



PHUKET 2014
Thailand

TECHNICAL HANDBOOK

4th Asian Beach Games
November 14-23, 2014
Phuket, Thailand



Triathlon







PHUKET 2014
Thailand



Message from the Secretary-General

On behalf of the Phuket Asian Beach Games Organizing Committee (PABGOC), it is an honor for me to welcome you to the 4th Asian Beach Games to be held from November 14 to 23, 2014, in Phuket, Thailand.

Each edition is a testament that the Olympic Council of Asia, together with the Host Cities, have planned and worked hard to make the Asian Beach Games what it is right now – an exemplary Games platform across continents that mixes the elements of fun and intense competition. The fourth edition is bigger and better – a total of 32 disciplines in 23 Sports – which raises the bar for more individuals, teams and delegates to take part in the Asian Beach Games.

PABGOC is more than eager to welcome all participants to the pristine beaches of Phuket. The event definitely promises a perfect setting for the high-level of competition with a magnificent view of the island as the main backdrop.

Our Sports Technical Committee has prepared this Technical Handbook to set the guidelines and regulations pertaining to the sports competition program for the 4th Asian Beach Games. This handbook will serve as a guide to all participants of the fourth edition of the Asian Beach Games that covers the pertinent information about the Games and the technical aspect for each sport.

We wish everyone a productive endeavor in preparation for the 4th Asian Beach Games.

KANOKPHAND CHULAKASEM

Secretary-General

Phuket Asian Beach Games Organizing Committee

Chairman, Sport Technical Committee



OLYMPIC COUNCIL OF ASIA

President

Vice Presidents

Secretary General

Chairman of Information & Statistics Committee

Chairman of Rules Committee

Chairwoman of Women Committee

Chairman of International Relations Committee

Chairman of Advisory Committee

Chairman of Peace through Sport Committee

Chairman of Medical Committee

Chairman of Sports Environment Committee

Chairman of Athletes Committee

Chairman of Sports Committee

Chairman of Sports for All Committee

Chairman of Media Committee

Chairman of Finance Committee

Chairman of Culture Committee

Chairman of Education Committee

Chairman of Coordination Committee

Members

Director General & Technical Director

OCA Contact Information

Address

Tele

Fax

Email

Website

OCA EXECUTIVE BOARD

Sheikh Ahmad Al-Fahad Al-Sabah (Kuwait)

Maj. Gen. Charouck Arirachakaran (Thailand)

Mr. Timothy Fok Tsun Ting (Hong Kong, China)

Lt Gen. Syed Arif Hasan (Pakistan)

HE Sheikh Isa Bin Rashed Al Khalifa (Bahrain)

Mr. Temirkhan Dosmukhambetov (Kazakhstan)

Mr. Gofur-Arslonbek Rakhimov (Uzbekistan)

Mr. Hemasiri Fernando (Sri Lanka)

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Mr. Sapardurdy Toylyyev (Turkmenistan)

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Mrs. Rita Sri Wahyusih Subowo (Indonesia)

Mr. Ng Ser Miang (Singapore)

HRH Prince Faisal Bin Al-Hussein (Jordan)

Dr. Manikavasagam Jegathesan (Malaysia)

Mr. Kyung-Sun Yu (Korea)

Mrs. Yuko Arakida (Japan)

Mr. Zhang Jilong (China)

Brig Gen. Mowaffak Joumaa (Syria)

Mr. Charles King Chiu Lo (Macau, China)

Mr. Kevin Kuo-I Chen (Chinese Taipei)

Mr. Mohammad Al-Kamali (United Arab Emirates)

Dr. Rashed Hamed Al Heaiwel Al Sebaie (Saudi Arabia)

Mr. Tsunekazu Takeda

Mr. Manuel Silverio (Macau)

Gen. Souhail Khoury (Lebanon)

Mr. Habib Abdul Nabi Yousuf Macki (Oman)

Mr. Jose Cojuangco, Jr. (Philippines)

HRH Prince Haji Sufri Bolkiah (Brunei Darussalam)

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Phuket Asian Beach Games Organizing Committee

Chairman of High Committee

Ms. Yingluck Shinawatra

Prime Minister of The Kingdom of Thailand

Chairman - Board of Directors of the 4th Asian Beach Games 2014

High Committee Members

Mr. Somsak Pureesrisak

Minister of Tourism and Sports of Thailand

Chairman - Organizing Committee

Mr. Kanokphand Chulakasem

Governor of Sports Authority of Thailand

Chairman - Secretariat Office

Chairman - Sports Technical Committee

Pol.Gen. Adul Saengsingkaew

Police Commissioner - General

Chairman - Security and Traffic Committee

Mr. Somsak Chotrattanasiri

Director of Bureau of the Budget

Chairman - Budgeting & Privileges Committee

Mr. Mitri Intusut

Governor of Phuket

Chairman - Accommodation, Transportation and Protocol Committee

Mr. Thawatchai Arunyik

Governor of Tourism Authority of Thailand

Chairman - Public Relations Committee

Mr. Narong Sahametapat, M.D.

Permanent Secretary of Ministry of Public Health

Chairman - Medical and Doping Control Committee

Maj. Gen Charouck Arirachakaran

Vice President & Secretary General of NOCT.

Chairman - Protocol and Ceremony Committee



Sport Federation

Asian Triathlon Confederation

President	Mr. Yu, Kyung-Sun
Secretary General	Datuk Balwant Singh Kler
Address Sec Gen Office	69 Austral Park, Lorong Austral 10, 88200 Kota Kinabalu, Sabah, Malaysia.
Tel.	+60-88-260073
Mobile phone	+60-13-8504011
Email	balwant@sabahtourism.com
Website	http://astc.com.triathlon.org/

Triathlon Association of Thailand

President	Mr. Vijitr Sitinawin
Secretary General	Kanchanporn Pongdecha
Address	76/8 Soi 110/3, Senanicom 1 road, Ladpaow, Bangkok 10230, Thailand
Tel.	662 5784515,
Mobile phone	6681 4843335, 6681 6644533
Fax.	662 5780863
Email:	vijitrtriathlon@gmail.com vijitr_thailand@hotmail.com
Website	www.thaitri.org

PHUKET 2014
Thailand

Technical Officials

Technical Delegate

Email

Director of Operations

Email

Director of Sports

Email

Deputy Cluster Director (Sports & Venues)

Email

Sports Competition Manager

Email

Competition Manager

Email

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ginio11160@gmail.com

Flt.Lt. Usanee Wongsalangarn

usanee@phuketthailand2014.com














































Mr. Vijitr Sitinawin

vijitrtriathlon@gmail.com

vijitr_thailand@hotmail.com



Member Countries & Regions

No.	Country/Region	Country Code	Region Code
1	 Afghanistan	AFG	SA
2	 Bahrain	BRN	WA
3	 Bangladesh	BAN	SA
4	 Bhutan	BHU	SA
5	 Brunei Darussalam	BRU	SEA
6	 Cambodia	CAM	SEA
7	 China	CHN	EA
8	 D.P.R. Korea	PRK	EA
9	 Hong Kong, China	HKG	EA
10	 India	IND	SA
11	 Indonesia	INA	SEA
12	 Iran	IRI	WA
13	 Iraq	IRQ	WA
14	 Japan	JPN	EA
15	 Jordan	JOR	WA
16	 Kazakhstan	KAZ	CA
17	 Korea	KOR	EA
18	 Kuwait	KUW	WA
19	 Kyrgyzstan	KGZ	CA
20	 Laos	LAO	SEA
21	 Lebanon	LIB	WA
22	 Macau, China	MAC	EA
23	 Malaysia	MAS	SEA
24	 Maldives	MDV	SA
25	 Mongolia	MGL	EA
26	 Myanmar	MYA	SEA
27	 Nepal	NEP	SA
28	 Oman	OMA	WA
29	 Pakistan	PAK	SA
30	 Palestine	PLE	WA
31	 Philippines	PHI	SEA
32	 Qatar	QAT	WA
33	 Saudi Arabia	KSA	WA
34	 Singapore	SIN	SEA
35	 Sri Lanka	SRI	SA
36	 Syria	SYR	WA
37	 Chinese Taipei	TPE	EA
38	 Tajikistan	TJK	CA
39	 Thailand	THA	SEA
40	 Timor-Leste	TLS	SEA
41	 Turkmenistan	TKM	CA
42	 United Arab Emirates	UAE	WA
43	 Uzbekistan	UZB	CA
44	 Vietnam	VIE	SEA
45	 Yemen	YEM	WA



Quick Facts about Phuket

Introduction to Phuket

Phuket is an island connected by bridges to southern Thailand's Andaman Sea coast, in the Indian Ocean, lying between 7'45" and 8'15" north latitude, and from 98'15" to 98'40" west longitude on the map. Phuket, Thailand's largest islands, is surrounded by 32 smaller islands that form part of the same administration, with a total area of 570 square kilometers. Measured at its widest point, Phuket is 21.3 kilometers; at its longest, 48.7 kilometers.

Phuket's weather conditions are dominated by monsoon winds that blow year round. It is therefore always warm and humid. There are two distinct seasons, rainy and dry. The rainy season begins in May and lasts till October, during which the monsoon blows from the southwest. The dry season is from November through April, when the monsoon comes from the northeast.

Transportation / Getting Here

Phuket Airport is now an international airport, so Phuket can be reached directly from points all over the world.

Bangkok Airways and Phuket Air have daily flights connecting Phuket with Bangkok, Pattaya and Samui. Thai Airways has numerous daily flights servicing the Bangkok-Phuket route. In addition, they have regular flights connecting Phuket with Hat Yai, Surat Thani, and Narathiwat.

From Bangkok the total distance is about 867 kms. Bus transport includes both air and non-air conditioned coaches leaving from Bangkok's Southern Bus Terminal several times a day.

Recreation

Phuket offers an unrivalled selection of water sports, including deep-sea fishing, snorkeling and scuba diving. The area has become one of Asia's premier yachting destinations with yachts from every continent represented in Phuket's marinas.

There are four world-class golf courses on the island. Other activities include mountain biking, go carting, bungee jumping, horseback riding and shooting.

Spend a morning indulging in your favorite water sport, and then spend your afternoon on an elephant safari. Lie by the beach all day, or visit a spa and get thoroughly pampered. Choose to do nothing or everything - the opportunities are endless.

Attractions

Phuket is incredibly diverse, with rocky and sandy beaches, tall cliffs, forests, waterfalls and temples.

Of course, Phuket's limestone cliffs and palm-fringed tropical beaches are its biggest attractions. Each of Phuket's many beaches has a character and charm of its own and is separated from its neighbors by picturesque headlands. From busy fun beaches, to secluded coves of fine white sand, there is bound to be at least one to suit the mood and mindset of every visitor to the island.

Visitors to Phuket Province generally head for the sea, but the interior is worth exploring for its vivid patchwork of plantations and rice paddies. Take a trek into the island's jungles on an elephant's back or hike through the virgin forests of Khao Phra Thaew, the last remaining rain forest of the island.



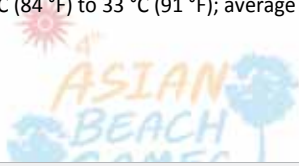
Nightlife Shopping & Dining

Phuket offers so much for everyone. Walk through some bustling open-air markets laden with the freshest seafood, fruits, vegetables, and sample from vendors selling all manner of tasty treats. Visit some of Phuket's up market boutiques and antique stores situated in renovated Chinese shop houses, or Sino-Portuguese buildings.

Not only do most of the major hotels and resorts offer a wide selection of quality international restaurants and bars, featuring cabaret shows and live music, but every tourist centre has numerous other entertainment venues. Patong is undoubtedly the epicenter of the island's entertainment scene, boasting a wealth of bars, clubs, live music, and cabaret shows, yet there is still plenty to discover around the island, with Kata/Karon and Phuket town offering such a diverse range of clubs and nightspots that it's difficult to know where to start.

Weather and Climate of Phuket

Phuket has a tropical climate, more specifically a tropical monsoon climate, with a dry season from November to April and a rainy season from May to October. Average temperatures are consistent year-round. Average highs range from 29 °C (84 °F) to 33 °C (91 °F); average lows range from 23 °C (73 °F) to 26 °C (79 °F).



Climate data for Phuket													
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	31.8 (89.2)	32.9 (91.2)	33.5 (92.3)	33.4 (92.1)	32.0 (89.6)	31.6 (88.9)	31.2 (88.2)	31.2 (88.2)	30.7 (87.3)	30.9 (87.6)	31.0 (87.8)	31.2 (88.2)	31.8 (89.2)
Daily mean °C (°F)	27.9 (82.2)	28.7 (83.7)	29.3 (84.7)	29.5 (85.1)	28.4 (83.1)	28.3 (82.9)	27.8 (82.0)	27.9 (82.2)	27.3 (81.1)	27.4 (81.3)	27.5 (81.5)	27.6 (81.7)	28.1 (82.6)
Average low °C (°F)	23.3 (73.9)	23.7 (74.7)	24.3 (75.7)	24.8 (76.6)	24.5 (76.1)	24.5 (76.1)	24.2 (75.6)	24.4 (75.9)	23.9 (75.0)	23.8 (74.8)	23.8 (74.8)	23.7 (74.7)	24.1 (75.4)
Precipitation mm (inches)	29.8 (1.17)	20.9 (0.82)	49.1 (1.93)	121.9 (4.79)	319.4 (12.57)	268.9 (10.58)	290.5 (11.43)	272.6 (10.73)	399.0 (15.70)	309.6 (12.18)	175.7 (6.91)	59.4 (2.33)	2,316.8 (91.21)
Avg. rainy days	4	3	5	11	21	19	19	19	23	22	16	8	170
Mean monthly sunshine hours	286.2	271.5	282.3	247.9	188.5	139.5	172.6	174.1	143.2	179.8	197.1	244.3	2,527.0



PHUKET 2014 Thailand

The emblem of the 4th Asian Beach Games was driven by Phuket's very own beauty and by one of Phuket's most mesmerizing sceneries of Laem Promthep with such beauty that Phuket possesses, Phuket is also widely recognized as the Pearl of the Andaman and the Southern Paradise" where athletes, spectators and tourists could enjoy watching the ongoing game while at the same time allowing themselves to serenely sink into the spell-binding beauty of Phuket beaches and sceneries. The two palm trees standing side by side represents the coming together of athletes and of all participants from different nations and races, to unite and to participate together in the 4th Asian Beach Games.

As for the middle, the Asian Beach Games is the center of this beautiful bonding between the races in which the athletes represents. The ocean waves tinted in the color of the Thai flag symbolizes the qualities in which Thailand possesses; the Thai flag swirling could be understood as a representation of the determination of the athletes in participating in the competition.



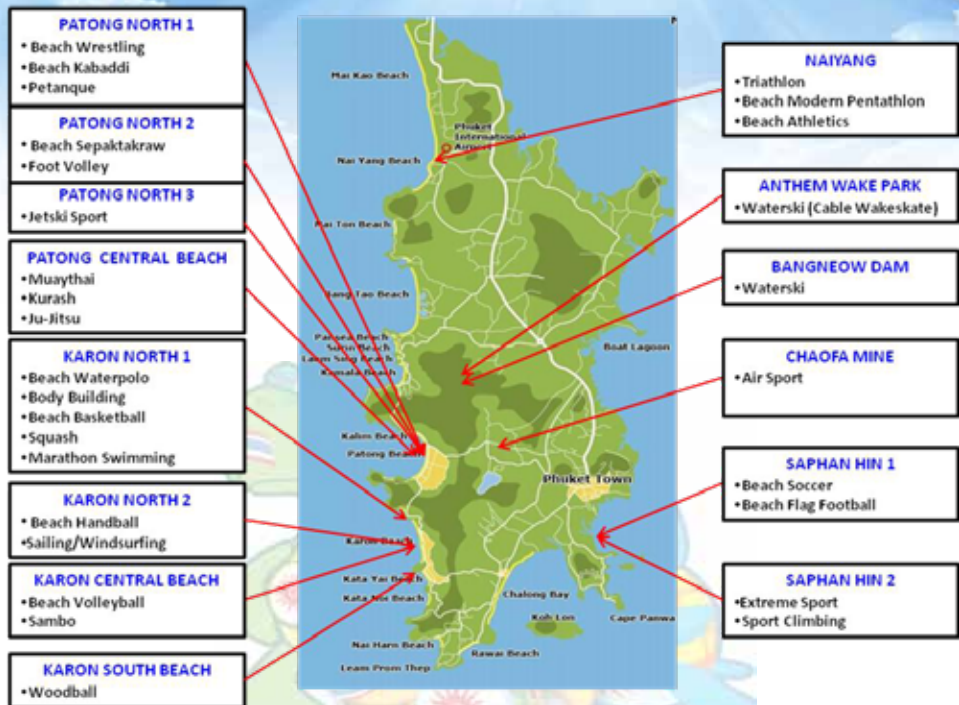
"Sea turtle" is a symbol of endurance fertility, sustainability and growth. As Phuket is a home to many rare species of sea turtle, it is a chance to announce to the participants of the 4th Asian Beach Games and also to the public that Thailand pays great attention and an important role to the conservation of sea turtle.

As sea turtle are amphibious creatures, living both on land and in the sea, the 4th Asian Beach Games will have both beach sports and water sports which at the same time is an excellent symbol of the relationships of the different countries in Asia..

The name Sintu (สินธุ์), Sakorn (สาคร), Samut (สมุทร) shares the same meaning of water. Could be metaphorically be compared to the qualities of athletes which includes the qualities such as tolerance, tranquility, unity, acceptance, sportsmanship and friendship.



4th ABG COMPETITION VENUES





VENUE : CHAO-FAH MINE
BANG-NIEW DAM
NAI-YANG BEACH



PARAGLIDING
POWER PARAGLIDING



CHAO-FAH MINE



WATER SKI
WAKE BOARDING



BANG-NIEW DAM



TRIATHLON
BEACH MODERN PENTATHLON



BEACH ATHLETICS



NAI-YANG BEACH



Technical Delegate Profile



Datuk Balwant Singh Kler

Datuk Balwant Singh Kler is a qualified Technical Official (Level 3) of the International Triathlon Union (ITU). A former athlete himself and later State Sports Director (Sabah, Malaysia), he was an Executive Board member of the Asian Amateur Athletic Association from 1979-1995, now Honorary Life Member. He was Technical Delegate for the Asian Triathlon Championships (ATC) from 1996 – 2003, except 2001 when he organized the ATC in Malaysia. He has officiated as Technical Official for triathlon at 2002 (Manchester) and 2006 (Melbourne) Commonwealth Games. He has also officiated as Chief Race Officer (triathlon) at the Doha Asian Games (2006). He was Member of Jury (triathlon) at the 2008 Olympic Games in Beijing, and again at 2010 Asian Games, Guangzhou, China. He was Technical Delegate for the 1st Asian Beach Games (2008) in Bali, Indonesia. He was elected member of the Asian Triathlon Confederation (ASTC) Technical Committee between 1996 – 2003. In 2003, he was elected Secretary-General of the ASTC, a post he still holds at the moment.

Competition Technical Information

The 4th Asian Beach Games Phuket 2014 Triathlon								
No.	Events	Number of Athletes		Maximum Number of Athletes	No. of Medals			
		Men	Women		Gold	Silver	Bronze	Total
1	Triathlon Individual	2	2	4	2	2	2	6
2	Triathlon Mixed Team Relay	2	2	4	1	1	1	3
3	Duathlon Individual	2	2	4	2	2	2	6
4	Duathlon Mixed Team Relay	2	2	4	1	1	1	3
Maximum Number of Athletes for each National Olympic Committee : 16								

1. Date and Place

Triathlon (TR) competition for the 4th Asian Beach Games Phuket 2014 will be held in Phuket, Thailand from 15 - 17 November 2014 at Naiyang Beach

2. Competition Venue

Triathlon (TR) Venue is located at The Sirinath National Park, Nai Yang Beach, and Phuket Island. The training Venue for this competition will be at Nai Yang Beach.

3. Events

Triathlon (TR) competition will comprise of 6 Events:

- Triathlon Individuals** : Men and Women.
- Triathlon Mixed Team Relays** : Mixed Team
- Duathlon Individuals** : Men and Women.
- Duathlon Mixed Team Relays** : Mixed Team

Their distances shall be as follow:

Triathlon

Event	Swim	Bike	Run
Team Mixed Relay Triathlon	300 m.	8 km.	2 km.
Sprint Triathlon	750 m.	20 km.	5 km.

Duathlon

Event	Run	Bike	Run
Team Mixed Relay Duathlon	2 km.	8 km.	1 km.
Sprint Duathlon	5 km.	20 km.	2.5 km.



4. Competition Schedule

Date	08.00 – 12.00		13.00 - 16.30
14	Team Manager Meeting, Race Briefing, Bike & Uniform Checking		ABG Open Ceremony
15	08.00 – 10.00	10.30 – 12.30	14.00 – 15.30
	Sprint Duathlon Male	Sprint Duathlon Female	Team Mixed Relay Duathlon
16			
17	08.00 – 10.00	10.30 – 12.30	14.00 – 15.30
	Sprint Triathlon Male	Sprint Triathlon Female	Team Mixed Relay Triathlon
18	ASTC Congress		

5. Eligibility

5.1 Eligibility Code

To be eligible for participation in the 4th Asian Beach Games, a competitor must comply with **OCA constitution** and the ITU Statutes and Rules

5.2 Nationality of Competitor

Only nations of the country of the NOC shall be qualified to represent the NOC in the games. All disputes relating to the determination of the country which competitor may represent in the 4th Asian Beach Games shall be resolved by **OCA**.

5.3 Participants

The 4th Asian Beach Games Triathlon and Duathlon Competition are reserved for teams representing National Olympic Committees affiliated to the Asian Triathlon Confederation. Only competitor who complies with the conditions laid down in the **OCA** constitution and **ASTC** Statutes and Rules.

5.4 Number of Entries

The maximum number of entries from each nation in each event is fixed by the Federation in consultation with the Host NOC. However, the following numbers cannot be exceeded:

- For individual events there shall only be two (2) entries from each NOC (excluding reserves).
- For team events, one (1) team per nation, a team is composed of 4 athletes of 2 men and 2 women

6. Entries

6.1 Entries of each participating NOC must be submitted in accordance with the regulations laid-out by **PABGOC**.

6.2 Deadline for Entry by Number Forms (Preliminary)

Each participating OCA member NOC must submit Entry by Number Forms to PABGOC by 24:00hrs Thailand local time (GMT +7) of **30 June 2014**. This form may be submitted by fax. Original form must be presented during the DRM. **PABGOC's** detailed address, telephone and fax may be found on the entry form.

6.3 Deadline for Entry by Name Forms (Final)

The Entry by Name Forms must be received by **PABGOC** no later than **31 August 2014** at 24:00hrs Thailand local time (GMT +7). The completed Entry by Name Forms must be submitted for each athlete and must include all necessary information including athlete's full name.

NOC may make changes or submit amended Entry by Name Forms up to and including the day of deadline, but no such amendments will be permitted after the deadline...

- 6.4 Both Entries by Number and Name Forms may be sent by fax and subsequently confirmed with stamped original by posting to the following address:

Sports Entries/4th ABG

c/o **Tatchanart Tongprakob**

Sports Directorate, Phuket Asian Beach Games Organizing Committee
13th Floor, SAT Building, 286 Ramkhamhaeng Road, Huamark, Bangkok,
Bangkok, Thailand 10240

Email: tatchanart.t@phuketthailand2014.com

Tel. No. +66 2186 7178 Fax No: +66 21867537

- 6.5 If forms are sent by e-mail or fax, the Chef de Mission must bring the original Sports Entry Forms during the Delegation Registration Meeting (DRM).

- 6.6 Any late entries will be decided by **OCA** for acceptance or rejection.

7. Technical Meetings

Technical Delegate and Technical Officials Meeting will be held at Race Operation Office on 14 November 2014 at 08:00 a.m.- 12:00 a.m.

General Technical Meeting of Team Managers/Coaches will be held at Race Operation Office on 14 November 2014 at 08:00 a.m.- 12:00 a.m.

8. General Rules and Regulations Rules

The 4th Asian Beach Games Triathlon and Duathlon Competition will be conducted in accordance with the **ITU Competition Rules (21 Feb 2013)**. In case of a disagreement in the interpretation of rules from versions in different languages, the English text will prevail. Any unforeseen incident not covered by the rules shall be dealt with accordingly in the following manner:

Technical questions shall be resolved in accordance with the ITU Rules.

Cases of general nature shall be resolved in accordance with the **Asian Triathlon Confederation (ASTC)** Statutes and Rules (2012). Particularly, the following rules shall have precedence:

Asian Triathlon Confederation:

- a. Organizing Committee shall write to the **Asian Triathlon Confederation** concerned to hold their sport in the games. The Organizing Committee may invite a representative (TD) who shall arrive at least three (3) days before the beginning of the first event of their sport in order to check the facilities and equipment and arrange the entries, which conform to its rules and the rules of the **ITU**.
- b. The Organizing Committee shall pay the accommodation, meals and local expenses of its Representative at the established rate of the Organizing Committee until two (2) days after the closing of their competition.



- c. In exceptional cases, if for technical reasons the presence of additional delegates is necessary, the appropriate arrangements shall be made with the Organizing Committee; the Executive Committee must be previously informed. In case of disagreement, the Executive Committee shall decide

Court of Appeal

The Executive Committee on behalf of the Federation is the court of Appeal, which will decide finally on all questions concerning the Games. NOCs or the Organizing Committee may submit questions to the court of Appeal. In addition the Court of Appeal may intervene in all question of non-technical nature outside the jurisdiction of the Juries of Appeal set up for each sport in the programmer.

Claims and Protests

- a. Claims and protests made to the Judges on the grounds concerning matters of fact are decided by them without appeals. Appeals against other decisions of the judges or with regards to any other matter must be addressed to the Chairman of the Jury of the Appeal for the sport concerned by a representative of the NOC of the country making the appeal.
- b. For exceptional circumstances, any claim must be made within thirty (30) minutes of the decision giving rise to the claim. The Jury of Appeal after an investigation shall then give a decision and this decision shall be irrevocable, except for the case of a disqualification of a term or of a competitor for infraction of the **Asian Triathlon Confederation**, which shall be decided by the Court of Appeal. All claims and appeals must be made in writing. The participating NOC has the right to appeal to CAs against **ASTC** Decision.

Technical Officials and Jury of Appeal:

- a. The necessary Technical Officials Referees and a Jury of Appeal for each sport shall be appointed by the appropriate National Federation of the Host Country, which shall direct their work in conjunction with the Organizing Committee. **OCA**, with justified reason, may propose to ASTC some changes of international technical official.
- b. If technical officials are needed from the other Member Organizations, to be invited to the Games, the Organizing Committee shall seek approval from the Executive Committee. Should the Executive Committee approve the request, the Organizing Committee shall pay their expenses for accommodation, meals, and local transport for the whole period of the games.
- c. The technical officials and the members of the jury of Appeal must have never been professionals in sport.
- d. No official who has participated in a decision may serve in the Jury of Appeal that reviews it. The findings of the Jury shall be communicated as soon as possible to the Organizing Committee and the Executive Committee.
- e. Technical officials may not live in the Games Villages, but the Organizing Committee shall ensure and bear the cost of their living accommodation, including board and local transport facilities.
- f. The Jury of Appeal's decision on all technical questions concerning its respective disciplinary nature is final. They shall, however, be without prejudice to any further penalty, which may be imposed by the Executive Committee.
- g. The Jury of Appeal shall be composed of a chairman/woman, which composition shall be filled up by the host country of the Games with a representative of each member country as members.

- h. The Technical Delegate to the games may be appointed ex-officio member of the body and shall act only in an advisory capacity, unless their respective International Federation require otherwise.
- i. In the event of a dispute or protest relative to technical questions concerning its respective sporting event, representatives of countries in the Jury of Appeal whose countries are involved in the dispute or protest may be allowed to participate in the deliberations, but cannot vote in the resolution of the protest or dispute.

9. Competition General Rules & Regulations

Technical Organization

The Triathlon competition of the 4th Asian Beach Games will be held in accordance with the **International Triathlon Union (ITU)** Competition Rules and Regulations, in force during the Games time.

In case of any disagreement in the language interpretation of the rules and regulation, the English version shall prevail. Any unforeseen cases not covered by the regulations and rules shall be resolved as follow:

- General issues: Resolved in accordance with the **OCA** Constitution and Rules.
- Technical issues: Resolved in accordance with the **ITU** Rules and Regulations.

Draw

Athletes will draw their starting position. In case an athlete does not attend the starting position draw, the Technical Delegate will wait until those athletes in attendance have all chosen to assign the missing athlete's spot.

System of Competition / Conduct

Triathlon:

Swimming

Competitors may use any stroke to propel themselves through the water. They may also tread water or float. A competitor may use a boat or inanimate object to stay afloat but cannot use them to gain an advantage.

In case of an emergency, a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered the competitor must retire from the competition.

Cycling

Competitor must obey traffic laws unless otherwise directed by an official. Any competitor whom according to an official appears to present a danger to themselves or others may be disqualified and removed from the competition.

Running

The responsibility of keeping on the course rests with competitor. Any competitor whom according to officials presents a danger to themselves or others may be removed from the competition.

A competitor will be judged as "Finished" the moment any part of the torso, reaches the perpendicular line extending from the leading edge of the finish line.

Transition Areas:

Rules regarding the swimming – Cycling transition area can be found in the **ITU** Competition Rules.



Duathlon: Consisting of running and cycling.

Running 1st and 2nd

The responsibility of keeping on the course rests with competitor. Any competitor whom according to officials presents a danger to themselves or others may be removed from the competition.

A competitor will be judged as “Finished” the moment any part of the torso, reaches the perpendicular line extending from the leading edge of the finish line.

Cycling

Competitor must obey traffic laws unless otherwise directed by an official. Any competitor whom according to an official appears to present a danger to themselves or others may be disqualified and removed from the competition.

Transition Areas:

Rules regarding the Running – Cycling transition area can be found the **ITU** Competition Rules.

Mixed Team Relay Triathlon and Mixed Team Relay Duathlon:

Mixed Team Relay: A team is composed of 4 athletes: 2 men and 2 women, who will compete in the following order: woman, man woman, man. Each of them will cover a complete triathlon and duathlon. The total time for the team is from the start of the 1st team member to the finish of the 4th athlete. Time is continuous and the watch does not stop between athletes.

10. Draw Event

Athletes will draw their starting position. In case an athlete does not attend the starting position draw, the Technical Delegate will wait until those athletes in attendance have all chosen to assign the missing athlete’s spot.

11. Technical Officials

The officials that will attend the Event are:

Technical Delegate who will ensure that all aspects of the **ITU** Competition Rules and Operation Manuals are fulfilled.

The Referee who will direct the certification of race officials and will make the final judgments on rule violations.

The Chief Official who will assign and monitor the work of all Race Officials.

Race Officials who are assigned to registration, Start/Finish line, Transition Areas, Swimming, Cycling, and Running, and Vehicle Control. An adequate number of race officials will be assigned to each area and will be responsible for the enforcement of the **ITU** Competition Rules within their assigned jurisdiction.

The Competition Jury, who will be appointed by the Technical Delegate and whose responsibilities and duties are described in the **ITU** Competition Rules.

Volunteers, certified as Level 1 Officials who will be assigned to areas of responsibility on the field of play by the Technical Delegate.



12. Protests and Appeals

A protest is against the conduct of athletes, Technical Official, or the conditions of the competition. An NF designate may file a protest with the Referee provided the protest has not been previously observed by the Technical Officials and rule upon by the Referee.

Where ITU Competition Rules do not cover the incident, **FINA, UCL, IAAF, FIS, IPC** swimming and IPC athletes Rules will apply.

Protest concerning the eligibility of a competitor shall be made in writing to the Referee before the Athletes Briefing. The Competition Jury will decide on this in a meeting schedule immediately after the Athletes' Briefing.

Protests concerning the safety of the course or its variance on regulations must be made in writing to the Referee no later than twenty-four (24) hours before the start of the race.

Protests concerning the Race must be made in writing to the Referee within fifteen (15) minutes of his/her finish time. However, the intention to write a protest has to be announced to the Referee within five (5) minutes of his/her finish time. After this deadline, only protests following this process will be admitted.

Protest concerning a competitor's equipment which infringes on the conditions set out in the ITU Rules must be delivered in writing to the Referee fifteen (15) minutes after his/her finish time. However, the intention to write a protest has to be announced to the Referee within five (5) minutes of his/her finish time. After this deadline, only protests following this process will be admitted.

Protests concerning mistakes in timing and results (time error, athletes' ranking) must be delivered in writing the NF to TD within thirty (30) minutes after the posting of the unofficial results by the Referee. A Nation Federation may protest the official results up to thirty (30) days after the competition.

Where ITU Competition Rules do not cover the protest issue, **FINA, UCI, FIS, and IAAF** Rules shall apply.

Protests must be submitted on the appropriate form and accompanied by a deposit of fifty US Dollars (US\$ 50.00) which will be refunded if the protest is accepted.

Protest forms may be obtained from the Referee.

13. Dress Codes

Swimming:

Competitors must have their swimsuits or their country's uniform inspected and approve by the Organizing Committee using ITU Rules. Wetsuits are not allowed. All Competitors must wear their NF swim cap during the swim segment. Swim cap are provided by their NF. No sponsor logos are allowed on the swim cap except their NF's National Flag. Competitors may not alter the swim caps in any manner. Failure to wear their NF's swim cap, or altering the swim cap, may result in a penalty up to and including disqualification.

Competitors must not use:

1. Artificial propulsion devices
2. Flotation devices
3. Gloves or socks
4. Wetsuit bottoms only
5. Non-certified swimsuits (not in compliance with the ITU Uniform Rules)
6. Clothing covering any part of the arms below the shoulders and clothing cover any part of the leg below the knees



Cycling:

Competitor helmets are compulsory and must be approved by a nation accredited testing authority recognized by an NF. An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited.

Competitions may not race with bare torso in the cycling and running portion.

Running:

Competitors must be wearing their country's uniform, which must comply with the **ITU** Uniform Specifications. Competitions may not race with bare torso in the running portion.

14. Sports Equipment

Swimming

Athletes cannot use equipment not approved by **ITU** as defined in the **ITU** Competition Rules.

Cycling

Bicycles must have the following characteristics for Elite Competitions as prescribed in the **ITU** Competition.

Any equipment or devices used or carried during the race or bike segment or added to the bike is subject to approval by the Referee before the race. Non approved devices are forbidden and may result in the disqualification.

A bike check will take place twenty four (24) hours before the race.

Glass containers, headphones and headsets are not permitted.

15. Penalties in Case of Fraud

A competitor proven to have fraudulently transgressed the Rules and Regulations of the Games Federation, shall be disqualified and lose any position he/she may have gained. If this competitor's member organization is proven to have been a party to the fraud, his/her NOC may be disqualified in the sport involved, by decision of **OCA**.

16. Doping Control/Gender Verification

- a. Doping Violation as defined by the **WADA** Code is forbidden.
- b. All competitors are liable to medical control and examination carries out in conformity with the rules of the international Olympic Committee Medical Commission, the **WADA** Anti-Doping Code and Explanatory documents.
- c. Competitor in sports restricted to women must comply with the prescribed tests for femininity, when needed.
- d. Any competitor refusing to submit for a medical control or examination or is found guilty of Antidumping violation shall be excluded from the **4th Asian Beach Games**. The principles of exclusion for teams and individuals shall be in accordance with the **WADA** Code.
- e. A medal may be withdrawn by order of the Executive Committee on the proposal of the Chairman of the Organizing Committee.
- f. A Medical Commission as approved by the Medical Committee of the **Asian Triathlon Confederation** will be set up to implement these rules. Member of which be nominated by their respective NOC as approved by the Medical Commission of the **ASTC**.
- g. The above regulations shall in no way affect further sanctions by the International Federation.

17. Victory Ceremonies

The ceremony will be in Thai and English. Medals, flowers and mascot bearers will enter the field-of-play and take position. Players will be escorted to the podium. The medals will be presented by the **OCA** President or his representative or by the ASTC representative. The national anthem of the gold medalist will be played and the flag of the winners will be hoisted. Winners must wear their NOC official sport uniform.

18. Media Interviews

Competitors should go through the mixed-zone after their contest whenever there is a mixed-zone set up. Competitors will be invited to attend press conferences/interviews when requested.

19. Approval of the Technical Handbook

This Technical Handbook was approved by **ASTC**

General Clause:

Changes or revisions may be made after publication of this Technical Handbook. For reference and guidance, appropriate updates will be disseminated through the NOC.



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