



## Triathlon BC Statement of Interpretation on International Triathlon Union (ITU) 36 Hour Rule

Under the International Triathlon Union (ITU), regulation 2.5 (i.) prohibits athletes from competing in two events that are less than 36 hours apart. Specifically, rule 2.5 i.) states that: *“Athletes may not compete within 36 hours in more than one triathlon or multisport event, when one event is of standard distance or longer.”* An exception is made for aquathlon.

The Triathlon BC Technical Committee sought clarification on this rule during the preparation of the 2017 Triathlon BC rules. The information and advice received came from Dr. Sergio Migliorini M.D, Sports Medicine Specialist in Physical Medicine and Rehabilitation and ITU Medical Committee Chair. Dr. Migliorini stated in part:

*“Triathletes do “extreme amounts of exercise”. Some empirical as well epidemiological data suggest that such excess may be associated with DNA modulation, increase of cardiovascular or pulmonary events and/or impaired immune status; immune suppression can occur within the post-race recovery and also rhabdomyolysis and sometimes acute renal failure.*

*Considering the literature data about the relationship between the saturated competition programme and the potential health consequences some authors observed a significant relationship between the numbers of races per season/participation in competition/time spent competing and the overuse injury incidence.*

*Also, the experience in the field suggests to reduce the number of races each year, particularly for the Youth and the Age Group athletes, and to have a correct amount of recovery between each race.”*

In other words, athletes, particularly those inclined to participate in multiple events over a weekend, are more susceptible to injury, disease and incidents where sudden death occurs. In order to mitigate the risks associated with the 36 hour rule, Triathlon BC has opted to take the following precautions:

1. Request that Race Directors with two or more events of standard distance or longer, within a 36 hour period, work with their registration software providers to identify and flag participants signing up for two or more races.
2. Require the participants identified to have a Medical Doctor complete the 36 Hour Medical Permission and Waiver Form and forward it to Triathlon BC prior to the first race they have scheduled in the 36 hour period.
3. Athletes not providing the form, or who provide the form late, or who compete in two (or more) events within a 36 hour period will be disqualified from all competitions over this period.
4. Athletes that are discovered at the events competing without the medical permission and waiver will be stopped, disqualified and removed from the event, and may be subject to an onsite medical examination. This is a field-of-play decision by the event’s Official, and is not subject to appeal.
5. Athletes who are discovered to have a second or subsequent infraction competing without medical permission and waiver may be suspended from Triathlon BC for up to 12 months from the date of the infraction.

## 36 Hour Competition Exemption – Medical Permission & Waiver Form

Triathlon BC and the ITU rules expressly prohibit racing two events within a 36 hour period, if one of those events is a standard distance race or longer. The ITU Medical Committee has provided the following information:

*“Triathletes do “extreme amounts of exercise”. Some empirical as well epidemiological data suggest that such excess may be associated with DNA modulation, increase of cardiovascular or pulmonary events and/or impaired immune status; immune suppression can occur within the post-race recovery and also rhabdomyolysis and sometimes acute renal failure.*

*Considering the literature data about the relationship between the saturated competition programme and the potential health consequences some authors observed a significant relationship between the numbers of races per season/participation in competition/time spent competing and the overuse injury incidence.*

*Also, the experience in the field suggests to reduce the number of races each year, particularly for the Youth and the Age Group athletes, and to have a correct amount of recovery between each race.”*

### **Medical Permission**

I have read the information provided by the ITU Medical Committee. I am satisfied that

(name of patient in print) \_\_\_\_\_ can compete in two or more events, one of which is a standard distance or longer, within a 36 hour period, without undue risk.

\_\_\_\_\_  
Print name of Doctor and signature

\_\_\_\_\_  
Date

### **Waiver**

I, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless Triathlon BC representatives and agents for any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in Triathlon BC organized events and participating in two or more events in a thirty-six (36) hour period, one of which is a standard distance or longer. I understand and acknowledge that there is an increased potential for injury and death by competing in these events.

In witness, thereof, I have hereunder set my hand this Day \_\_\_\_\_ of \_\_\_\_\_, 20\_\_

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Witness Name

\_\_\_\_\_  
Witness Signature