points and awards will only be awarded to official Service Team members. Roster not to exceed 18 individuals:

- 10 Men
- 6 Women
- 1 OIC
- 1 Coach

a. Note: The Host project Officer is authorized to open the Armed Forces Triathlon Championship to other military members (as course conditions allow).

b. Rosters must be submitted NLT four days prior to championship report date.

10. TEAM COMPOSITION - CISM: As follows or as dictated by host country invitation:

- 6 Men Competitors (Open)
- 6 Women Competitors (Open)
- 1 Certified Athletic Trainer
- 1 International referee
- 1 Combined Sports Committee Member
- 1 Team Captain
- 1 Chief of Mission
- TOTAL: 17

11. FORMS AND ROSTERS:

a. All athletes and coaches shall complete and sign the Armed Forces Sports Higher Advancement Form for consideration of selection to the Armed Forces Team. All Higher Advancement Forms must be submitted by the Officer in Charge of the respective Service at or before the organizational meeting at the Armed Forces Championship.

b. All delegation members of the U.S. Armed Forces Team advancing must sign the Armed Forces Sports Code of Conduct prior to the start of training camp or departure to higher level competition if a training camp is not conducted. Team Captains shall hold the signed code

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of conduct forms until the conclusion of the championship, or until all related actions of the championship are finalized.

12. ALCOHOL POLICY: There will be no alcohol consumption at the sports venue by personnel involved in the Armed Forces Sports competition, including sports staff, until all competition for the day has been completed to include the award ceremony on the final day. The venue is defined as the playing area, venue parking lot, and the assigned eating/spectator area. More restrictive installation policies in regards to alcohol will take precedence.

13. HANDLING OF RULE VIOLATIONS: If there is a violation of the SOP or specific sport rule, the AFS Representative or in their absence, the project officer, will address the respective Service Representative to resolve the issue. Service Representative will resolve the violation before the Service competes in the next game.

14. SAFTEY REQUIREMENTS: Service Branches are encouraged to bring their own medical personnel with them to the competition. An ambulance with Emergency Medical Technicians (EMT's) or Paramedics must be physically on site during competition. Certified Life Saving Personnel must physically physical patrol the course during swimming competition. Medics-Corpsmen (with communication devices and bicycles) must be positions at the 10K, 20K and 30K marks (at a minimum or as course plan dictates) on the bike course, and at the 4K and 8K marks (at a minimum) on the running course. A "Sweep Vehicle" must trail the last competitor on the bike and running courses.