

Osaka Castle Triathlon 2026(Age Group) Local Rules

Osaka Castle Triathlon 2026 Operations and Competition Division

This event will be conducted in accordance with the "Triathlon Japan Competition Rules" as well as the "Osaka Castle Triathlon 2026 (Age Group) Local Rules" (these rules).

General Event Operations

1. Even during the competition, emergency vehicles will be given top priority. When an emergency vehicle passes, follow the instructions of police officers, referees (hereinafter referred to as TO), and security guards, and slow down or stop as necessary.
2. Athletes must take and pass the comprehension test sent in advance. Participation in the event will not be allowed if the test is not taken or failed. Even if participation is allowed, it will be considered open participation and no record will be given.
3. Athletes who are late for the designated reception time without a valid reason will not be allowed to participate in the event.
4. Changes to the program on the day of the event will be announced in front of the event headquarters and at the venue. Athletes must pay attention to changes at their own responsibility.
5. If an athlete exceeds the competition time or if it is determined by TO, lifeguards, etc. that it is impossible to continue the competition within the competition time, the head referee (hereinafter referred to as HR) may declare the end of the competition for the athlete.
6. The event will be held rain or shine. However, if it is determined that ensuring the safety of athletes is difficult due to weather conditions or if the weather significantly affects the competition, the course or competition content may be changed or canceled.

General Competition Rules

1. Athletes must attach body number stickers and participate in the competition. The basic locations for attachment are the outer sides of both arms.
2. Front zipper race wear is allowed, but the zipper must not be opened more than 40 cm during the competition.

3.Race numbers must be worn so that they are visible from the rear during the bike competition and from the front during the run competition. It is allowed to move the race number back and forth depending on the competition.

4.If the race number is torn or falls off, it must be presented or reattached during the competition so that TO can confirm it, and the competition can continue.

5.Athletes are responsible for counting the number of laps on the bike and run courses.

6.Athletes who do not cover the specified competition distance due to insufficient laps, shortcuts, or mistakes at turnaround points will be disqualified (DSQ).

7.The use of earphones, smartphones, cameras, and other devices by athletes during the competition is prohibited.

Penalties

1.Penalties will be imposed for actions that violate Triathlon Japan competition rules and local rules. Inappropriate behavior towards other athletes, TO, and staff will also be subject to penalties.

2.Types of penalties are as follows:

1. Guidance
2. Time penalty
3. Stop-and-go (temporary stop and correction of violation)
4. Disqualification (DSQ)
5. Exclusion from competition (end of competition at the site of violation, disqualification)

3.Time penalties are as follows:

1. Drafting violation: Standard: 1 minute, Sprint/Relay: 30 seconds
2. Other violations: Standard: 15 seconds, Sprint/Relay: 10 seconds

4.Athletes who are given a time penalty must check the number displayed on the penalty board during the run competition and enter the penalty box themselves. If the race ends without entering the penalty box, the athlete will be disqualified (DSQ). TO will not notify or guide the athlete.

5. Disqualification (DSQ) will be applied for dangerous actions and actions against sportsmanship. Exclusion from competition will be applied for more serious actions. The application of these penalties will be determined at the discretion of HR.

Aid Stations

1. Aid stations will be set up in one location in the swim start area and one location on the run course. Only water will be provided at each aid station, and no other beverages will be provided.

2. Paper cups provided at aid stations must be disposed of in designated trash bins. Throwing them away on the course within the park or on public roads is strictly prohibited, and violators will be subject to time penalties.

Swim Competition

1. Athletes must enter the start area by the end of the water entry check time. Once athletes enter the start area, they cannot leave until the swim competition is over.

2. Wearing wetsuits (both top and bottom) as specified in Triathlon Japan competition rules (Article 67) is mandatory. Participation with only swimsuits or triathlon wear is not allowed.

3. Swim caps provided by the event must be worn.

4. The start will be a mass start at 5-minute intervals for each group within each wave.

5. Athletes can skip the swim competition and only participate in the bike and run competitions. However, no record will be given (SKIP). Athletes who wish to skip must notify TO before the start of the swim competition. Notifications after the start will not be accepted.

6. In relay competitions, even if the swim athlete withdraws or exceeds the time limit, the start of the bike competition will be allowed. However, no record will be given (SKIP).

7. Wearing a rest tube is allowed. However, if the tube is used during the competition, lifeguards will rescue the athlete, and the competition will end (DNF).

8. The use of balloons provided by the event as markers is allowed.

Transition

1. Athletes are not allowed to set up competition equipment or perform other tasks within the transition area (hereinafter referred to as the area) outside the designated area

opening hours for each category. Athletes who are late for the area closing time or who are working after the area is closed may be disqualified.

2.Entry into the area by anyone other than athletes (coaches, family members, related parties, etc.) is prohibited.

3.Only the minimum necessary equipment for the competition can be brought into the area, and other luggage (carry bags, Boston bags, large cooler boxes, equipment baskets, etc.) is not allowed.

4.Competition equipment must be set up within each athlete's space so as not to interfere with other athletes. TO can move athletes' equipment for fair competition management.

5.Hanging wetsuits, towels, etc. on racks is considered marking, and TO can move these items.

6.When hanging bikes on racks, the handlebar must always be on the side where the rack number is visible. If the direction is reversed, it will be considered interference with other athletes, and correction will be required.

7.Helmets must be set up with the strap unfastened. Before taking the bike out of the rack, athletes must wear the helmet and fasten the strap. After hanging the bike on the rack, athletes must unfasten the strap.

8.Helmet straps must be worn without looseness. If TO determines that it is inappropriate, athletes may be required to temporarily stop even during the competition.

9.In the mounting/dismounting area, athletes must mount the bike after stepping over the mounting line with at least one foot and dismount before the dismounting line with at least one foot. Violations will be subject to time penalties.

10.After the competition, athletes must come to the venue at the designated time to collect their bikes and present their race number or body number to the TO at the entrance.

Bike Competition

1.Bike checks and deposits will not be conducted the day before or on the day of the event, so athletes must maintain and store their bikes at their own responsibility.

2.Only triathlon-specific bikes and road racers that comply with Triathlon Japan competition rules are allowed to participate. Participation with cross bikes, mountain bikes, track bikes, mini velo, etc. is not allowed. Only cross bikes are allowed in relay

competitions, but the handlebar width must be 50 cm or less, and bar end grips are prohibited.

3.The use of aerobars (DH bars) and disc wheels (rear wheels only) is allowed.

4.Bikes that have not removed unnecessary equipment such as lights, stands, bells, cameras, etc., or bikes with handlebars that are not securely closed at the ends will not be allowed to participate. The use of cycle computers is allowed, but the use of smartphones is prohibited.

5.Since there are no aid stations on the bike course, the use of bike-specific bottles for hydration is recommended. However, the use of PET bottles is prohibited.

6.Overtaking is prohibited in the following sections:

1. All courses within Osaka Castle Park
2. 50 meters before all turnaround points and within the turnaround (U-turn) zone
3. 50 meters before the entrance to the parking lot returning from Tamatsukuri Street to the park

7.Drafting is prohibited in this event. The draft zone is 12 meters from the front wheel tip of the front athlete, and the time allowed to stay within the zone for overtaking is 25 seconds or less.

Run Competition

1.Athletes must always run on the right side of the run course.

2.For safety reasons, participation with bare feet or footwear unsuitable for running is not allowed.

3.Participation with costumes or clothing deemed inappropriate for the competition by HR is not allowed.

Finish

1.For personal identification, race numbers must be worn on the front so that they are visible. It is recommended to remove sunglasses. For safety reasons, accompanying finishes are not allowed in this event.

2.After finishing, athletes must follow the instructions of TO and staff to remove the ankle band and return it to the designated location.

Time Limits

1.The competition time limits for each category are as follows (from the swim start time). Athletes who exceed these time limits will be declared the end of the competition.

Standard:

Swim: 1st lap 25 minutes, 2 laps 45 minutes Bike: 2 hours 30 minutes Run: 3 hours 40 minutes

Sprint/Relay:

Swim: 30 minutes Bike: 1 hour 25 minutes Run: 2 hours 05 minutes

2.For the final wave only, the last checkpoint for bike laps will be set 15 minutes before the bike competition time limit. Athletes on the bike course outside the park after the set time will be declared the end of the competition (DNF).

3.Athletes who are declared the end of the competition in the bike or run must promptly exit the course, return the ankle band to TO, and follow their instructions.

Protests

1.Athletes can protest HR's decisions and other matters if they are dissatisfied. However, protests regarding the following matters will not be accepted:

1. Drafting and blocking.
2. Actions against sportsmanship such as abusive language and violence.

2.Protests must be made to the review committee. The review committee for this event consists of the organizer's representative, technical representative, and directors of the Osaka Prefecture Triathlon Association.

3.Other detailed rules are based on Triathlon Japan competition rules.

Contact for inquiries about competition rules

Osaka Castle Triathlon 2026 Competition Operations Division

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