

Sport and Competition Order of the World Quadrathlon Federation



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Preamble

The sport and competition order should allow a fair and comparable competition through common followed rules. Every athlete is committed to these rules and should not try to take any personal advantage from a loophole. He/she should appear a decent and sportive attitude throughout the entire competition.

Having said this, the sport and competition order defines binding rules. These rules are on basis of field tested experience and meaningfull procedures without constraining the competition.

1. Fundamentals

1.1 Definitions

- a. Race marshal, referee and race official are normally used as a synonym.
- b. Competitor, athlete and participant are normally used as a synonym.
- c. Event manager and organizer are normally used as a synonym.

1.2 WQF Rules

The rules apply to all competitions held by the WQF. Exceptions may be allowed by agreement with the WQF executive board where local rules, conforming with the rules of the local National Quadrathlon or Triathlon Organisation or the International Triathlon Union, may apply, particularly if they are more stringent than the corresponding WQF rule.

1.3 Purposes and aims

With the sport and competition order the WQF takes aim to realize a high standard for organising comparable and fair competitions.

1.4 Affixes and changes

- a. Affixes and changes could be realized through the WQF Board according to the rules.
- b. These affixes and changes must be directly published (normally as an announcement on the WQF internetpage, if necessary by email to the members).

2. General rules for competitions

2.1 General responsibility of Athletes

- a. Supreme principle is sportmanship and keeping the rules. It is forbidden to get any advantage by violating the rules.
- b. The competitor is responsible for his/her own equipment and must make sure that it is according to the rules.
- c. The competitor may not block, charge or make an abrupt motion so as to interfere with the forward progress of another competitor, whether intentionally or by accident.

- d. The competitors must follow the entire course as marked by the Organiser. It is the duty of competitors to familiarize themselves with the course boundaries. If they leave the course because of unavoidable reasons, they must re-enter it at the same point where they left it, except they give up the competition. (Penalty for missing an official track point: disqualification).
 - e. Any competitor who withdraws or retires from a competition has to inform the nearest Race Official after withdrawing from the competition. After withdrawal or disqualification the body number must be taken off.
 - f. It is not allowed to give or receive physical help, other than First Aid and help from persons authorised by the organizer.
 - g. Competitors may not be accompanied or paced by helpers. Advice and information may be given by helpers standing by the side of the course. In doing so, neither the progress of the competition may be interfered nor other competitors may be disturbed.
 - h. It is not allowed to receive any private food or drink, except at official refreshment stations. It may be handed out by persons authorised by the organizer or by personal coaches.
 - i. Competitors shall treat other competitors, Race Officials, volunteers and spectators with respect and courtesy.
 - j. Disposal of rubbish (littering) on the course is not allowed unless in specific zones provided by the Organisers. Marshals and officials can alert competitors to any offence. Failure to remedy the infringement will result in Disqualification.
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2.2 Doping Rules

- a. Doping is strictly forbidden. The Doping rules of WQF and those of WADA will be applied in Quadrathlon events. Competitors must know these rules as well as procedures of controls, sanctions and protests.
- b. Competitors under suspension imposed by any organisation or Federation because of breach of anti doping rules are not allowed to compete in Quadrathlon events managed by WQF.

2.3 Health

- a. It is the competitor's responsibility to be well prepared for the competition, both regarding general health as well as present level of training and competence.

- b. Massage as well as medical help provided by the Organizer is allowed on the whole course. Doctors authorized by the WQF or by the organiser are allowed to prevent athletes from continuing the race in case of danger for their health. These decisions have to be taken in all conscience.
- c. In case of accidents, competitors continuing in the competition do so at their responsibility after having received first aid and medical care, and with the agreement of Race Officials or medical staff.

2.4 General rules for organizers

- a. The organizer may stop the race for individual athletes or even for all participants in case of good reasons. E.g. insufficient preparation concerning the race or dangerous changes in weather. As far as possible, such procedures should be practiced in agreement with a member of the executive committee.
- b. The organiser of Quadrathlons or associated kinds of sports is responsible for the compliance with the WQF Competition Rules.

2.5 Authority

Competitors under suspension imposed by their national Federations or any other organisation are not allowed to compete in Quadrathlon events managed by WQF.

2.6 Registration

- a. Registration procedures will be settled by the organiser.
- b. The national Quadrathlon federation indicates wheter a license is needed. If there is no national federation, no license is needed.

2.7 Language / communication

The official language is English.

2.8 Jersey / Trisuit

- a. Members of National Teams are recommended to wear their official team uniforms or national colours during international Championships
- b. The Trisuit at least consists of the part covering the genitals as well as the upper body. Men are allowed to compete in the swimming part without covering the upper body.
- c. Corporate advertising, other national emblems and competitor's names may not be hidden.

2.9 Briefing

- a. Before the competition a briefing has to be organised. The briefing shall take place at the latest 30 minutes before the start. It may also be hold the day before the competition, but not earlier than that.
- b. The briefing must contain:
 - the course of the complete competition
 - hints for precautions and dangerous parts
 - essential information that is not given in the invitation
- c. All competitors are recommended to attend the briefing. The instructions given by the organiser are mandatory. A protest because of disadvantage caused by the absence of a competitor from the briefing will not be upheld.

2.10 Timing and Results

- a. The organiser may set time limits for every individual discipline as well as accumulated times for the whole competition. If the time limit is not met, the competitor will be disqualified.
- b. The total competition time is counted continuously from the start of the first part until the finish of the last part. If possible, the Organizer shall take split times for every individual part as well as for the transition areas.
- c. The organiser shall held a victory ceremony. The ceremony may begin during the current competition.
- d. The result list will finally be valid after the expiration of protest deadline or decision about protest.

3. Penalties

3.1 General Rules

- a. Competitors ignoring the WQF Competition Rules will be punished with a warning, time penalty, disqualification or other designated sanctions by the race marshalls.
- b. It is not mandatory for a Race Marshal to give a warning prior to a disqualification.

3.2 Exhortation

Race officials can give an exhortation, that indicates a breach of rule. The exhortation doesn't have consequences as a penalty. Exhortations don't add up and are not recorded.

3.3 Warning

The issuing of a warning will be given at the discretion of the Race Marshal. Warnings may be given by more than one marshal during the race. A competitor will be disqualified if he/she gets more than 2 warnings during a race. Disqualification may occur after the race is over

a. Procedure:

Race Marshals indicates a warning by sounding a whistle, showing a yellow card, calling the competitor's race number in English and give the correct reasons of what rule has been breached and how. The marshal must write down the competitor's number and present to the General Race Marshal at the end of the race to check if any disqualifications are to be made.

b. Warnings may be given:

when a rule violation appears unintentional, and can be corrected after a warning, e.g.

- I. If the rule violation is a simple one with the purpose of a time advantage. This time advantage may be neutralised by the race marshal by addressing the competitor.
- II. Violation against instructions that shall prevent advantages in the competition. This is possible in case that the advantage has not yet occurred or can be corrected.

3.4 Time penalty

Time penalties can only be given during the cycling section. A reasonable suspicion of drafting must exist. The time penalty will be signalled by showing the black card.

a. Procedure:

Race Marshals indicates a time penalty by sounding a whistle, showing the black card, calling the competitor's race number and the time penalty in English and give the order to correct the breach of the rule.

b. Time penalties:

- sprint distance 1 min.
- middle distance 2 min.
- long distance 4 min.

c. **Possible procedures for time penalties:**

- serving the sentence on a penalty bench at the cycling section or after having finished the cycling part.
- Or time addition to the final cycling time

3.5 Disqualification

Disqualifications have to be given for serious rule violations.

a. **Procedure:**

Race Marshals indicate a disqualification by sounding a whistle, showing a red card, calling the competitor's race number in English (the competition may be given up by the athlete). All disqualifications have to be posted on an official notice board in the finish area with 30 minutes after the finish of the last competitor or after lapse of time limit. Even if the red card has not been given during the competition, disqualifications may be possible by the race officials. Sufficient reasons must exist. It is not necessary to give a warning prior to a disqualification.

b. **Disqualification will be given after:**

- Receiving the third black card or
- receiving the third yellow card or
- receiving two black and one yellow card or
- receiving two yellow and one black card

c. **Immediate disqualification:**

Severe unfair behaviour, defamations and unsportsmanlike conduct legitimate immediate disqualification.

Procedure:

Race Marshals indicate a disqualification by sounding a whistle, showing a red card, calling the competitor's race number in English and give order to break off the competition immediately. It is not necessary to give a warning prior to the disqualification.

- d. All disqualifications have to be posted on an official notice board in the finish area within 30 minutes after the finish of the last competitor or after lapse of time limit. The affected athlete may make an official protest up to one hour after the finish of the race. The protest has to be made in writing. A penalty deposit of 25 € has to be paid. If the objection is allowed and the disqualification is overturned, the penalty deposit will be paid back to the athlete.

3.6 Suspension

The WQF may, in context of its authority, impose a sanction for rule violations regarding the whole Sport and Competition Order.

4. Swim

4.1 General Rules

- a. There are no instructions concerning the style of swimming.
- b. For safety reasons it is allowed to rest temporarily on ropes and buoys. However, the competitor may not make use of either the bottom or floating or stationary objects to gain an advantage. In case of emergency, the competitor should raise his arm and shout for assistance. The competitor must retire from the competition once assistance is provided.
- c. Minimum swimming outfit:
 - Men: non-transparent swimming trunks, covering primary sexual characteristics;
 - Women: non-transparent bathing-suit, covering primary and secondary sexual characteristics.
- d. The race number shall be marked on the competitor's arm, back of the hand, swimming cap or leg.
- e. The competitor has to wear a swim cap, if provided by the Organizer.
- f. It is not allowed to wear the starting number (printed form) during the swimming part.
- g. Swim goggles and face masks are allowed.
- h. Artificial aids such as, fins, gloves, socks, stockings/calf guards, wetsuit shorts, paddles and snorkels are not allowed, except as described in 4.2.e.
- i. Any kinds of engines and technical equipment are strictly forbidden. Penalty: Disqualification.
- j. If the swimming part is located in a swimming pool, the competitors have to touch the wall at the end of each lane with a part of his body.
- k. Warming up in the water in front of the starting line is allowed up to 3 minutes prior to the start.
- l. Water temperature shall be measured with a calibrated thermometer. The measuring shall be made at 3 different points and a distance from 50 m from each other in a depth of 60 cm.

4.2 Neoprene wetsuit

- a. The organiser announces prior to the start if the use of wetsuits is allowed or mandatory.
- b. Wetsuit use is governed by the following tables:

Swim Length	Forbidden Above:	Mandatory Below:	Maximum Stay in Water
750 m	22°C	14°C	30 min.
1500 m	22°C	14°C	1 h 10 min.
3000 m	23°C	16°C	1 h 40 min.
4000 m	24°C	16°C	2 h 15 min.

- c. The organiser may impose variations on the temperatures given in 4.2.b. E.g. wetsuits to be mandatory for 750m swim at temperatures below 15C. Any such variations must be clearly specified in advance in the Information available to athletes (via their website).
- d. Wetsuits with thickness exceeding 5 mm are forbidden. Furthermore, the rules for wetsuits issued by the ITU (International Triathlon Union) apply accordingly.
- e. The swim distance must be shortened or cancelled according to this table:

Original swim distance	Temperature of water				
	16,9°C – 16,0°C	15,9°C – 15,0°C	14,9°C – 14,0°C	13,9°C – 13,0°C	Below 13,0°C
750 m	750 m	750 m	750 m	750 m	Cancel
1500 m	1500 m	1500 m	1500 m	750 m	Cancel
3000 m	3000 m	3000 m	1500 m	Cancel	Cancel
4000 m	4000 m	3000 m	1500 m	Cancel	Cancel

If the water temperature is such that the swim distance must be shortened OR below 14C for sprint distance (750m) swims then swimmers will be allowed to wear gloves or socks, as long as these are designed solely for thermal insulation and not as a swim aid (if there is any doubt about suitability then the organiser will be the judge).

- f. The status of a championship will be preserved, even if the swimming part must be shortened or cancelled.

5. Bike

5.1 General Rules

- a. The cycling part of the competition will be carried out as individual cycling without a support by foot, by bike or other vehicle.
- b. Cycling is not allowed in transition areas.
- c. Traffic regulations must be obeyed if the course is not closed to other traffic or unless the Organizer has issued special rules
- d. The competitors themselves must carry out repairs and bring along the necessary tools and spares by themselves, unless it is provided by the organiser (for all competitors). It is not allowed to receive help from others. Also spare wheels and other bikes must not be handed from outside.
- e. Competitors are personally responsible that their bicycles are in legally satisfactory condition at the start of the competition. The organiser is allowed to control the bicycles and to prevent athletes from starting if defects or deficits will be found.
- f. Organizer can arrange a Pit Stop area where competitors can place their replacement wheels and any tools before the race

5.2 Slipstream (Drafting) prohibition

- a. Competitors are not allowed to draft, i.e. take shelter behind or beside another competitor during the cycling part. All competitors must reject any attempt by others to draft.
- b. A competitor who does not clearly avoid violating the drafting rules may receive a time penalty or, where necessary, disqualification. Side-by-side riding is forbidden. Competitors have to obey the instructions of race marshals and to follow the traffic rules.
- c. **Drafting zones**
The bicycle draft zone is a rectangle of 10m x 3m centered behind the bicycle. The draft zone of one competitor may not overlap the draft zone of another competitor.
- d. **Entering and passing of drafting zones**
 - Competitors must to pass through the drafting zone of the competitor in front of him/her as quickly as possible.
 - In Sprint distance a maximum of 15 seconds will be allowed to pass through the zone of another competitor. In middle and long distance a maximum of 30 seconds will be allowed to pass through the zone of another competitor

- When a competitor is passed by other competitors, it is his/her responsibility to move out of the draft zone, either sideways, or by falling back 10 meters.

e. Exception

Competitors may enter draft zones of other competitors in the following situations:

- at refreshment points
- in an area of 500m in front of and behind a transition area
- other exceptions may be announced in the race information and/or in the briefing. The draft zone must to be exited as quickly as possible.

f. Definition of „passed“

A competitor is passed when another competitor's front wheel is ahead of his/hers. In this case it is his/her responsibility to move out of the draft zone within the time mentioned in section „d“.

g. Drafting zone for vehicles

The draft zone behind vehicles is a rectangle of 35m x 3m centered behind the vehicle. It is not allowed to draft behind official escort vehicles, TV and radio vehicles or other vehicles. Drivers of vehicles shall not give possibilities to draft.

h. In certain races the WQF board may allow drafting on the bicycle course. This will only be considered under exceptional circumstances. Permission will only apply to a particular race and subject to re-application for any subsequent events. A number of conditions must be met:

- The organizer must submit the application min. 8 months before the race to the WQF board.
- The organizer must provide sufficient reasons why the competition could not take place without Drafting.
- The route must be completely on roads closed to other users.
- The route must be wide enough (especially in the case of the traffic on the other side of the road), and the turning points must be large.
- On the website of the organizer, the approval of the drafting must be clear (min 6 months before the race). The National Triathlon Association rules with regards to drafting shall determine the details for the implementation (in particular which bicycle is approved). If there is no national triathlon association, the organiser may, in consultation with the WQF, determine the conditions. If this is the case, then International Triathlon Union rules on drafting will form the guidelines. The organizer must publish the rules clearly on his homepage.

5.3 Equipment

- a. The bicycle has to be moved with nothing other than muscle power.
- b. Additionally installed wind deflectors and fairings at the bike (except at rear wheels) or the body of the competitor are not allowed. Front wheels have to be spoke wheels.
- c. Handle bars have to be positioned in such a way that injuries in case of accidents are avoided.
- d. There must be a brake on each wheel of the bike. The brake levers have to show to the back.
- e. It is allowed to carry tools and spare parts. It is not allowed to carry wheels and frames.
- f. Containers of food and drink which are transported by the competitor must consist of unbreakable materials.
- g. Non-traditional or unusual bicycles or equipment shall be illegal unless prior approval has been received from the General Race Marshal prior to the start of the competition.
- h. The bicycle must be marked with the competitor's frame number if provided by the Organizer. The number has to be visible from the left side.
- i. Handlebars and elbow pads are allowed.
- j. Wheels must not have machinery or mechanism for acceleration.
- k. The use of Radio, MP-3 Player, Discman and mobile phones or any device the athlete has to use earphones or headphones is forbidden, except if it is an authorised hearing aid for the Hard-of-Hearing or Hearing-Impaired athlete. These athletes should make themselves known to the organisers prior to the race start.
- l. In case of bad weather, the organiser or General Race Marshal may prohibit the use of disc brakes for safety reasons.
- m. The competitor must wear a cycling helmet which has been safety approved by an officially recognised standardisation and testing authority. The helmet must fulfil the following conditions (to be checked by visual inspection):
 - fits correctly on the head
 - no damages
 - undamaged non elastic laces, connected with the helmet at minimum 3 points and closable by safety systemThe cycling helmet must be securely fastened at all times during the cycling part from the moment of taking the bike in the transition area until putting it back on its place in the transition area.

- n. The competitor has to wear for minimum a swimming trunk and a trisuit covering the upper body.
 - o. Organiser or Race Marshals may forbid non-traditional or unusual bicycles or equipment which may either cause danger or bring an advantage for the competitor.
 - p. Regarding to the instructions of the organiser, the competitor has to wear a body number on his back and/or a frame number on his bike for clear identification by the organiser or Race Marshals. The number will be provided by the organiser.
 - q. In competitions including youth categories (16-17 years) their bikes must only cover a maximum of 7.01 m with one rotation of the crank.
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6. Kayak

6.1 General Rules

The kayak part of the competition will be carried out as an individual without any assistance from others and without any machinery or mechanisms for acceleration.

6.2 Boat types

- a. It is allowed to use any sort of kayak or canoe, (K-1, wild water kayak, sea kayak, surf ski, touring kayak etc). K2's are allowed, if paddled by an individual competitor.
- b. Each kayak or canoe must have a minimum weight of 8 kg, including all built-in components.
- c. All kayaks/canoes shall be unsinkable due to their construction or by the use of floatation devices.
- d. It is up to the organizer or the Race Marshals to forbid unusual equipment which may cause danger or give an advantage to a competitor.

6.3 Paddle types

Every kind of paddle is allowed. There are no restrictions in size, form or material.

6.4 Responsibility

The Competitor is personally responsible that his/her equipment is in legally, satisfactory condition.

6.5 Restrictions

- a. The organizer may give a restriction for special types of boats, e.g. K1's without a rudder or fin, or boats the race marshal decides are not safe enough to take part up to four weeks prior to the competition. The decision has to be taken in agreement with the WQF.
- b. Any kind of machinery or mechanism for acceleration is strictly forbidden. Penalty: Disqualification, suspension.
- c. The use of a personal floatation jacket is recommended. The organizer may make wearing bouyancy aids compulsory for safety reasons, for some or all competitors.

6.6 Boat number

The competitor must place his/her race number on the kayak (as provided by the organizer).

6.7 Getting in/off the kayak

- a. Any assistance to get in or out of the kayak is forbidden.
- b. In exceptional cases the organizer may allow assistance by race officials to get in or out of the kayak. For example, if the Organizer asked volunteers help all athletes get started, or if an athlete needs help after a capsize. Unwanted interference with a competitor by officials or other competitors is not permitted.

6.8 Change of boats

- a. It is allowed to change the kayak in the transition area during the race. Other competitors must not be impeded or delayed. In case of changing the kayak, assistance is strictly forbidden, even for getting in and out of the kayak.
- b. The competitors themselves must carry out repairs. It is not allowed to receive help from others. Tools and material may be handed from others in the transition area.

7. Run

7.1 General Rules

- a. Coaching and escorting on the running course is not allowed.
 - b. Competitors
 - may run or walk
 - may not run/walk barefoot
 - may not leave the official course in order to get an advantage
 - may not constrain other competitors
 - may not use radio, MP-3 Player, Discman or mobile phone
 - c. Equipment
 - The use of spikes is forbidden
 - Every competitor has to wear clothes covering the upper body
 - The competitor must wear the body number provided by the Organizer. The body number shall not be cut, folded, or hidden. In the running part the body number shall be worn fully visibly in front. Every competitor is responsible by himself for being identified.
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8. Transition areas

8.1 General Rules

- a. Race equipment for swimming, biking, kayaking and running has to be deposited at the designated area.
- b. From beginning of check-in to the end of check-out, transition areas may only be entered by competitors, race officials, accredited reporters, race marshals and if necessary by medical service.
- c. Competitors may enter and leave the transition areas only at the official entrance and exit.
- d. If a changing- or bag deposit zone for the bike-, kayak- and running gear exists, the competitor is only allowed to deposit the following items next to his / her parking space: bike shoes, the helmet, the number, the eyeglasses
- e. If there is a special dressing area inside the transition area, changing is only allowed in this dressing area.
- f. Wetsuits and swimsuits may not be taken off before arriving at the individual changing place in the transition area. While moving between the finish of the swimming part to the changing place in the transition area, the wetsuit may

be removed from the upper body. Nudity is not permitted anywhere except in a designated, enclosed, single-sex changing area. Other competitors must not be impeded or delayed.

- g. Cycling is not allowed in the transition areas.
- h. Competitors have to take and to bring back their bike to the assigned place by themselves. An acceptance of help from marshals is regarded as special assistance. This is only allowed if it had been announced in the race information or in the briefing.
- i. Competitors must mount and dismount their bicycle at the designated area or line. Mount and dismount lines must be clearly marked for competitors to see.
- j. Kayak paddles should be stored in the kayak transition area, with the kayak. Local exceptions to this may be allowed if necessary, but this must be made clear in race documents and at the briefing. When not being used, any shoes must be stored in the bike transition area. After kayaking, competitors must return to the bike transition, even if they are already wearing their shoes for the next discipline.

9. Categories, Events

9.1 Gender classes

At each competition males and females are evaluated separately. In the overall results males and females can be listed together.

9.2 Age groups

- a. The male and female age groups are identical and are calculated from the year of birth. The corresponding age group is calculated from the year in which the competition takes place minus the year of birth of the competitor.
- b. Description and classification
 - I) *Youths*: 16 - 17 years
 - II) *Juniors*: 18 - 19 years
 - III) *U23*: 20 - 22 years
 - IV) 23 - 39 years
 - V) *Masters*: 40 years and older.

Masters are separated in the following age groups:

- *Masters 40*: 40 - 49 years
- *Masters 50*: 50 - 59 years

- *Masters 60*: 60 - 69 years
- *Masters 70*: 70 years and older

c. The recommendations for allowing different age groups to take part are:

- Youths: Sprint
- Juniors: Sprint, Middle
- U23: Sprint, Middle, Long
- Elite: Sprint, Middle, Long
- Masters: Sprint, Middle, Long

Longer distances are not recommended for younger athletes. If they want to start, they can do this with written consent of their parents.

9.3 International championships

- a. International championships (world-, continental championships) are held as sprint-, middle- and long distance. The distinction is only by route length and not other factors. E.g sprint may be with road bike or MTB. They should be held annually. Different championships should not be held on the same weekend.
- b. Every athlete is listed for the world championship, if he/she fulfills the national terms and conditions.

9.4 World Cup

- a. The World Cup is held by the WQF as an event series. The mode and the rules are defined and distributed by the WQF at least 2 months prior to the first competition.
- b. All participants of a world cup event are automatically listed for the world cup results if they fulfil the national terms and conditions. The number of competitions for one athlete is not limited. The best three competitions are counted (maximum two from one country).
- c. For every competition every athlete can score points in the sequence of passing the finish line. The procedure is the same for both overall results and age groups. The scores are calculated separately for males and females. If athletes have the same amount of points (tie) then the higher number of best point races counts. Next criterion is the amount of completed competitions (higher prior to lower). Should then be the same score of points both athletes honoured equally.
- d. Distribution of points:
The formula to be, $\text{Points} = 1000 \times \frac{\text{Race time of fastest competitor}}{\text{Race time of competitor}}$. Each gender considered separately. Additional 200 points for championship races. Best three results to count, additional 100 bonus points for each race over three.

e. National Quadrathlon Trophy

The National Quadrathlon Trophy will be awarded annually by the WQF. For each Nation, the highest number of points scored in the each of the 16 WQF age and gender categories by an individual national in any one World Cup race during the season will be totalled. If no individual from a nation is represented in an age/gender group, then zero points will be scored for that category.

The trophy will be held by the winning nation for one year. It will be that nation's responsibility to ensure the trophy is available to be presented at the last race of the following season.

9.5 Relay or Team Events

- a. Organisation of relay/team events, as stand-alone events or alongside other events is encouraged as a good means of introducing athletes to Quadrathlons.
- b. The WQF rules for each discipline apply to team/relay events. Various formats are acceptable, such as 2 or 4 team members taking turns to do each discipline, a team of 3 or 4 people doing all four disciplines in turn. In the first case, each discipline should be of the same distance as one of the WQF standard distances. In the second case the distances should be such that the time for the event is expected to be similar for one of the WQF standard distance races.
- c. Relay/team events that take place alongside other events may start simultaneously, or be staggered by a short time, or start before/after the event for individuals. If the relay/team event starts at the same time as the individual event then competitors may be individuals or team members, but not both; individuals and team members must be clearly distinguished by colour of swim hats, clearly different race numbers, or different colours of numbers, relay kayakers must display their number on their back; a relay team must not deliberately act to benefit an individual – time penalty or disqualification for the team and the individual (at the discretion of the organisers and dependent on the circumstances).
- d. Transition: Changeover between team members must be clearly outlined in race documents and at the race briefing. Transition rules must be the same as for individuals in each discipline. E.g. a cyclist changing over to/from another team member must put on their helmet after the incoming change and remove their helmet and rack their bike before the outgoing change.

10. Definitions and Distances

10.1 Definitions

Quadrathlon competitions are held as a combined event, where all disciplines are completed consecutively and without interruption.

10.2 Distances

a. The WQF standard distances for quadrathlon competitions are the following

	Swim	Bike	Kayak	Run
Sprint	750 m	20 km	4 km	5 km
Middle	1500 m	40 km	8 km	10 km
Long	4000 m	90 km	20 km	21 m

b. The organiser can vary the distances up to 10% without consultation of the WQF. But the organiser should keep in mind not to change the individual disciplines in different directions.

c. The organiser can get the permission by the WQF to vary the distances more than 10% or change the sequence of disciplines. In the case of off-road routes (especially with MTB), the route should be shortened (depending on local conditions). So that the racing time is similar.

11. Associated sports

11.1 Hydrathlon

Hydrathlon is an associated sport according to the WQF rules. Standard distances:

	Swim	Run	Kayak
Sprint	1000 m	5 km	5 km
Middle	2500 m	10 km	10 km
Long	5000 m	20 km	20 km

11.2 Canoe-Triathlon

Canoe-Triathlon is an associated sport according to the WQF rules. Standard distances:

	Run	Bike	Kayak
Sprint	5 km	20 km	5 km
Middle	10 km	40 km	10 km
Long	20 km	100 km	20 km

11.3 Multi-sport: Quadrathlon plus further disciplines

Multi-sports that includes more than these four disciplines could be integrated within the WQF. The WQF develops corresponding distances and rules. Under these circumstances the sport and competition order could be continued.

11.4 Special rules

Basically the multi kinds of sport should maintain the rules of the WQF. However should be the need for special rules due to organisational or historical reasons, the WQF can accept these special rules. These special rules must be recognisable in the announcement.

12. Commencement

The sport and competition order was approved in the available version by WQF Congress on 16th November 2019 and comes into force with the publication.