



Triathlon



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

World Police and Fire Games Federation (WPFGF)
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World Triathlon

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For general information about World Triathlon visit www.triathlon.org

CLICK HERE FOR GOVERNING BODY FULL RULES

International rules will be followed unless specified in WPFG Triathlon Guidelines

Age as of Date: 12/31/2027

Entry Deadline: 2/28/2027

EVENTS

INDIVIDUAL: MEN & WOMEN

Lightweight:

18+

30+

35+

40+

45+

50+

55+

60+

65+

Heavyweight: 18+

Men (91 kg/200 lbs. & Over)

Women (68.04 kg/150 lbs. & Over)

TEAM: (3-person team)

MEN'S, WOMEN'S, MIXED (must have minimum 1 man and 1 woman)

18+

30+

40+

50+



Active competitors from police and fire agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**. Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes across country lines.

A competitor may enter only **one** event in the Team Triathlon.

GENERAL SPORT RULES for Triathlon

All competitors will check-in at the venue a minimum of 1 hour before starting time using their Athlete Accreditation. (See WPFPG General Rules).

International rules will be followed unless specified in WPFPG Triathlon Guidelines. (Due to circumstances unique to WPFPG, some of the rules may have to be modified. **THESE MODIFICATIONS SHALL NOT BE MADE WITHOUT CONSULTATION WITH WPFPG DIRECTOR FOR TRIATHLON. ANY CHANGES WILL BE SUBMITTED IN WRITING.**)

Each team will consist of three members. Each team will have one team wristband which must be passed from one team member to another as the relay progresses. Winning teams will be the teams whose runners cross the finish line first. A team competitor may only compete in one of the three segments of the Triathlon for the team competition.

Team members other than runners are not to cross the finish line.

Competitors may only compete in one event. Examples: An Individual event competitor may not swim the first segment of the Team event. A Men's Team swimmer may not also swim the first segment of the Mixed Team event.

All competitors who are unable to complete the entire race or their phase of the team event for any reason must check-in with a race official as soon as possible.

Weigh-in for the Heavyweight categories will be at the pre-race meeting the day before or morning of the event. Male and female entrants in the Heavyweight categories will be weighed in a bathing suit and bare feet.

A **MANDATORY** team captain meeting will be conducted the day prior to the start of the



competition. At this time, all relevant information regarding course, rules, etc. will be given to competitors. Each team **SHALL** have a representative at this meeting.

All final team

rosters must be submitted at this meeting. There will be no exceptions to the roster once this meeting has been completed. **NO EXEPTIONS**

A Competitors by Sport/Event (CSE) Report is mandatory for the Sport Coordinator to verify team members with final rosters being submitted by team captains. This will also be used to determine rosters for which medal ceremony's will be conducted.

AWARDING OF MEDALS TO ATHLETES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete's Credential. If the athlete does not present their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report for verification of participation. This will determine and verify which event the athlete was entered into.