

# Organization and carrying out the triathlon competitions in Ukraine

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**Purpose:** the aim is analyzing of system of organization and carrying out the triathlon competitions in Ukraine in accordance with rules of triathlon international federation.

**Material & Methods:** comparative analysis of process of organization and carrying out the triathlon competitions in the world and Ukraine was carried out on basis of specialist literature studying, normative base of sports organizations (triathlon federation).

**Results:** inconsistencies were identified in competitions carried out in cold season, particularity of triathlon that intends overcoming the combined distance without time durations between stages.

**Conclusions:** recommendation in eliminate inconsistencies that affect to performance of triathlon competitions in Ukraine was suggested.

**Keywords:** triathlon, transit zone, swimming segment, cycling segment, running segment, handicap.

## Introduction

Nowadays competitions in convention of the combined distances by means of different types of physical activity gained the increasing popularity among all age groups of the population in the sporting world [9]. Preparation and participation in competitions in types of the program of triathlon – is one of the most perspective directions of the development of physical culture and mass sport in our country [4].

The Federation of triathlon of Ukraine (FTU) holds a number of the All-Ukrainian competitions according to the Unified planned schedule of physical-sports events in Ukraine (UPSPSEU) within a year. The number of starts increases every year, and the geography of their carrying out covers all new regions of the country. So, recently UPSPSEU included till 22 sporting events on this sport annually. However the questions concerning conditions of the organization and competitions in types of the program for the continuous triathlon under the auspices of FTU, and also compliance to their rules of the International Federation of triathlon (ITU) and the European Federation of a triathlon (ETU) are far not completely studied [2; 13; 14].

### **Communication of research with scientific programs, plans, subjects**

The research is executed according to the Thematic plan of the research work of Kharkov state academy of physical culture for 2013-2015.

### **The objective of the research**

To analyse the system of the organization and continuous triathlon competitions in Ukraine on compliance to the rules of ITU and ETU.

### *Research problems:*

1. To open conditions of the organization and competitions in triathlon on the basis of the international rules.
2. To define the compliance of competitions by the form of the program of triathlon in Ukraine to rules of the International and European federations.
3. To prove the need of creation in Ukraine of the corresponding sports infrastructure for carrying out competitions in the continuous overcoming of the combined distance in a cold season.

## Material & Methods

- 1) the studying and synthesis of data literary and Internet sources, normative documents of ITU, ETU, FTU and other international federations for an assessment of the degree of a study of a problem and allocation of the key provisions which are the cornerstone of the competitive process in triathlon;
- 2) the comparative analysis of conditions of the organization and competitions by the form programs of triathlon abroad and in our country for the purpose of the identification in them the essential distinctions influencing the sports results which are shown by triathletes when they pass the combined distance.

## Results and discussion

Conditions of carrying out competitions in continuous triathlon are identical both to men, and to women (often they are carried out in common).

As competition by the form programs of triathlon represents an overcoming of the combined distance by means of swim-

ming, cycle driving and run in continuous sequence, than the rules of behaviour of triathletes on separate pieces of the route don't differ from those in the corresponding sports. Specifics are mainly observed only in group swimming on open water and when passing by athletes of the transit zone where change of stages of triathlon (types of sports activity) is carried out.

Rules of competitions are urged to approve the principle of a fair play, to create equal conditions for all participants and to ensure their safety.

Everyone triathlete has to be acquainted with requirements which are imposed to a behavior of a sportsman at a distance as ignorance doesn't exempt from liability for their non-compliance.

#### **Duties of a triathlete:**

- to combat in the spirit of the honest sports rivalry;
- to follow instructions of referees;
- to be responsible for own safety and safety of other sportsmen;
- to behave politely in relation to people around (triathletes, referees, volunteers, the audience), to avoid rough and offensive expressions, and also indecent gestures;
- to inform referees in case of a descent from a distance [4].

#### **Requirements to sport stock and equipment of a triathlete.**

**The obligatory equipment** of a sportsman in competitions by the form of the program of triathlon consists of a swimming suit, a helmet (on safety conforming to the international standard), running sneakers, and also the clothes covering a torso on velo - and running segments.

However in practice triathletes, as a rule, use the special starting suit combining a swimwear and clothes for a torso (only at short distances).

Sports bicycles are usually used to road cycling at a cycle stage. Short «plank beds» on the drafting distances (short distances where leading is authorized at a cycle stage) is allowed for use [7]. Thus «plank bed» shouldn't play forward for the line connecting extreme parts of brake handles (the additional design mounted on a bicycle wheel, serving for change of position of a body of a cyclist for the purpose of the improvement of his aerodynamic opportunities).

They use in the form of the **additional equipment** on competitions in continuous triathlon: swimming points, cycle shoes with contact pedals, cycle flasks, cycle points, cycle gloves, a diving suit (thickness no more than 5 mm), a zone thong (for fastening of the main number), and in case of a especially hot weather – kepi for run [3].

**The forbidden equipment:** glass bottles, earphones, cell phones.

**Before the start.** It is announces about opening of a transit zone beforehand before the start. Transit is the fenced site where there is a change of stages of competitions. It is arranged in such a way that all triathletes overcome identical distance at its passing. The individual place for storage of equipment and sport gear according to his starting number is allocated for each sportsman in a transit zone.

Previously before competitions a triathlete is obliged to provide

to referees his bicycle for technical inspection (together with means of individual protection – a helmet), and to undergo a procedure of prestarting registration: to show a identification paper, the license of federation, an insurance, a receipt on payment of a starting contribution (on commercial starts), the certificate of a state of health to a referee's board. An athlete is obliged to certify by the personal signature the document on the personal responsibility for health and to assume all risks connected with participation in the continuous triathlon in case of the absence of a medical certificate. After the registration and receiving a starting package the personal number assigned to a sportsman is applied on shoulders and an athlete's shins by the waterproof marker by the referee's. Only after it a participant can enter in transit and place his sports accessories in the place corresponding to his starting number. The bicycle is set on a special stage, and all other equipment of an athlete is located in the basket which is standing nearby (as a rule, it is provided by organizers of competitions).

It is contained in the provided starting package:

- a number on a bicycle (it is fastened around the subsaddle probe);
- numbers on a helmet (they are pasted ahead and on each side);
- a rubber hat with the starting number which is put on it (it is put on a head before overcoming of the swimming stage);
- the main number (it is fastened to a zone thong or to an elastic band), it has to be behind at a cycle stage, and on the running segment – in front on an athlete's body;
- the special chip (it is given and fastened in an anklebone of a participant, if the route of competitions is equipped with the corresponding equipment) reporting to the computer about a location of an athlete and change of triathlon stages by it [3; 12].

It is forbidden to take others place and to touch things of other sportsmen.

The access to transit stops just before the start. It is possible to appear in it again only at a distance or after the end of competitions.

Having taken the swimming equipment, triathletes removed to a start place.

**The swimming segment.** Competitions by the form of the program of triathlon begin with swimming.

The swimming stage, as a rule, is carried out on open water – the lake, the sea, the canal or the small river. The distance in a reservoir is designated by cables with noticeable buoys and usually has a triangular form.

The use of diving suits is allowed in case of the lowered water temperature (surely, if below 14 °C). Participants, having put the hats on heads, which are given out by organizers of competitions (a swimmer isn't punished for its loss during a race), aligned on a beach, a floating pontoon or a pier. There can be some ranks depending on quantity of triathletes. After a shot of the starting gun all direct in water at the same time (competitions can be organized as uniform start and in the form of several "waves" if total number of participants is great). The swimming distance is overcome by sportsmen against the movement of an hour hand, i.e. from the right to the left.

It is allowed to use any way of swimming (depending on preferences of a participant), and in case of need – to hold anchor buoys.

The swimming segment, as a rule, consists of several «circles» at long distances.

A triathlete has the right to raise a hand and to ask about the help at the critical moments (rescuers accompany sportsmen on watercrafts during swimming on open water).

Free reduction of length of a route, and also preventing the movement of other swimmers (to block, to heat or to hold them), use of additional subjects (flippers, vests, etc.) are forbidden [2; 4; 14].

**The first transit.** The observance of an order of change of stages is strictly regulated therefore athletes get out of water on the coast and go to the place in a transit zone on the end of a swimming segment. There, having put the swimming accessories they removed from themselves in a basket, put on the equipment necessary for the second stage – cycle racing, and the main number (it has to be behind on a body). The helmet has to be put on and clasped before a participant takes his bicycle and will run with it to the exit from a transit zone.

It is forbidden to be bared, and also to interfere with other athletes at disguise and in the course of preparation of bicycles for a race [3].

**The bicycle segment.** Sportsmen get on bicycles (a movement on them in transit is inadmissible!) and go on overcoming of the second stage of triathlon at the exit from the transit zone.

Recently the cycle stage is carried out on difficult routes with the existence of rises and descents at competitions of the high level (a complication of the cycle route is carried out for the purpose of a fuller disclosure of opportunities of participants of a race).

Drafting is resolved at short distances, and it is forbidden on long distances [1; 6; 7]. Now (since 2006), the zone of “alienation” makes 7 meters behind at the leading ban at the cycle stage and 2 meters from the cyclist going ahead to the right to the left. A maneuver of an overtaking has to be complete within 60 seconds at an advancing.

The bicycle segment consists, as a rule, of one “circle” at short distances (Olympic and less) and on long – of several (on 20–40 km depending on district conditions).

Points of food and station of technical assistance are located on the way of the movement (the bicycle racers eliminate all arisen malfunctions).

The driving with a naked torso and without helmet, and also the movement of a sportsman without a bicycle are forbidden. A sportsman can walk or run, conducting a faulty bicycle or bearing it on itself [2; 4; 14].

**The second transit.** Finishing a distance of a cycle race, triathletes come back to the transit. Having dismounted before its entrance and holding a bicycle by a hand, they run go to the place in a transit zone. There participants of competitions set

a bicycle on a special stage and only again after that take off a helmet from a head. Having put a bicycle equipment in a basket, having put on feet of a sneaker and having moved on a body a zone thong (elastic band) with the main number so that it was ahead, sportsmen go on a running distance.

**The running segment.** The third stage of competitions – run – begins directly in a transit zone from an individual place of a sportsman in the direction, most often opposite to the cycle stage. The route of the running segment lies on a hard coating (the asphalted road, a racetrack of stadium, etc.), has the closed form and is designated by indexes. It is one “circle” at short distances (except competitions where the running segment is carried out at a stadium), on long – a little.

The basic rule of this stage consists that a runner has to move only standing (it is possible to walk, thus some exhausted sportsmen try to finish the last piece of a supermarathon). Run by barefoot and with a naked torso is forbidden.

The end of the running segment (and competitions on a triathlon) happens in the “finishing gate” which is established on the border of the route and the transit zone.

Winners and triathletes, which are selected by a medical commission, pass the anti-doping control at competitions of the highest level in the end of passing of the combined distance [11].

**Punishments.** During competitions by the form of the program of triathlon a sportsman, who allowed violation of the rules, is punished as follows:

- in the transit zone – a delay of a participant for 10 seconds;
- the false start – a delay of a triathlete for 10 seconds;
- in the swimming segment – the swimmer’s delay is made for 30 seconds on the termination of a stage;
- at the cycle stage – it is warned by the yellow card then a cyclist needs to stop, to dismount and to wait for a permission of a referee to continue the movement (single violations are punished by a second stop);
- at the running stage – it is warned by a yellow card then a runner needs to stop and to wait for permission of a referee to continue a competition.

Two yellow cards during one stage automatically turn in red, and a sportsman is disqualified. At commission by a participant of competitions of dangerous actions, a referee can be shown at once him the red card with the subsequent disqualification.

At such violations of the rules, as: the lack of a helmet during a cycle race, the main number of a participant (loss), the assistance on distances, the stay in the transit zone out of the schedule of competitions, on the conducted failure or inadequate technical condition of a bicycle, a naked torso - or a running segment – triathlete is disqualified [2; 4; 14].

Continuous triathlon is a rather young sport in our country and it only develops under the direction of FTU now [5]. According to the Provision on “Uniform sports classification of Ukraine” (USCU) there is an assignment of sports categories among men and women in the form of the program of triathlon (swimming, cycle driving, run) for the present only at three of-

ficially recognized distances (supersprint – 0,3+8,0+2,0 km, sprint – 0,75+20,0+5,0 km, Olympic – 1,5+40,0+10,0 km) on conditions of the implementation of the corresponding classification temporary standards [1; 6; 8].

An assignment of the sports rank “The master of sports of Ukraine” is made at the implementation of relevant requirements, namely to take 1–3 place in the championship of Ukraine in personal offset or 4–6 on condition of the achievement of the result which isn’t exceeding more than for 5% of time of a winner [8].

The purpose of the organization of All-Ukrainian competitions in triathlon is the further promoting of this sport in our country.

The main objectives of carrying out competitions consist in the increase of sports skill and identification of the most trained sportsmen for completing of a national team of Ukraine for the purpose of successful performances on the international scene.

The rank of sporting events by types of the program of triathlon and distances, terms and a venue of starts are annually specified in the item II “Regulations on All-Ukrainian competitions in triathlon”, which is published on the site of FTU <http://triathlon.org.ua> [10].

Carrying out competitions is carried out under the direction of the Ministry of family, youth and sport of Ukraine and it is entrusted to the main referee board which is approved by the Presidium of FTU.

Local executive authorities concerning physical culture and sport are responsible for the organization and competitions in their territory.

Organizers provide:

- refereeing;
- safety of triathletes at a distance;
- granting (at a necessity) the first aid to participants during competitions;
- safety of sport stock and equipment of athletes in the transit zone;
- assistance in the organization of accommodation and food of sportsmen and referees;
- information and media support.

Certain athletes, national teams of areas, The AR Crimea, Kiev and Sevastopol are allowed to All-Ukrainian competitions in triathlon, which confirmed participation of FTU in it in 7 days prior to a concrete sporting event in writing. The structure of these teams is formed of athletes of PSO, CYSS, CYSSOR, SHSS, HSPC in the following age groups which are approved by the Federation of triathlon of Ukraine according to the rules of ITU and ETU:

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

The day of arrival representatives of teams submit the inun-

dated applications of participants to the credentials committee which are certified by the regional governments on physical culture and sport and the relevant medical institutions.

Each participant has to have at himself the necessary equipment and sport stock which are responsible for the requirements of competitions, and also the traveling certificate, the passport or the birth certificate, the insurance, the certificate of a state of health from the sports -medical center. Children are allowed to registration only accompanied by parents (or persons who replace them) and in the presence of their written permission for participation in competitions.

Competitions in triathlon are held by the existing rules which are approved by FTU and coordinated with the Ministry of family, youth and sport of Ukraine. Personal and command places are determined by their results. Winners and prize-winners (both in a personal, and in a team competition) are awarded by medals of the corresponding degrees, diplomas and valuable presents. Medals are handed as well to their coaches.

All expenses on a business trip of participants of competitions assume the directing them organizations. The Ministry of family, youth and sport of Ukraine finances payment of referees, rent of a venue of competitions, typographical expenses and prizes.

The organization and competitions, which are passed during 2010 by the form programs of triathlon in Ukraine, looked as follows:

- The winter personal team championship of Ukraine passed among juniors and adults at distances of 300 m of swimming, 8,0 km of cycle driving and 2,0 km of run on 13-14 of March.

The swimming segment was carried out in the pool, the bicycle segment was carried out by rules of a race for time (drafting was forbidden), and the running segment passed at a stadium.

The personal offset was defined among each age group on the sum of the results (the smallest time) which are shown in three disciplines. The team competition was carried out only among juniors (boys and girls). Thus as a part of each team there were 4 persons, and its final place was determined by the sum of three best results of participants by time.

- The open winter championship of Ukraine was organized among juniors and adults (personal) on 27-29 of March.

Competitions among juniors were held at distances of 800 m of swimming, 20,0 km of cycle driving and 5,0 km of run, and among adults – 1,5/40,0/10,0 km respectively.

The swimming segment passed in the pool, the bicycle segment – on the route (by rules of a group race), running – at stadium.

The personal offset was determined by the sum of the temporary results of performances on three diverse pieces of a distance.

- The personal team championship of Ukraine was carried out among CYSS, CYSSOR and SHSS on 23-26 of April. The format of distances for cadets made 300 m of swimming, 8,0 km of cycle driving and 2,0 km of run, and for boys, juniors



and adults – 0,75/20,0+5,0 km respectively.

The swimming segment was carried out in the pool. The bicycle and running stages – in a continuous sequence (handicap), thus the start was given at them taking into account results of swimming.

An addition of points to participants was made according to the table:

The team competition in a relay (3 persons) was defined in two age groups (till 19 years old and older) at distances of 300 m of swimming, 8,0 km of cycle driving and 2,0 km of run for each participant.

At first a swimming relay was held in the pool (300 m x 3) and the start on cycle racing and run was given by results of lag of a team at the first stage (in a sheaf).

The command result in a relay was made by the sum of results of three participants. An addition of points to team was carried out according to the tab. 1 (for each participant with coefficient 0,5).

The all-team competition was defined by counting of points of eight the highest personal indicators and the best results of teams in a relay among men and women in one of age groups (tab. 1).

- The open personal championship of Ukraine at a sprint distance (0,75+20,0+5,0 km) was held among juniors and adults on 2–4 of May.

- The open Cup of Ukraine and the championship of Ukraine passed on 21-23 of May.

Sportsmen competed at the Olympic distance (1,5+40,0+10,0 km) on the open Cup of Ukraine, thus the personal offset was carried out in absolute superiority (among all age groups).

The championship of Ukraine was held at a supersprint distance (0,3+8,0+2,0 km) among cadets, young men, juniors and adults.

The start was separate with an interval 1 minute, thus the leading was forbidden at the cycle stage.

Personal and command competitions. The personal offset was defined among each age group. The team competition was carried out among women's and men's teams also in all age categories. The result of a team was defined by the sum of temporary indicators of three of its participants.

- The open championship of Ukraine at a long distance (1,9+90,0+21,0 km) was held on 5-6 of June.

The personal offset was defined in absolute superiority.

- The championship of Ukraine passed among young men of younger age (cadets) at a distance of 0,3+8,0+2,0 km and young men of the advanced age (young man) at a distance of 0,75+20,0+5,0 km on 28-30 of June. The personal offset was defined in each age group.

As these competitions are personal and command, the team competition was carried out in relay-mixed (a man – a woman – a man – a woman) in each age group at a distance of 0,3+8,0+2,0 km which was overcome by each participant of a mixed crew. The sum of results of four of its participants was considered as a result of a team (on time).

- The open championship of Ukraine at a distance of 1,5+40,0+10,0 km was held on 22-26 of July. The personal offset was defined in absolute superiority.

Along with these competitions the championship of Ukraine in relay-mixed passed among juniors and adults at a distance of 0,3+8,0+2,0 km (for each participant).

The team competition was carried out in each age group, thus the result of a team was made by the sum of results of four of its participants (on time).

- The team championship of Ukraine passed among juniors and adults at a distance of 0,75+20,0+5,0 km on 20–22 August.

The teams which are consisted of 5 people, started with a time interval of 2 minutes, thus the finish was set off on the third participant for each of them who finished all distance.

The team competition was defined for men and women in each age group.

The International competitions "Cup of Hortitsa" at a distance of 0,75+20,0+5,0 km passed in parallel with holding this sporting event. Thus the personal offset was carried out in absolute superiority.

- The Cup of Ukraine at a distance of 0,75+20,0+5,0 km was held on 11-13 of September. The personal offset was carried out in absolute superiority.

- The cup-final of Ukraine at a distance of 0,75+20,0+5,0 km was carried out on September 25-26. Personal competitions, thus individual competition was defined in absolute superiority.

The analysis of compliance to the rules of ITU and ETU of the competitions held by FTU by the form of the program of triathlon within UPSPSEU testifies that in a number of the All-Ukrainian starts specifics of this sport, namely consecutive overcoming of the combined distance by means of different types of physical activity against the spent neuromuscular energy of an athlete aren't observed. Competitions, when in the

Place	1	2	3	4	5	6	7	8	9	10	11	12
Points	100	80	70	60	50	40	30	25	20	15	10	5

cold season segments of a distance, various on character, are overcome by athletes with time intervals between them, remind an usual all-round on cyclic sports, than continuous triathlon as personal offset is determined by the sum of temporary results of performances on three diverse pieces of a distance more.

Also the competitions to one time interval which are held in Ukraine after swimming with the subsequent overcoming of bicycle and running stages in a sheaf (handicap) don't correspond to the international rules as there is no the first transit serving for change of sport stock, equipment and a type of physical activity of a triathlete.

However the creative interpretation of competitions separately in the disciplines making it for an objective assessment of efficiency of the training process on the sports entering triathlon is possible for the successful solution of problems of a certain stage of preparation of a triathlete.

One more distinctive feature is that the first stage, after the general start, is carried out by group movement of athletes on open water (the sea, a reservoir, the rowing channel, etc.) by rules of the international federations of a triathlon in the conditions of close contact with other swimmers that doesn't correspond to conditions of the implementation of classification temporary standards at the competitions III-IV of ranks held in our country by results of which there is an assignment of sports categories in a sport triathlon as the swimming segment on request of ESKU is carried out only in the pool [4; 8; 14].

All these discrepancies to the international rules of ITU and ETU influence sports results which show domestic triathletes at the international competitions in triathlon. So, the time of overcoming of a distance demanded for an assignment of sports categories in the form of the program of triathlon in our country significantly differs from similar standards of other countries. In Ukraine an assignment of the I sports category is carried out when overcoming by athletes of the Olympic distance (1,5+40,0+10,0 km) for 2:13:0 at men and 2:36:0 at women, and in Russia – for 2:25:0 and 2:45:0 respectively. In this example the temporary discrepancy is observed at as-

signment of sports categories at all distances of a type of the program of triathlon [8].

In an ideal, it should to adjust not rules and standards to the existing competitions conditions, but FTU to promote the creation of the infrastructure conforming to requirements of this sport for carrying out competitions in Ukraine in the cold season (for example, the sports complex uniting in itself the 50-meter swimming pool, bicycle track and track and field athletics arena). Thus it is expedient to remove cables with floats (the dividing paths) for carrying out the first stage in the pool, having replaced them with anchor buoys on corners, and the competing triathletes to carry out group swimming in water on perimeter.

## Conclusions

It is possible to draw the following conclusions on the basis of the conducted research:

1. The rules ITU and ETU lay at the heart of the organization and continuous triathlon competitions in Ukraine.
2. The competitions which are held by FTU by the form of the program of triathlon in the cold season with time intervals between types of physical activity when overcoming of the combined distance, don't correspond to the rules of the international federations.
3. The lack of conditions in Ukraine for carrying out in the cold season of competitions by the form of triathlon leads programs to violation of specifics of continuous triathlon, namely the consecutive overcoming by an athlete of all combined distance against the neuromuscular energy spent by it that causes need of the creation of the corresponding infrastructure.

## Prospects of further researches

The subsequent researches will be directed on the determination of compliance to the international rules of the competitions which are held by FTU by the form of the program of duathlon.

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