



The 3rd Asian
Youth Games
Bahrain 2025

Triathlon

Technical Handbook

V2





Technical Information

1. Dates

The Triathlon Super Sprint competition of the 3rd Asian Youth Games will be held from 23-25 October 2025

2. Venues

The Triathlon Super Sprint competition of the 3rd Asian Youth Games Venue will be in Sofitel Hotel

3. Events

The Triathlon Super Sprint competition of the 3rd Asian Youth Games consists of 3 events, including (1) men's events, (1) women's events and one (1) mixed team event as follows:

- Boys' Individual Super Sprint Triathlon
- Girls' Individual Super Sprint Triathlon
- Mixed Team Relay Super Sprint

4. Competition Format

- **Individual Super Sprint:** Swim 400m, Bike 10km, Run 2.5km
- **Mixed Team Relay:** Each athlete completes a super-sprint triathlon (Swim 400m, Bike 10km, Run 2.5km)

5. Competition Schedules

5.1. Competition Days

Day 1: 23rd October 2025 (Thursday)

- 05:00-05:45: Transition Area Open for Boys' Heats
- 06:00-07:30: Boys' Super Sprint START
- 07:30-08:15: Transition Area Open for Girls' Heats
- 08:30-09:00: Girls' Super Sprint START

Day 2: 25th October 2025 (Saturday)

- 05:00-05:45: Transition Area Open for Mixed Team Relay
- 06:00-08:00: Mixed Team Relay START

5.2. Training Schedule

Pre-Competition Training: 22nd October 2025 (Wednesday)

- Bike Course Familiarization: 09:00-10:00
- Swim Course Familiarization: 10:05-10:45
- Run Course Familiarization: 11:00-11:40

6. Sport Entries

6.1. Eligibility

- Only NOCs that are members of the OCA are entitled to send athletes to compete in the Triathlon competition of the 3rd Asian Youth Games.
- Be registered by their respective National Olympic Committee
- Hold a valid World Triathlon license
- Have met the qualification criteria established by the Asian Triathlon Confederation





6.2. Entry Timeline

- Entry by Sport: Deadline: 24:00 25 March, 2025 (Manama Time, GMT +3)
- Entry by Number: from 10:00 30 June 2025 to 23:59 21 July 2025 (Bahrain Time, UTC +3)
- Entry by Name: from 10:00 1 August 2025 to 23:59 to 31 August 2025 (Bahrain Time, UTC +3)

6.3. Entry Policies

- Individual: Each NOC may enter a maximum of four (4) athlete two (2) male and two (2) female
- Mixed Team Relay: Each NOC may enter a maximum of one (1) team consist of two (2) male and two (2) female plus one (1) male reserve athlete and one (1) female reserve athlete.
- Total: Each NOC may enter a maximum of three (3) male athletes and three (3) female athletes.

6.4. Age Limitation

Athlete participating in the Triathlon competition must be between 14 and 16 years
Athletes must be born between 2009 and 2011 (inclusive).

7. Arrival and Departure

- Teams arrival is fixed two (2) days before the competition and depart one (1) day after it ends.

8. Technical Meeting

- The technical meeting will be held within 48 hours before the commencement of the competition, and the specific time and location are to be determined.
- Each participating NOC must be represented by at least one team official. Athletes are encouraged to attend.

8.1. Meeting Agenda

- Welcome and introduction of technical officials
- Venue and course presentation
- Competition procedures and elimination format explanation
- Special regulations for Super Sprint format
- Weather updates and contingency plans
- Medical information and safety procedures
- Distribution of race numbers and timing chips
- Q&A session

9. TECHNICAL OFFICIALS

9.1. Technical Delegate

Mr. Leo Mo from Hong Kong has been appointed as the Technical Delegate for the Triathlon competition by World Triathlon.

9.2. International Technical Officials

A total of TBA International Technical Officials appointed by World Triathlon will officiate the competition:

- Head Referee: TBA
- Chief Swim Official: TBA
- Chief Bike Official: TBA
- Chief Run Official: TBA
- Chief Transition Official: TBA



- Chief Registration Official: TBA
- Chief Penalty Box Official: TBA
- Chief Finish Line Official: TBA
- Other Official: TBA

9.3. National Technical Officials

TBA National Technical Officials from Bahrain will support the competition operations.

10. COMPETITION FACILITIES

10.1. Athletes' Lounge

An Athletes' Lounge will be available at the competition venue, providing:

- Air conditioning
- Hydration station with water, sports drinks, and fruits
- Seating area
- Storage for equipment
- Pre-race information board
- Results posting area

10.2. Changing Rooms and Showers

Separate changing rooms and shower facilities for male and female athletes will be provided near the transition area.

10.3. Bike Mechanic Services

A bike mechanic service will be available at the competition venue during official training and competition days. Basic services will be provided free of charge, while parts will be charged to the respective NOCs/NFs.

11. TRAINING FACILITIES

11.1. Training Venue

Training facilities will be available for swimming, cycling, and running and the specific time and location are to be determined

11.2. Training Schedule

Training Schedule and the specific time and location are to be determined

11.3. Equipment

Athletes must bring their own equipment for training sessions. Limited equipment storage will be available at the training venue.

12. Competition Rules

12.1. Competition Rules

The competition will be conducted in accordance with the World Triathlon Competition Rules in force at the time of the Games, with specific adaptations for the Super Sprint format.

12.2. Super Sprint Individual Format

Distances

- **Swim:** 400m (1 lap)
- **Bike:** 10km (2 laps)
- **Run:** 2.5km (1 lap)

12.3. Mixed Team Relay Format

- Teams consist of 2 boys and 2 girls
- Each athlete completes a super-sprint triathlon
- Order: Girl, Boy, Girl, Boy

- Handover takes place by touching in the designated relay zone
- Maximum team time: 2 hours

12.4. Start System

The competition will use a pontoon start or Beach start (TBA) for the swim segment. Athletes will be called to the pre-start area 10 minutes before the start time. Starting positions will be allocated based on rankings.

12.5. Time Limits

- **Swim Cut-off:** 20 minutes from the start
- **Bike Cut-off:** 30 minutes from the start
- **Overall Cut-off:** 45 minutes from the start

13. WEATHER INFORMATION

13.1. Expected Weather Conditions

- Average air temperature: 29.3°C / 84.7°F
- Average water temperature: 30°C / 86°F
- Average humidity: 66%
- Wind speed: 23 km/h

13.2. Contingency Plan

In case of adverse weather conditions, the competition may be modified or rescheduled according to World Triathlon Competition Rules. The following contingency options are in place:

- Swim cancellation (duathlon format)
- Course alterations
- Schedule changes
- Event postponement

14. MEDICAL SERVICES

14.1. Medical Facilities

Medical facilities will be available at the competition venue, including:

- First aid stations at key points on the course
- Medical team with ambulances at the finish area
- Medical tent with cooling systems

14.2. Medical Support

Medical support will be provided during all competition and official training sessions. A team of doctors, nurses, and paramedics will be present throughout the event.

15. Protest and Appeals

15.1. Protest Procedure

Protests must be submitted in writing to the Race Referee within 15 minutes after the athlete's finish time or within 15 minutes of the posting of results, whichever is later. The protest must be accompanied by a fee of 50 USD or equivalent, which will be refunded if the protest is successful.

15.2. Competition Jury

The Competition Jury will consist of:

- Technical Delegate (Chair)
- Member of the AYG Sports Committee
- Representative of the Organizing Committee
- Two representatives from participating NOCs (rotational basis)

15.3. Appeal Procedure

Appeals against decisions of the Competition Jury must be submitted in writing to the AYG Appeal Committee within 30 minutes of the announcement of the





Competition Jury's decision, accompanied by a fee of 100 USD or equivalent.

16. General Rules and Regulations

15.1 Rules

15.1.1 Eligibility Code (OCA 52)

To be eligible for participation in the OCA Games, a competitor must:

- a) Observe and abide by the Rules of the IOC/OCA as per the Olympic Charter;
- b) Respect the spirit of fair play and non-violence and abide by the rules on the sports field;
- c) Comply with all aspects of WADA and OCA Anti-Doping Rules Code and refrain from using substances and drugs prohibited by the said organisations;
- d) The Member must ensure that any competitor in the OCA Games must be a national of the country of the NOC, which is entering him;
- e) Disputes relating to the determination of the country which a competitor may represent in the OCA Games shall be resolved by the EB, unless the eligibility code already set out in the Constitution has been fulfilled and is not in dispute.

15.1.2 Nationality of Competitor (OCA By-Law 52)

- a) All cases of infringement of IOC Rule 41, 42 and it's Bye-laws and of the eligibility code of IFs shall be communicated by the concerned Member to the OCA, to be considered by the EB whose decision will be final;
- b) A competitor who is a national of two (2) or more countries at the same time may represent either one (1) of them, as he may elect. However, after having represented one country in the Olympic, Asian continental regional or world championships recognised by the relevant IF, the competitor may not represent another country unless he or she meets the conditions set forth in sub section 4 below that apply to the persons who has changed his nationality or acquired a new nationality;
- c) A competitor who has represented one country in the Olympic Games, OCA Games, continental, regional, and world championships recognised by the relevant IF, and who has changed his nationality or acquired a new nationality, shall not participate in the OCA Games to represent his new country until three years after such change or acquisition;
- d) If a State, Country or a colony acquires independence, a country becomes incorporated within another country by a change of border or transfer of sovereignty or if a new NOC is recognised by the OCA, a competitor may continue to represent the country to which he belongs or belonged. However, he may, if preferred, choose to represent his country or be entered in the OCA Games by his new NOC if one exists. This option can only be made once and is irreversible;
- e) In all cases not expressly addressed in these Bye-Laws, in particular those cases where a competitor would be in a position to represent a country other than that of which he is a national, or to have choice as to the country which he intends to represent, the EB makes all decisions. Decisions can be of a general The OCA Games or individual nature and issue specific requirements relating to nationality, citizenship, domicile or residence of the competitors, including the duration of any waiting period;
- f) Except as permitted by the EB, no competitor, coach or official who participates in the OCA Games may allow his person, name and picture or sports performances to be used for advertising purposes during the OCA Games.



15.1.3 Number of Entries (OCA 58)

- a) For a sport to be included in the OCA Games Programme a minimum of six (6) NOCs should enter their athletes by number and a minimum of four (4) should be physically present before the start of the competition;
- b) The maximum number of entries from each country in each sport or event is established by the Council in consultation with the Member hosting the Games and in accordance with the AST technical rules;
- c) However, the following numbers cannot be exceeded:
 - For individual events, two competitors from each Member;
 - For team events, one team per Member, the Number of competitors and reserves not to exceed the number allowed by the AST concerned;
 - For events where individual and team competitions are conducted simultaneously, and the team event is decided by the aggregate score/time of each individual member of the team, the athlete (if maximum two) participating in the individual event must be designated as such in the Entry form and only the athlete concerned will be competing in the individual event.

15.1.4 Technical Official and Jury of Appeal (OCA 59)

The BAYGOC must not receive or otherwise give official recognition to any foreign political delegation or leaders of any other mission whatsoever, without the prior written approval of the OCA. However, nobody can be discriminated against if he or she is a duly appointed official of the NOC's sports delegation.

15.1.5 Court of Appeal (OCA 79)

- a) The OCA EB on behalf of the OCA is the final Court of Appeal, which will decide all disputes of a non-technical nature concerning the OCA Games. Teams/Member NOC's, if necessary, may submit disputes to the Court of Appeal. In addition, the Court of Appeal may intervene in all disputes of a nontechnical nature outside the jurisdiction of the Juries of Appeal set up for each sport in the Programme;
- b) The Court of Arbitration for Sport (CAS) in association with the OCA will set up a small Ad Hoc working group from CAS that will be present and working alongside the OCA in the Asian Games period only, on the same lines as done during the Olympic Games. The participating athletes can address any issues that they may have directly with CAS, during the OCA Games.

15.1.6 Claims of Protest (OCA 80)

- a) Claims made to the Judges on grounds concerning matters of fact are decided by them without appeal;
- b) Appeals against other decisions of the Judges or with regard to any other matters must be addressed to the President of the Technical Jury of Appeal for the sport concerned by a representative of the team making the appeal;
- c) Exceptional circumstances apart, a claim must be made within two hours of the decision giving rise to it. The Jury, after an investigation, shall give a decision and this decision shall be irrevocable, except in the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the OCA. In these case it shall be decided by the Court of Appeal;
- d) All claims and appeals must be made in writing.

15.1.7 Penalties in Case of Fraud (OCA 81)





A competitor proved to have transgressed by fraud the Rules of the OCA shall be disqualified and lose any position he or she may have gained. If this competitor's team is proved to have been party to the fraud, his/her team shall be disqualified in the sport involved.

17. Equipment and Clothing

17.1. Equipment Requirements

All equipment must comply with World Triathlon Competition Rules, with special attention to:

- **Wetsuits:** Permitted according to water temperature (below 20°C for youth athletes)
- **Bicycles:** Must comply with draft-legal specifications:
 - Frame: Traditional triangle frame only
 - Handlebars: Traditional drop handlebars only
 - Wheels: Must be on the World Triathlon approved wheel list
 - Disc brakes are allowed
- **Helmets:** Must be approved by a recognized testing authority and undamaged

17.2. Uniform Requirements

Athletes must wear the official uniform of their NOC/NF, which must comply with World Triathlon uniform rules:

- Front and back country code/name required
- Family name on the back
- One-piece or two-piece uniform allowed
- Zippers on the back (not front)
- No covering of the arms below the shoulders
- No covering of the legs below the knees
- All uniforms must be pre-approved by the Technical Delegate

17.3. Equipment Check

Equipment checks will be conducted:

- Day before competition: 16:00-18:00
- Race day: From 2 hours before the start until 40 minutes before the start

18. Doping Control

In order to ensure healthy and fair competitions and protect the interests of the athletes, the Anti-doping programme of the 3rd Asian Youth Games will be conducted in strict accordance with the World Anti-doping Code and the OCA Anti-doping Rules.

19. Victory Ceremony

19.1. Schedule

Victory ceremonies will be conducted immediately after the conclusion of each final event at the dedicated medal ceremony area at the competition venue.

19.2. Medals

Gold, Silver, and Bronze medals will be awarded to the top three finishers in each event according to the Asian Youth Games protocol.

19.3. Protocol

Athletes must wear their official NOC/NF uniform for the award ceremony. No equipment, accessories, or national flags are permitted on the podium.

20. Approval of the Technical Handbook

The Technical Handbook has been approved by the Asia Triathlon On 19th May 2025





21. Key Contact Information

Federations	
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22. Appendices

22.1. Field of Play

