

# Organizing and running duathlon competitions in Ukraine

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**Purpose:** to analyze the system of organizing and running competitions for a variety of continuous triathlon in Ukraine for compliance with the rules of the International Federation of Triathlon.

**Material & Methods:** based on the study of the specialized literature, the regulatory framework of the triathlon federation, a comparative analysis of the organization and conduct of competitions between the duathletes in the world and in Ukraine carried out.

**Results:** it's revealed a discrepancy between the length of the segments of the greater part of the combined distances at which classification competitions are held in Ukraine, the official formats of international duathlon competitions in Europe and the world.

**Conclusion:** recommendation on elimination of discrepancies of the Ukrainian formats of the distances influencing efficiency of the competitive process in duathlon are proposed.

**Keywords:** type of program, duathlon, cross-country segment, bicycle segment, continuous triathlon, transit area, triathlete.

## Introduction

In the form of sport triathlon, there are many variants of all possible distances with a different combination of types of competitive activity and the length of segments [5; 6; 13].

A new kind of continuous triathlon – duathlon – is the consistent overcoming of athletes combined distance through only two types of physical activity [1; 4].

Type of program duathlon – one of the most recognized and popular innovative directions in the sports world and consists of running, riding a bike and running again (as a rule, the second run is half shorter than the first, but there are variants when the running segments are the same in their length) [14; 15].

International competitions in Europe and the world under the patronage of the International Triathlon Federation (ITU) for the duathlon have been held since 1990 [4; 9].

Preparation and participation in contests according to the type of the duathlon program is one of the most promising areas for the development of continuous triathlon in cities, towns and countryside of our country, in which there is no adequate infrastructure for the full preparation of the triathletes for one of the constituent types of physical activity – swimming.

In accordance with the Unified Calendar of Physical Fitness and Sports Events in Ukraine (UCPFSEU) during the year, the Federation of Triathlon of Ukraine (FTU) conducts all-Ukrainian competitions according to the type of the program duathlon [11]. However, the issues concerning the conditions for organizing and holding competitions in a new direction in continuous eventing under the auspices of the FTU, as well as

their compliance with the rules of the ITU, are far from being fully explored.

## The purpose of the research

To analyze the system of organizing and running competitions for a variety of continuous triathlon in Ukraine for compliance with the rules of the International Federation of Triathlon.

*Objectives of the study:*

1. Expand conditions for the organization and conduct of competitions according to the type of the duathlon program based on international rules.
2. To determine the conformity of the competitions according to the type of the duathlon program in Ukraine to the rules of ITU.
3. To determine the correspondence of the classification competition distances according to the kind of the duathlon program in Ukraine to the international competition distances ITU.

## Material and Methods of the research

1. The study and synthesis of literary and internet sources, normative documents of ITU, FTU and other international federations to assess the key provisions that underlie the competitive process in the duathlon.
2. Comparative analysis of the conditions for organizing and holding competitions for continuous triathlon at officially recognized international formats of distances abroad and at the classification competition distances in Ukraine according to

the type of the duathlon program.

## Results of the research and their discussion

Conditions for holding competitions in a new direction in continuous triathlon are the same for both men and women.

Since competitions in the form of the duathlon program represent the overcoming of the combined distance in a continuous sequence through running, bicycling and running again, the rules of the athletes' behavior on the segments of the route do not differ from those in the corresponding sports. Specificity mainly refers only to the order of passage of the triathlete of the transit zone, where a change in the types of sports activities [2].

The official distance formats on which ITU conducts international duathlon competitions is:

- super sprint – 1,0 km run + 5,0 km bicycling + 1,0 km run;
- sprint – 2,0 km run + 10,0 km bicycling + 2,0 km run;
- short – 7,0 km run + 30,0 km bicycling + 3,5 km run;
- standard – 10,0 km run + 40,0 km bicycling + 5,0 km run [4; 6; 15].

*Remark.* In recent years in Europe and the world are rapidly gaining popularity competitions for triathletes overcoming the "long" duathlon, consisting of 20,0 km run + 80,0 km bicycling + 10,0 km run [1; 4; 6].

**Requirements for outfit and sports equipment.** In competitions according to the type of program, the duathlon of the athlete's outfit consists of a special sports suit combining running clothes and bike riding, running shoes, bicycle helmet, bike shoes with contact pedals, bicycle flasks, bicycles glasses, bicycles gloves, waist strap (for fixing the main number) and keps for running. In the bike cycle uses bicycles for road racing (you can use short "sunbeds" on the handlebars) [3].

*Remark.* The closest attention should be paid to the safety of outfit and sports equipment when transporting it to the launch site, as the use of another (instead of timely not delivered or damaged) significantly affect the content of the technical preparedness (skills) of the athlete, corresponding to the needs of this sport.

**Procedure for precompetition registration.** Before the start of the competition, the triathlete must provide the judiciary with a document proving the identity, the license of the federation, insurance, a medical certificate on the state of health, on commercial starts – receipt for payment of the entry fee, as well as to provide the judges for technical inspection of their bike and bicycle helmet (meeting the safety requirements of the competition). After registration and receipt of the start package, the participant can enter the transit [2; 4].

*Remark.* In the starting package there is: one number on bicycle (fixed in the area of the seat post); three self-adhesive sticker numbers on the bike helmet (glued in front and on each side); main number of the participant (attached to the belt strap); a special chip informing the computer of the whereabouts of the athlete (fastened in the ankle-leg area of the participant).

The transit zone is a fenced area, where each athlete, according to his starting number, is given an individual place for accommodation of equipment and a bicycle. It is designed in

such a way that, when changing the stages of a combined distance, all participants overcome the same distance.

**First running segment.** Duathlons competitions start with running. Participants, wearing a strap with the main number (during the run it must be in front), line up (depending on the number of triathletes can be several ranks) on the border of the transit zone. After the shot of the starting pistol, all simultaneously rush to the road. The running segment runs along a hard surface, has a closed form and is indicated by pointers [2].

**First transit.** Compliance with the change of types of physical activity is strictly regulated, therefore, upon completion of the first running segment, athletes are sent to their place in the transit zone. After putting the running shoes on the basket, moving the strap with the main number on the body (on the bicycle it should be at the back), putting on the bike helmet, as well as the necessary equipment, jogging with the bicycle (with a hand) are sent to the exit from the transit zone (cycling inside the transit is unacceptable) [2].

*Remark.* In transit, it is forbidden to discourage other athletes in changing clothes and in the process of preparing bicycles for the race, as well as touching other people's things.

**Bicycle segment.** At the border of the transit zone, the triathletes board bicycles (as a rule, bicycle shoes are pre-fastened with automatic devices to the contact pedals) and sent to overcome the second stage of the duathlon. The cycle of the bicycle stage runs in the direction opposite to the running segment (going to the bicycle stage, you need to know clearly, allowed or forbidden to take the lead (lead) by the organizers in these competitions) [7].

*Remark.* All the bike malfunctions on the stage are eliminated by the riders themselves.

**Second transit.** Ending the distance of the cycling race, the triathletes dismount before the transit border and, holding the bicycle by hand, run to their place in the transit zone. Having established a bicycle on a special ramp, having removed from a head a bicycle helmet and having put superfluous equipment in a basket, having put on sneakers on legs and having moved on a body a waist strap with the basic number, so that he is again in front, the athletes are sent to the second race distance [2].

**Second running segment.** The third stage of the competition – the second run – starts right from the individual seat of the athlete in the transit zone and runs along the route of the first running segment.

Completion of the competition by the type of the duathlon program takes place in the "finish gate", established at the border of the transit zone [2].

**Punishment.** During the competition, an athlete who has committed a violation of the rules is punished as follows:

- 1) false start – 10 seconds penalty;
- 2) in the transit zone – a penalty of 10 seconds;
- 3) at the bicycle and running stages – is warned by a yellow card, after which the athlete must stop and wait for the judge's permission to continue the movement (one-off violations are

punished by a second stop).

**Remark.** *Two yellow cards during one stage lead to disqualification of the athlete.*

In Ukraine, a relatively new kind of sport, the triathlon under the leadership of the FTU successfully develops at three officially recognized formats of the duathlon distances:

- 2,5 km run + 8,0 km bicycling + 1,0 km run (equates to sprint);
- 5,0 km run + 20,0 km bicycling + 2,5 km run (equates to short);
- 10,0 km run + 40,0 km bicycling + 5,0 km run (standart) [8].

The rank of sporting events by types of continuous triathlon programs (triathlon, duathlon, aquathlon), distances, dates and place of launch is annually indicated in item II "Regulations on All-Ukrainian Triathlon Competitions", published on the website of the FTU <http://triathlon.org.ua/federation> [11].

To the competitions according to the type of the duathlon program, teams of regions are allowed, formed from pupils of the FSO, Youth Sports School, SCYSSOR, SSSHS, ASFK, as well as individual athletes who, 7 days before the start, confirmed the federation (in writing) their participation in them [11; 12].

FTU duathlon competition is held in accordance with the requirements of the ITU according to the current rules agreed with the Ministry of the Family of Youth and Sports of Ukraine in the following age groups:

- cadets – 13-15 years;
- young men – 16-17 years;
- juniors – 18-19 years;
- youth – 20-23 years;
- adults – 24 years and older [8].

Each athlete must have the equipment and sports equipment necessary to overcome the combined distance, as well as a document confirming the age, insurance and certificate from the sports and medical center about the state of health.

Upon arrival, team leaders submit to the credentials committee lists of participants certified by the regional departments for physical culture and sports and relevant medical institutions.

Consider the past during 2014 and 2015 competitions in the form of the duathlon program in Ukraine [11].

According to the calendars of the All-Ukrainian competitions for 2014 and 2015, the Ukrainian duathlon championships were held in Lviv on 25–27.04 and 09–11.05, respectively. The organization and holding of championships in the specified years were of the same type.

Individual classification was determined in absolute superiority (in each age group) among adults, juniors and young men at short distance (5,0 km run + 20,0 km bicycle + 2,5 km run), and youth and cadets at sprint distance (2,5 km run + 8,0 km bicycle + 1,0 km run).

At the same time, the team championship of the duathlon

was held in the relay race – mixed among adults and juniors in the sprint distance, which was alternately overcome by each of the four participants of the mixed team (man + woman + man + woman) [11].

Assigning sports categories in the form of sport triathlon to men and women, according to the Regulations on the "United Sports Qualification of Ukraine" (ESQU), there is in addition to the type of program triathlon (swimming + bicycle + running), also in the form of the program duathlon (running + bicycle + running), in three formats (Ukrainian) combined distances provided that qualifying temporary standards are met at the III–IV ranks [8].

**Remark.** *Il junior category at the distance 5,0 + 20,0 + 2,5 km and 10,0 + 40,0 + 5,0 km according ESQU not assigned as the I junior category at a distance 10,0 + 40,0 + 5,0 km. Also, it is not assigned a sports CMS rank at a distance 2,5 + 8,0 + 1,0 km.*

The awarding of the sporting title "Master of Sports of Ukraine" (MSU) at the All-Ukrainian duathlon competitions in our country is carried out when the relevant requirements are fulfilled, namely: to take 1 place in the championship of Ukraine among juniors; 1 place in the Cup of Ukraine (or 2–3 – if the result is achieved, not more than 5% of the winner's time); 1–3 – place in the championship of Ukraine [8].

Having identified at the competitions (III-IV ranks) for continuous triathlon the most trained athletes in kind duathlon, coaching council of the FTU includes them (after approval by the Presidium of the FTU) in the staff of the regular national team of Ukraine (candidates with the main composition and reserve) to participate in international competitions, where the duathletes have more opportunities to realize their psychophysical qualities and climb up the classification table of sports ranks [11].

The assignment of MSU to international competitions is made when the athlete fulfills the following requirements (on the ITU distance formats): take 1st place at the stage of the European Cup (or 1–3 – in the final individual standings); 1–2 place – at the European Championships among juniors; 1–3 – place in the World Junior Championships, at the European Youth Championship, at the World Cup stage (or 1–6 in the final individual competition); 2–4 place in the World Youth Championship, and "Masters of Sports of Ukraine of International Class" (MSUIC) – to take 1st place at the World Youth Championship, 1–3 place in the European Championships in personal competition, 1–6 place in the World Championships [8].

Analysis of compliance with the rules of ITU held in 2014, 2015. FTU competitions by the type of program duathlon testifies, that in the All-Ukrainian competitions classificational combined distances (two out of three) do not correspond to the extent of the segments to international standards, at which the European and World championships are held.

At one of the three distances (10,0 km run+ 40,0 km bicycle + 5,0 km run), which is officially recognized and meets international standards, the duathletes in 2014, 2015 in Ukraine did not compete.

Preparation of athletes to overcome domestic qualifying distances at the All-Ukrainian competitions and performance abroad on international formats of distances ITU (most of

which are different) impact on sports results, which show the Ukrainian athletes abroad.

Ideally, the FTU should follow all qualifying competitive distances according to the kind of the duathlon program in Ukraine to bring it in line with the international competitive distances of the ITU.

**Remark.** In the countries of the post-Soviet space, in particular in Russia, qualifying competitive distances according to the kind of the duathlon program in terms of the number and extent of the segments fully correspond to the ITU formats [10].

## Conclusions

Based on the study, the following conclusions can be drawn:

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1. At the heart of the organization and conduct of competitions in the form of the duathlon program in Ukraine are the rules of ITU.

2. Competitions held by the FTU in the form of the duathlon program comply with the rules of the ITU Federation.

3. Two qualifying competitive distances according to the type of the duathlon program in Ukraine (2,5 + 8,0 + 1,0 km and 5,0 + 20,0 + 2,5 km) do not match the length of the segments to the ITU standards.

**Prospects for further research.** Subsequent studies will be aimed at determining compliance with the international rules of FTU competitions according to the type of program aquathlon (running + swimming + running).

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