



**2019**  
**MALTA YOUTH**  
**TRIATHLON SERIES**

*Third Edition*

*organized by*



*supported by*



## 1. GENERAL CRITERIA & INFORMATION

- 1.1 The Malta Youth Triathlon Series 2019 (#MYTS2019) will be organised by the Malta Triathlon Federation (MTF) in collaboration with other affiliated Clubs, and under the auspices and regulations of the Malta Triathlon Federation. The Series is sponsored and supported by 24/7 Fitness Club – Malta.
- 1.2 The Race Director of the Series is Cyprian Dalli. The Race Director can be contacted on phone number 79037933 (no sms) and email address [info@triathlonmalta.org](mailto:info@triathlonmalta.org).
- 1.3 The Race Referee of the Series is Level Two Triathlon Coach, Barry Farrugia. The Series referee commission is composed of Coaches Michael Bongailas, Maria Mizzi and chaired by Barry Farrugia.
- 1.4 The Series will be held in conjunction with other adults races during the season, as follows:

**RACE 1 DUATHLON:** 17 March 2019 in conjunction with the National Duathlon Championship organised by the Malta Triathlon Federation;

**RACE 2 DUATHLON:** 1 May 2019, in conjunction with the TriGozo Sprint Triathlon

**RACE 3 AQUATHLON:** 26 May 2019, in conjunction with the Agones SFC Aquathlon

**RACE 4 TRIATHLON:** 9 June 2019, in conjunction with the Birkirkara St. Joseph Triathlon Series Race 1

**RACE 5 AQUATHLON :** 29 June 2019, in conjunction with the Malta Aquathlon Championship organised by the Malta Triathlon Federation

**RACE 6 TRIATHLON :** 7 July 2019, in conjunction with the Birkirkara St. Joseph Triathlon Series Race 2

**RACE 7 TRIATHLON :** 22 September, in conjunction with the Birkirkara St. Joseph Triathlon Series Race 4

1.5 Each race will consist of four, age-based races, as follows:

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
Athletes born in 2013, 2012, 2011, 2010	Athletes born in 2009, 2008	Athletes born in 2007, 2006	Athletes born in 2005, 2004 (with proviso for 2003)

1.6 Each race will have the following approximate distances

#### TRIATHLON

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
SWIM 100m (1 lap)	SWIM 200m (2 laps)	SWIM 300m (3 laps)	SWIM 500m (1 lap)
CYCLE 2K (1 lap)	CYCLE 4K (2 laps)	CYCLE 6K (3 laps)	CYCLE 8K (4 laps)
RUN 600m (1 lap)	RUN 1.2K (1 lap)	RUN 1.8K (1 lap)	RUN 2.4K (1 lap)

#### DUATHLON

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
RUN 400m	RUN 600m	RUN 800m	RUN 1.2K
CYCLE 1.5K	CYCLE 3K	CYCLE 5K	CYCLE 7.8K
RUN 400m	RUN 600m	RUN 800m	RUN 1.2K

#### AQUATHLON

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
SWIM 100m	SWIM 200m	SWIM 300m	SWIM 500m
RUN 500m	RUN 1K	RUN 1.5K	RUN 2K

1.7 The series is open for any athlete, male or female, licensed by the Malta Triathlon Federation in 2019, whose Year of Birth (YOB) is between 2003 and 2013. In the case of a relay team, the athlete doing the cycling part of the race needs to have a verified and active insurance cover of third-party public liability for the Maltese Islands as a minimum.

- 1.8 Athletes and their parents/guardians are to be in good standing order with the Malta Triathlon Federation. Participation for these races may be refused by the organiser if the latter deems it fit to do so for a smoother running of the event/s.
- 1.9 The Entry fee can be chosen from the following:
- i. for the whole series (SEVEN RACES) is €105. For each race, the athlete would need to hire a timing chip for the price of €5 each. For this reason, we encourage everyone to have an Electronic Timing Chip compatible with the AARTS Electronic Timing System, which may be purchased for €45. This timing chip is guaranteed for at least 5 years and can be used in Triathlons, Swimming, Cycling, Mountain Bike, Running and Trail Races in Malta.
  - ii. However, the Federation, to help and assist those who would like to get a timing chip, will be subsidizing the cost and you can purchase the Entry Fee for the whole 7 races AND the timing chip as €125 instead of €150, with the Federation covering the
  - iii. The owners of a timing chip shall pay €80 for the whole 7 race series.
  - iv. A single race shall cost €20. (excluding the €5 timing chip hire per race).
- 1.10 After each race forming part of the series, a token/medal/award will be given to the First Male Athlete and the First Female in each Category.
- 1.11 Awards for the first, second, third Male and first, second, third Female in each category will be given at the end of the Series according to the Final Overall Classification.
- 1.12 The Overall Classification shall be computed after each race, as follows, per gender:
- 100 points for the winner;
  - 90 points for the second placed;
  - 80 points for the third placed;
  - 70 points for the fourth placed;
  - 60 points for the fifth placed;
  - 50 points for the sixth placed;
  - 40 points for the seventh placed;
  - 30 points for the eighth placed;
  - 20 placed for the ninth placed;
  - 10 points for each athlete from the tenth placed downwards.
- 1.13 The Final Overall Classification will be computed on the BEST FIVE points of each athlete. For example, if an athlete obtains 60, 70, 70, 60, 50 points throughout the series, his Final Total points will be 260 (60+70+70+60). If an athlete drops one or two of the races of the series or is unable to complete one or two of the races, then the points obtained from the other races will all be taken into consideration for the Final Overall Classification.
- 1.14 Presentation of the awards to each gender-winner of each category in each race will be held immediately after the end of the last category race is finished. Award winners who fail to turn up for the presentation may forfeit their awards.

- 1.15 Presentation of the awards to of the Final Overall Classification will be held during the Triathlete Of The Year Awards Presentation or during any other event that the Federation might decide. Awards winners who fail to turn up for the presentation may forfeit their awards.

## **2. INDIVIDUAL & RELAY PARTICIPATION**

- 2.1 The Malta Youth Triathlon Series 2019 is organized primarily for individual athletes who are willing to take part in the multisport combination according to each specific race format (Triathlon: swim, bike, run – Duathlon: run, bike, run & Aquathlon: swim, run).
- 2.2 In order to encourage young people who would like to have a taste of multisport but are not yet proficient with all the sports involved, the organisers may allow the formation of relay teams in any of the races part of the series. However, Relay teams will be allowed only upon the acceptance of the following terms:
- 2.2.i Relay teams can be formed of 2 or 3 athletes in triathlons, and 2 athletes in duathlons and aquathlons;
  - 2.2.ii Members forming a relay team should fall within the same race category as per the year of birth of all members. For clarity's sake, the team members should ALL be from CAT 1, or ALL from CAT 2, etc.
  - 2.2.iii Relay teams will not qualify for the race result classification and will not receive the winning award even if the team finish in first place in the respective category.
  - 2.2.iv Likewise, Relay teams will not be awarded any points for the final classification.

## **3. PRECAUTIONS & PREPARATIONS**

### **3.1 Sun Protection**

- 3.1.1 Parents/guardians should provide appropriate sun protection in the form of sunscreen and clothing.

## **3.2 Athlete Health**

- 3.2.1 Parents/guardians should assure that the athlete is in a physical condition that will permit him/her to participate in the event without jeopardizing his/her health or that of other participants.

## **3.3 First Aid**

- 3.3.1 The event will have an emergency response staff available in the event of an emergency. Parents/guardians should familiarize themselves with the location of the First Aid area. Event volunteers will be familiar with the location of the First Aid area.

## **3.4 Hydration**

- 3.4.1 The weather in Malta tend to be very hot and it is vital that your child consume water to prevent dehydration. There will be water available following the event. It is suggested that you bring a full water bottle for each athlete to drink prior to the race. Any child showing signs of dehydration should be brought to the First Aid area. Organisers may stop an athlete from completing the race if signs of dehydration, fatigue or excessive exertion are noticed.

## **3.5 PARKING**

- 3.5.1 There will not be any parking reserved for participants, and therefore parking facilities in the area will be on a strictly First-come-First-served basis. The Malta Triathlon Federation has obtained permission from Transport Malta for athletes to park on the cycling lane on the inner carriageway of the Coast Road, that is on the road leading from Baħar iċ-Ċagħaq towards Buġibba.
- 3.5.2 No Parking shall not be permitted on the curved part of the road adjacent to the Roundabout just in front of the transition area.

## **3.6 COMPETITION RULES**

- 3.6.1 Wherever possible, the International Triathlon Union's Competition Rules shall apply. The Competition Rules can be found on

[https://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2019.pdf](https://www.triathlon.org/uploads/docs/itusport_competition-rules_2019.pdf)

- 3.6.2 However, the organisers are well aware that children and teenagers should be treated in their proper context and shall therefore amend, exclude and include regulations as they deem fit for the benefit of the athletes competing.

### **3.7 GENERAL CONDUCT**

#### 3.7.1 Athletes should be:

- i. Be of a good health to practice strenuous exercise;
- ii. Good Sportsmanship;
- iii. Be knowledgeable and comply with the latest regulations & rules;
- iv. Obey all instructions by Race referees, officials, etc;
- v. Inform a Race official if withdrawing from the race;
- vi. Compete without receiving outside assistance;
- vii. Ensuring that they not gain unfair advantage.

### **3.8 UNIFORM & WEARABLES**

#### 3.8.1 Athletes should wear anything that is comfortably enough for them to race in, but they should:

- i. Have no garment from the shoulder down (only sleeveless/singlets tops are permitted – to ensure visibility of body-marking and numbers) ;
- ii. Have no garment from the knee down (no three-quarters, long bermudas, or trousers are permitted);
- iii. No arm warmers during the race;
- iv. No compression socks, calf-guards, or any other type of garment between the knee and the ankle is allowed during the race;
- v. Trisuits and tritops with front zippers are allowed, but the zipper of the front should be kept completely closed at all times;
- vi. The Malta Triathlon Federation can alter these uniform rules if weather is extreme. This change will be communicated as soon as possible to the athletes and for that particular event only.

#### 3.8.2 Moreover, athletes should note that these items are illegal and cannot be used:

- i. Headphones, earphones, headsets etc;
- ii. Glass containers;
- iii. Mobile phone or any other electronic listening communication device;
- iv. Uniforms which does not comply with the above criteria;
- v. Any bike-fitting or bike-part which is in breach of the Regulations;
- vi. Any other item or lack of it as per ITU Competition Rules.

### **3.9 TRANSITION & GENERAL CONDUCT**

- 3.9.1 The organisers shall do their utmost to have as many helpers and marshals as possible on both land and in the sea. However, these helpers will not be responsible to keep the laws and regulations, and in no way can they assist the athletes during the races.
- 3.9.2 Assistance from parents/guardians, coaches, club officials etc, are not allowed to stand in the transition area, interfere in the transitions, or assist the athlete during the race in any way. On exceptional cases as deemed fit by the organisers, outside assistance shall be provided with the prior consent of the organisers.
- 3.9.3 Although the organisers have taken made all the arrangements with the various national stakeholders, they cannot guarantee that the course will be completed closed to traffic.

### **3.10 TRANSITION & GENERAL CONDUCT**

- 3.10.1 All athletes should be comfortable in the water. Swim aids such as kickboards, swimming-noodles, etc will be allowed in Category 1 but not in Category 2,3,4. It is our belief that each athlete should be capable of safely swimming the designated distance with no or minimal assistance.

### **3.11 CYCLING CONDUCT**

- 3.11.1 Turn-around points shall be marked with flags and manned by lap-keepers.
- 3.11.2 The races in this series are set in the non-drafting format of racing. Road-Bikes, and Mountain Bikes are allowed. For Category 1, bmx and stabilizer-wheels are permitted. For Category 1, parents are allowed to help the child during the racking-off and racking-on the bike, without interfering on the course and without creating disturbance to other athletes, parents and race officials.
- 3.11.3 No cyclist is allowed to cross over to the other side of the road. Any cyclist who does this may be immediately disqualified to ensure the safety of the other athletes.
- 3.11.4 Bike helmets must be worn and buckled during the bike portion of the event, including when in the Transition Area. Helmets must comply with either EN1078 standards as indicated by a label on the inside. Parents/guardians must assure that the helmet fit is proper for the athlete. No athlete will be permitted to race without a proper, good-fitting helmet.
- 3.11.5 Parents/Guardians are encouraged to take the athlete's bike to a qualified shop for inspection and adjustment prior to the Triathlons. Attention should be paid to brakes, steering, wheels, inflation pressure, tire condition, chain, and pedals. Pedals should be inspected for sharp edges and appropriate measures taken (such as duct taping) to prevent cutting injuries should the pedals hit the athlete's legs.



3.11.6 The openings at the ends of the handle bars must be securely plugged. "Bar Ends" (plastic caps) can be purchased at any bike shop. This is a safety item in the event of a fall. Bikes with unplugged handle bar ends will not be allowed in the triathlon. All bikes may be inspected.

### **3.12 RUNNING CONDUCT**

3.12.1 Athletes cannot run with a bare torso.

3.12.2 Athletes cannot run without shoes or run barefoot on any part of the course.

3.12.3 Athletes cannot run with a bike helmet on.

3.12.4 Athletes cannot use posts, trees or other fixed elements to assist manoeuvring curves.

3.12.5 Athletes cannot be accompanied by team members, team managers, parents, or coaches or any other unauthorised person on the course.

3.12.6 Athletes cannot run together with other athlete/s that is/are a lap ahead or behind.

3.12.7 Athletes cannot receive assistance, hydration etc by non-competitors (except for race officials).

3.12.8 Parents/guardians should assure that the athlete has footwear that is suitable for running the designated distance.

3.12.9 To avoid tripping, the athlete should be able to properly tie his/her shoes, preferable using double knots, or by using speed laces

### **3.13 MISCONDUCT AND BREACH OF REGULATIONS**

3.13.1 The organisers believe in the natural sportsmanship behaviour of the children and teenagers. Therefore, the organisers believe that if any of the athlete, due to the athlete's tender age, omits part of the regulations, the athlete should be positively notified of this and ensure that such incident will not be repeated, thus using this as a learning opportunity.

3.13.2 The organisers also believe that at this young age, the athletes should not be induced to any penalties. However, if the breach of regulation is done after the athlete has been reproached for the same or similar offence, or if it is induced by the parents/guardians, coaches, club official, etc to do so, then the organisers and the Race Referee reserve the right to inflict penalties as they deem fit to protect the good nature of the sport. These penalties might materialise as time-penalties, disqualification from the race, disqualification from the series, and any other penalty as the organisers might deem fit. These penalties are to be inflicted based on the ITU Competition Rules and the MTF Code of Conduct. Both documents are to be used as a guidance and the Race Referee has full autonomy to inflict larger or smaller penalties, as is deemed fit.

3.13.3 The organisers believe that the children and youth should not be penalised for actions and words of their parents/guardians, coaches, club officials, etc. However, if one of the latter misconducts, or acts in an irresponsible matter during any time of the series (before, during and after the races) the athlete in question might be disqualified to take further participation in the series in this season or any other season thereafter. This to protect the sport, its integrity and its sportsmanship nature.

3.13.4 Any complaint about the race should reach the Race Director, in writing and signed, by the Club Delegate, in the shortest time frame possible and in time to allow a correction of the wrong-doing, if any, to take place. No complaints from parents, coaches, relatives, and other athletes are deemed void and null.

### **3.14 CONDUCT OF PARENTS, GUARDIANS AND SUPPORTERS**

3.14.1 The organisers, that is The Malta Triathlon Federation is committed to maintaining the highest possible standards of behaviour and conduct at all Triathlon, Duathlon, Aquathlon and related multi-sport events.

3.14.2 The Malta Triathlon Federation 'Code of Conduct for Parents' summarizes the essence of ethical conduct and practice within Triathlon. This applies not only to parents, but also to guardians, carers, families, relatives and spectators. All individuals have a responsibility to act with integrity, in accordance with the standards set by Malta Triathlon Federation. Any discriminatory, offensive or violent behaviour is unacceptable and complaints will be acted upon under the procedures of the General Code of Conduct of the Malta Triathlon Federation.

#### **3.14.3 Code of Conduct**

- i. Respect the rights, dignity and worth of every person, within the context of the sport;
- ii. Treat everyone equally and sensitively, without discrimination on the grounds of age, gender, ethnic origin, religion, sexual orientation or disability;
- iii. Encourage children to learn the International Triathlon Union Competition Rules and any other competition regulations enacted by the Malta Triathlon Federation and compete within them;
- iv. Publicly accept officials' judgements and abide by their instructions, providing they do not contradict the spirit of this code;
- v. Teach children to respect the event officials;
- vi. Help children to recognise good performance, not just results to avoid undue disappointment;

- vii. Never punish or belittle children for losing, not performing to their (or your) anticipated potential or making mistakes;
- viii. Support children's involvement and help them to enjoy their sport;
- ix. Remember that the primary aim of the Sport is for the children to have fun, improve and feel good;
- x. Set a good example by applauding all good performance, whether by your child/relative or by another.
- xi. Use correct and proper language at all times.
- xii. Remember that young people learn best by example;
- xiii. Recognise the value and importance of volunteers, coaches, race officials and event organisers – it is their time and dedication that keep the sport alive;
- xiv. Young people are involved in organised sport for their enjoyment, not yours, so do not force a child to take part.
- xv. Be aware that Social Media and Social Networking is an extension of the day- to-day life. Do not use social media to send negative vibes about the organisation, the conduct and the results of the races. There are other means and channels to do so. If you feel something you are posting is inappropriate for your child to read or hear, then you should never post it. Social Media is encouraged to be used to praise and focus on the strengths of your child, the other competitors and the race organisation, not to belittle, accuse, verbally- abuse and vent frustration. The Organisers might inflict whatever penalty they may deem fit if it transpires that Social Media is being used in a negative way.

#### 4. ACCEPTANCE OF TERMS AND CONDITIONS

- 4.1 When an athlete or his parents/guardians register or sign up for any particular race under these series, they are also directly accepting all the Terms and Conditions as listed in this document and accept their obligations to be directed by the same document and that action might be taken if they are found in breach of any article of this document.

## 5. SPONSOR

- 5.1 The official sponsor of the series is 24/7 Fitness Club Malta.
- 5.2 For over 15 years, 24/7 Fitness Clubs has been one of the local leaders in wellness, fitness and the management of fitness centres and leisure facilities. We pride ourselves as the leading innovators, by being the first to implement 24/7 opening hours, physiotherapists as per of our teams, free group classes, and advocating training ethics within all their outlets.
- 5.3 They currently manage five successful clubs, fully equipped and located in strategic locations around Malta, such as Ta' Qali, Mellieha, Santa Lucija, St. Paul's, San Gwann and other locations.
- 5.4 The company embraces the values of professionalism, flexibility, commitment & client focus. It's their belief that with some encouragement and setting of realistic goals, anyone coming to our clubs can feel better, have fun and minimise stress. It is their vision to provide clubs that help people get fit and feel great in a friendly and welcoming atmosphere, helped by friendly staff, and using state of the art facilities.



## DISCLAIMER

### TERMS & CONDITIONS

#### 1. Acceptance of Conditions

- 1.1 These Conditions shall apply in place of and prevail over any terms or conditions (whether or not in conflict or inconsistent with these Conditions) contained or referred to in any documentation submitted by the Participant or in correspondence or elsewhere or implied by trade custom, practice or course of dealing. A variation of these Conditions is only valid if the Event Organiser gives notice to the Participant in writing in any official Event material or correspondence prior to the Event (including via email), The Participant shall be deemed to have accepted these Conditions upon completion of the Race Registration Form.

#### 2. Participation

- 2.1 The Participant acknowledges that participation in the Event is physically strenuous. It is acknowledged that participation in the Event will be physically demanding and the Participant is aware of the nature of the Event and associated medical and physical risks involved.
- 2.2 The Participant agrees that he/she is physically capable of competing in the Event and agrees to be solely responsible for his/her actions and the Event Organiser, its officers, employees, agents, affiliates, associated companies, sponsors or medical advisers are not responsible for any injury or illness that the Participant may suffer as a result of his/her participation in the Event. The Participant accepts that should any medical or physical condition arise prior to the Event which is likely to affect his/her ability to compete, the Participant will withdraw in accordance with these Conditions.
- 2.3 The Participant agrees to abide by all applicable rules and regulations including the Malta Triathlon Federation ("MTF") Competition and Doping rules and the rules and regulations of the European Triathlon Union ("ETU") and the International Triathlon Union ("ITU"). The Participant shall not be entitled to a refund of the Fees if he or she is disqualified from the Event as a result of an infringement of these Conditions or any such rules and regulations. The Event Organiser is also entitled to impose Event rules upon the Participant from time to time which will form part of these Conditions.
- 2.4 The Participant must register and rack his/her bicycle at the times and on the day as instructed in the Event Information which will be issued by the Event Organiser before the Event.
- 2.5 It is the Participant's responsibility to provide and use a roadworthy bicycle and helmet which comply with ITU rules and regulations.
- 2.6 The Event Organiser reserves the right at any time to remove Participants from the Event or prevent Participants participating in the Event if in the Event Organiser's sole discretion, it considers such action necessary for safety reasons or the proper enjoyment of the Event by other Participants or for any other reasonable reason. No refund of the Fee shall be made if the Participant has acted negligently, maliciously, with willful misconduct or otherwise without due care and attention for the Event or other participants, so as to cause his/her removal.
- 2.7 While the Event Organiser takes every care with the staging of the Event, the Participant acknowledges that personal accident and personal items insurance is his or her sole responsibility.
- 2.8 All decisions and rulings by the Event Organiser, its employees and its agents are considered final. Accordingly, the Participant will comply with all Event rules and all instructions and guidelines given by stewards, marshals, and safety personnel. The Participant acknowledges and agrees that the Event Organiser will organise and run the Event and will have sole authority and be the final arbiter on all decisions relating to the safety, running and organisation of the Event, the rules of the Event, the timings/finish times and the placings.
- 2.9 These Conditions are personal to the Participant and it may not assign any of its rights or obligations under this Agreement without the prior written consent of the Event Organiser. The Participant represents and warrants that the Entry is purchased for personal use only, that it cannot be donated free of charge or otherwise given away for free, and that it is not purchased as part of any form of business or commercial activity (save as expressly authorised by the Event Organiser), and in particular, that the Entry may not be resold or offered for resale by anyone whether at a premium or otherwise and may not be used for advertising, promotion use as a prize (including in competitions and sweepstakes), travel packages, or for any other trade purposes. Donation, give away, resale or attempted resale is grounds for seizure or cancellation without refund or other compensation.
- 2.10 The Participant acknowledges and accepts that circumstances concerning an Event may change from time to time for reasons out of the Event Organiser's reasonable control or otherwise, without the Event Organiser incurring any liability and without any rights to withdrawal being accrued by the Participant other than set out in clause 4 below. By way of example, and for illustration purposes only, car parking arrangements, rules regarding wet suits, and issues with hotels, may arise/change but such changes/issues will not allow the Participant to withdraw and nor will the Event Organiser be deemed liable except as otherwise set out herein.

### 3. Bookings and Payments

- 3.1 In consideration for being granted the right to participate, the Participant must pay the Fee by no later than the closing date set out on the Entry Form.
- 3.2 The Participant shall not be eligible or entitled to participate in the Event until full payment of the Fee has been received by the Event Organiser. No payment shall be deemed to have been received until the Event Organiser has received cleared funds.
- 3.3 No registration shall be accepted following the race registration deadline date, as per this same form.

### 4. Withdrawal, Cancellations or Alterations

- 4.1 Should the conditions be deemed dangerous due to act of God or other circumstances then no refund will be given, and a suitable alternative date shall be arranged, if possible. Anyone who cannot participate in the new date set will not be entitled to a refund. Also should the conditions dictate then the Event Organisers will adjust the distances, segments and legs of the race as they deem fit and such adjustments which will be informed to the participants.
- 4.2 No cancellations, refunds or transfer of an event can be made.

