

# 11-19 years Aquathlon/Triathlon Competition Procedures

**Pathways for excellence in representative school sport**

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engagement and wellbeing*



**Queensland  
Government**

# Queensland Representative School Sport

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### Change History

Version	Date	Description	Prepared by
1	28/11/2023	Updated to the new QRSS format	Michael Small

**NOTE:** This manual is to be read in conjunction with the:

- School Sport Australia policies and guidelines
- Queensland Representative School Sport Leadership handbook



# Queensland Representative School Sport

## Sport Competition Guidelines

### Minimum Venue Standards

The host region venue must comply with audit requirements and:

- complete a procurement process (where required).
- have sufficient and suitable (e.g. cabin/motel style) accommodation within the host town/city to provide places for all visiting parents/supporters competitors/ student officials/team officials
- have access to appropriate transport to/from the host town/city
- have access/proximity to 24 hour medical services ( e.g. hospital, ambulance, dentist, physio)
- The playing venue must be a suitable standard and must comply with the sport specific minimum requirements. Consideration must also be given to factors such as:
  - sufficient number of suitably sized change rooms present
  - spectators must be adequately catered for with suitable viewing, toilet facilities, canteen etc.
  - Competition Area – Field of Play/number of courts or fields required
  - Suitable shade & shelter for hot & wet weather if necessary
  - Access to water
  - Officials' Room with secure area for official's bags
  - Championship working group control room
    - Access to internet
    - Laptop and printer
    - Photocopier
    - Paper
    - General stationery

### First Aid

A minimum of two First Aid Officers/Sports Trainers must be provided each day of competition. Any child treated must be accompanied by a Team Official or parent.

### Spectator's facilities

Ensure there is sufficient shade, seating, toilets facilities, food and drinks vendors.

### Officials

It is preferable that all key officials have a minimum Level accreditation and first aid/CPR. The key officials are (but not limited to):

- Tournament Director
- Technical Convenor
- Chief Referee

Additional officials required (list individually)

Student Officials – insert QRSS 'categories'

### Equipment

- The Host Region must supply all equipment for the safe conduct of the Championships.
- All equipment must comply with sport specific requirements
- Other necessary equipment is:
- Competition Software (if applicable)
- Access Passes (if applicable)

Competition areas must be checked each day for potential hazards and steps must be taken to rectify or make safe these potential hazards.



# Queensland Representative School Sport

## Bulletins

### Bulletin 1

- Team levy
- Venue
- Dates
- Pre-championship meeting date and venue
- Participating regions
- Team size
- Competition working group contact details
- Program of events
- Sports medicine arrangements
- Opening ceremony information
- Closing ceremony information

- Photo graph cost
- Canteen arrangements
- State nomination details

### Bulletin 2

- Confirmation of previous bulletin information
- Draw
- Photo Schedule

Additional information required for the tournament

Links for Live results & Live streaming

## Special Guest for Opening ceremony

- Education Minister, Sport Minister
- Director Teaching and Learning
- Local Government representative
- Department of Education
- QRSS Board
- State Organisation
- Event sponsors

## Ceremonies

Opening Ceremony

Closing Ceremony

Invitation to the following:

- Host Region officials
- Key Event Officials
- Team Officials
- Sponsor representative
- State Sporting Organisation Representative

## Meetings

Pre-Championship Meeting

Selection Meetings

Post-Championship Meeting (if applicable)

A pre-championship meeting, chaired by the host RSSO / Asst. RSSO, in conjunction with the QRSS-SE member in attendance shall be convened for the purpose of discussing the conduct of the championships. The convenor may also be involved in the hosting of the meeting.

Regional team lists are to be confirmed at the pre-championship meeting. No changes are to occur after the list is confirmed.



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A post-championship meeting may be convened and from this meeting recommendations may be put forward for consideration by the QRSS-SE. If recommendations are endorsed by regional delegates, these must then be submitted to the QRSS-MC for approval.

All regional officials must attend all meetings and official functions as organised by the championship convenor and/or the QRSS-SE. This would include any Professional development opportunities as organised by the QRSS-SE.

### Pre Championship Meeting agenda

1. Welcome and Introductions
2. Team officials' registrations
3. Student protection
4. Project Consent
5. Reporting injuries
6. Concussion
7. Game time consideration
8. State Team selection
9. Communication lines
10. Championship working group items
  - Championship schedule
  - Check program for player changes
  - First Aid/Ice
  - Venue information
    - Venue layout
    - Parking
    - Fields/Courts/warm up area
  - Championship Contact Numbers
  - Team Photographs
  - Opening and Closing Ceremonies
  - State championship draw
  - Competition procedures
  - Unofficial Dinner
  - Referees

### Duration and Draws

Duration of championships are to be scheduled to use no more than two school days for competition. Where this cannot occur, the Host Region will communicate with the QRSS – RC and QRSS for approval and endorsement.

Such issues may include:

- availability of venues,
- number of games played per day etc

At each State Championship for team sports, the draw must ensure that all teams play on each day of the event.

At each State Championship a Queensland team may be selected and named (as a travelling or merit team). No other teams are to be named.

The sport specific competition procedures outline the draws and round robin matches to be played for various formats.



## Queensland Representative School Sport

### 11-19 years Aquathlon/Triathlon competition information

<p>Queensland Representative School Sport trials and championships shall be conducted according to the:</p> <ul style="list-style-type: none"> <li>• <a href="https://www.triathlon.org.au/rules/">https://www.triathlon.org.au/rules/</a> - The championship is a non-drafting event and are to be conducted under the rules of World Triathlon as endorsed by AusTriathlon except wherein stated. A full list of the rules can be found on the AusTriathlon website.</li> <li>• <a href="#">QRSS Leadership Handbook</a></li> <li>• <a href="#">QRSS Risk assessment handbook</a></li> </ul>	
<b>Age groups offered</b>	<ul style="list-style-type: none"> <li>• 11-12 years (inclusive of Multi-class) Boys &amp; Girls – State Championship/SSA National Championship</li> <li>• 13-19 years (inclusive of Multi-class) Boys and Girls – State Championship/SSA National Championship</li> </ul>
<b>Event Officials</b>	<ul style="list-style-type: none"> <li>• Sport Executive Member</li> <li>• First Aid Officer</li> <li>• Technical Officials – AusTriathlon</li> <li>• AUSLAN Interpreter</li> <li>• 2 x Convenors</li> <li>• 2 x Operations Managers</li> <li>• 1 x Race Director</li> <li>• 1 x Announcer</li> </ul>
<b>Sporting Organisation Support (if required)</b>	<ul style="list-style-type: none"> <li>• AusTriathlon will provide support with the running and organisation of the event including Technical Officials and Race Referees.</li> </ul>
<b>State Championship Team Officials</b>	<p>QRSS Team Officials will be appointed through the QRSS Team Official application process.</p> <ul style="list-style-type: none"> <li>• Tour &amp; Chief Manager</li> <li>• Coach - Maroon Team</li> <li>• Coach - White Team</li> <li>• Manager - Aquathlon</li> <li>• Manager - Maroon Team</li> <li>• Manager - Maroon Team</li> <li>• Manager - White Team</li> <li>• Manager - White Team</li> <li>• Multi Class Manager</li> </ul>
<b>Selectors information</b>	<ul style="list-style-type: none"> <li>• The selection committee will consist of the QRSS Team Coach, QRSS State Team Manager and a member of the executive and will be appointed at the pre championship meeting.</li> <li>• The selectors must submit the final team to the QRSS Triathlon Chair (or their nominee from the QRSS Triathlon Executive) for ratification prior to the announcement.</li> <li>• The selectors will meet after the first day of the competition.</li> <li>• The selectors must consider the names of athletes put forward at the pre championship meeting who meet the criteria for Absent Competitor.</li> </ul>
<b>Eligibility</b>	<ul style="list-style-type: none"> <li>• The age determination date is 31 December of the year of the state championship.</li> <li>• Competitors will need to be selected in a regional team to compete at this event.</li> <li>• Please note that due to the timing of the State Championship, most regions hold their qualifying event in the previous year.</li> <li>• It is a requirement that all competitors be present for the duration of the championships, this commences from the Team Meeting on Day 1 (as determined by the Athlete's Region) up to and including the Closing Ceremony on Day 3.</li> <li>• If unforeseen circumstances occur and a competitor is required to leave the championships before the relay event they must apply for permission from the schools' race referee who is appointed by the QRSS Triathlon Executive.</li> <li>• If a competitor leaves without permission and does not compete in the relay event they may be disqualified from the individual event.</li> </ul>



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<b>Participation expectations – sport specific</b>	<ul style="list-style-type: none"> <li>• Triathlon - A maximum of 10 competitors, male and female, per age group may represent their region in both the individual event and team relays. There is no minimum number of competitors in a regional team.</li> <li>• Aquathlon - A maximum of 10 competitors, male and female, to compete in this event.</li> <li>• Multiclass - A maximum of 3 competitors, male and female, to compete in each MC Category</li> </ul>
<b>Playing uniform</b>	<ul style="list-style-type: none"> <li>• All race identification provided by the race organising committee must be displayed as specified.</li> <li>• All competitors must wear official regional apparel, for the duration of the championships including registration, individual events, relays events, and presentations.</li> <li>• Speedsuits or similar are not permitted.</li> <li>• The swim cap provided in the race kit must be worn in the swim.</li> <li>• Athletes who do not comply with the uniform requirements may be disqualified.</li> </ul>
<b>First Aid</b>	<ul style="list-style-type: none"> <li>• 2 x FAO at the Event Precinct (one must have ability to be mobile eg Bike)</li> <li>• Water Safety personnel for the swim leg eg QSLs</li> </ul>
<b>Trophies and presentations</b>	<ul style="list-style-type: none"> <li>• 13-19 individual aquathlon &amp; triathlon –1st, 2nd and 3rd placegetters will be awarded a medallion.</li> <li>• 13-19 regional relay event – all athletes in teams that place 1st, 2nd and 3rd will be awarded medallions.</li> <li>• A perpetual trophy will be presented to the champion aquathlon &amp; triathlon region, based on individual and relay points.</li> <li>• A perpetual trophy will be presented to the champion MC region, based on individual points.</li> <li>• A perpetual trophy will be presented to the champion region of combined triathlon and aquathlon results.</li> </ul>
<b>Announcement of the state team</b>	<p>Queensland team selection policy and procedures</p> <ul style="list-style-type: none"> <li>• The Queensland team will be announced at the presentations on the third day of the championships. <ul style="list-style-type: none"> <li>• The major criterion for selection will be the performance of the athlete at the State championships with attitude and behaviour of the athlete also considered prior to being invited as a member of the team.</li> <li>• The first five athletes across the line will be selected in the triathlon state team and the first 7 athletes across the line will be selected in the aquathlon state team.</li> <li>• An athlete who is disqualified is ineligible for selection in the state team.</li> <li>• The sixth triathlon and eighth aquathlon athletes across the line will be selected unless a special consideration application is successful.</li> </ul> </li> </ul> <p>Queensland Team</p> <ul style="list-style-type: none"> <li>• A team of up to 36 triathlon and 16 aquathlon competitors may be selected to represent Queensland at the School Sport Australia Triathlon Championships. The triathlon team may consist of six males and six females in each age division and the aquathlon team may consist of eight males and eight females: <ul style="list-style-type: none"> <li>○ Junior triathlon 13/14 yrs</li> <li>○ Intermediate triathlon 15/16 yrs</li> <li>○ Senior triathlon 17/18/19 yrs</li> <li>○ Aquathlon 11/12 yrs</li> </ul> </li> </ul> <p>Reserve athletes for each division will be named.</p> <ul style="list-style-type: none"> <li>• All competitors selected in the Queensland Team and reserves must attend the mandatory meeting at the scheduled time indicated in the State Championship Program.</li> <li>• If the team is selected under 'Contingency plan for adverse race conditions', the first ten placegetters in each age group must attend the Queensland team meeting at the scheduled time indicated in the State Championship Program</li> </ul>



# Queensland Representative School Sport

State team selection in the event of any changes due to adverse conditions

- The team will be selected at the absolute discretion of the Queensland Representative School Sport Triathlon Selection Committee. The selectors' decisions are final.
- If a bike/run or aquathlon is conducted the top 10 competitors, in the modified event, will be considered for membership of the Queensland team. The selection committee will also consider performances at the following events:
  - the previous year's QRSS State Championship
  - the previous year's School Sport Australia Championship
  - the current year's Regional Team Selection Event
  - recent Queensland or AusTriathlon sanctioned events if required
- *If the team is selected alternatively due to unforeseen circumstances, team members will be informed of their selection, by email in a timely manner.*

## Championship Rules and Guidelines

### OVERALL INFORMATION

#### Structure

The event will take place over three days:

- Day 1
  - 11-19 Course Familiarisation Regional Team Meetings
  - Pre-Championship Meeting
- Day 2
  - 13-19 Triathlon – Individual Events
- Day 3
  - 13-19 Triathlon - Team Relays
  - 11-19 Aquathlon – Individual Events

The 13-19 Individual and multi-class Triathlon will be conducted in the following Age Groups and Distances for both Male and Female divisions:

Age Group	Ages	Race Distances
Junior	13-14 years	300m/10km/2km
Intermediate	15-16 years	500m/15km/4km
Senior	17-19 years	750m/20km/5km

Distances and divisions will mirror those of SSA National Triathlon Championships.

MC Athletes will race at the same time as their peers, in the same distance but will compete only against those other athletes entered in that MC Category.

The 11-19 Individual Aquathlon will be offered in the following Age Group and Distance for both Male and Female divisions:

Age Group	Age	Race Distance
Aquathlon	11-12 years	1km/200m/1km
MC Aquathlon	11-14 years	500m/100m/500m
MC Aquathlon	15-19 years	1km/200m/1km

Distances and divisions will mirror those of SSA National Triathlon Championships.

The 13-19 Regional Team Triathlon Relay will be conducted in the following Age Groups and Distances for both Male and Female divisions:

Age Group	Age	Race Distance
Junior	13-14 years	300m/10km/2km
Intermediate	15-16 years	
Senior	17-19 years	

A MC Triathlete may compete in either the Regional Relay or the MC Aquathlon but NOT both.

The age determination date for all events is 31 December in the year of competition.





## Queensland Representative School Sport

### Requirements of competition

The state championships will be organised by the Host Regional School Sport Office Team in conjunction with the QRSS – Triathlon Executive.

A professional race director will be appointed

The event must be sanctioned by AusTriathlon

Medical personnel must be present

Water safety personnel must be present

A full road closure for the cycle leg is required.

### Organisation

There will be a pre championship meeting on Day 1.

There will be a Regional Delegates Meeting during the course of the championships (ideally on Day 2).

A photographer will be available for Team Photos at the event on both Day 1 and Day 3 of competition.

### Contingency plan for adverse race conditions

- If there are adverse weather conditions or water conditions, preventing the conducting of a safe open water swim, the following procedures will be followed:
  - The individual event will be postponed and will be run on the third day of the championships. As a consequence, the relay event will be cancelled.
  - If there are still adverse water conditions on the third day of the championships, the 13-19 individual races will become a Duathlon. The distances of the adjusted event will be as follows:
    - Senior 1.5km run, 20km bike, 5km run
    - Intermediate 1km run, 15km bike, 4km run
    - Junior 750m run, 10km bike, 2km run

### In this circumstance the 11-19 aquathlon will be cancelled.

If there are adverse road conditions on the third day of the championships, the 13-19 years individual race will become an aquathlon. The distances will be as follows:

- Senior 750m swim, 5km run
  - Intermediate 500m swim, 4km run
  - Junior 300m swim, 2km run
  - If there are both adverse road and water conditions on the third day, all events that day will be cancelled.
  - If conditions allow for the individual competition to take place on the second day of the championships and there are adverse water conditions on the third day the regional relay competition will become a duathlon [2/10/2] and the 11-12 years aquathlon will be cancelled.
- If conditions allow for the individual competition to take place on the second day of the championships and there are adverse road conditions on the third day the regional relay competition will become an aquathlon [2/300/2] and the 11-12 aquathlon will take place in the specified format.

### Bicycle Safety

Competitors are required to abide by all Local and Queensland Traffic Laws when riding their bikes at all times. This includes before, during and after the event. Particular attention must be paid to the use of

Helmets

Lights

A competitor will be given one warning. A second infringement will result in disqualification from that point onwards.

### Special Rulings for QRSS Triathlon

A Draft Zone of 7m x 3m for the Bike Leg

Wheels to meet ruling 3.13 (a,c,d,e) in the AusTriathlon Competition Rules or the UCI approved or nonstandard wheels list.

Bikes must meet the requirements for World Triathlon Draft Legal Racing

### Regional triathlon relays

All athletes in the individual event must also compete in the relay event.

A relay championship will be conducted for males and females in each age group.



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The first regional team in each age group must be made up of the athletes of the same gender, except where a region has less than three athletes in a specific age group.

Individual event — the first four competitors from each region will gain points after competing in the individual championship event. Points are awarded as follows:

1st	2nd	3rd	4th	5th	6th to end	DNF	DQ
1	2	3	4	5	6,7,8...etc	No.in field	No. in field + 1

Sum total of each region shall then be ranked 1–10 for each age group male and female and a total ranking will determine overall placing's.

Regional relays — the first relay team from each region will gain points.

Points are awarded as follows:

1st	2nd	3rd	4th	5th	6th to end	DNF	DQ
1	2	3	4	5	6,7,8...etc	No.in field	No. in field + 1

Sum total of each region shall then be ranked 1–10 for each age group male and female and a total ranking will determine overall placing's.

### Aquathlon points calculation

The first five competitors from each region will gain points after competing in the individual championship event.

Points are awarded as follows:

1st	2nd	3rd	4th	5th	6th to end	DNF	DQ
1	2	3	4	5	6,7,8...etc	No.in field	No. in field + 1

Sum total of each region shall then be ranked 1–10 for each age group male and female and a total ranking will determine overall placing's.

### Multi-class points calculation

Individual events — the first three competitors from each region will gain points after competing in the individual championship event.

Points are awarded as follows:

1st	2nd	3rd	4th	5th	6th to end	DNF	DQ
1	2	3	4	5	6,7,8...etc	No.in field	No. in field + 1

Sum total of each region shall then be ranked 1–10 for each age group male and female and a total ranking will determine overall placing's.



# Queensland Representative School Sport

## Selection process and criteria

### Selection Panel

- Chair of selectors - Queensland Coach/Manager or Sport Executive member
- At least one selector from each Metropolitan (North, East and West), Coastal (South, Sunshine and Darling Downs) and Regional (Capricornia, Wide Bay, Northern and Peninsula) School Sport Regions
- Additional selector (If required)

### The chair of the selectors will be the:

- The chair of the selectors will be the Queensland Team Coach or Manager or Sport Executive Chair (or their Nominee)

### Overall panel of selectors must have representation from each of the following regions:

- Metropolitan (1)
- Coasts and Darling Downs (1)
- Rural and Remote (1)

## Process

### Prior to the Championship

1. Queensland School Sport advertises for Team Official positions
2. Successful applicants must complete the mandatory training prior to the State Championship
3. QRSS will communicate the Chair of Selectors to each region
4. Region will send the final team lists to the Chair of Selectors
5. As part of bulletin 2, Regions will request nominations for the panel of selectors
6. Chair of selectors will complete the selectors booklet for distribution at the Pre-Championship meeting

### At the Championship

1. Chair of selectors establishes a roster for each game
2. At least one member of the selection panel must be present for each game
3. Each panel member must attempt to see part of each of the games (draw permitting)
4. Regional team officials must be consulted daily regarding selection
5. Notes must be kept for each athlete wishing to be selected

## Schedule

### Pre-Championship Meeting

- Meet and discuss the selection booklet
- Establish the criteria
- Absent Competitors Applications Tabled and communicated to all Regions

### Day 1

- Individual Triathlon Event results analysed
- Absent Competitor Applications assessed
- QRSS Maroon Team finalised
- QRSS White Team (if competing) selections considered and finalised

### Day 2

- Individual Aquathlon Event results analysed
- Absent Competitor Applications assessed
- QRSS Maroon Team finalised
- QRSS White Team (if competing) selections considered and finalised



# Queensland Representative School Sport

## Sport Specific Selection Processes

The finishing order of an athlete in the Individual Event of the QRSS State Championship will be used primarily to determine the selection of athletes in the QRSS Team to compete at the SSA National Championships that year.

### Triathlon

- The first five athletes across the line in the individual triathlon will be selected in the QRSS “Maroon” state team.
- An athlete who is disqualified is ineligible for selection in the state team.
- The sixth athlete across the line will be selected unless an absentee application is successful.
- Grounds for absence:
  - Medical condition on the days of competition.
  - Absence due to competing at a higher level of competition (National/International) in the same sport and same discipline.
  - Absence due to competing in another QRSS (State Team) or SSA (National Team) in a different sport.
  - Bereavement of Compassionate reasons.

### Aquathlon

- The first eight athletes across the line will be selected in the QRSS state team.
- An athlete who is disqualified is ineligible for selection in the state team.

### Multiclass Triathlon and Aquathlon

- A team of multiclass athletes may be selected to represent Queensland at the School Sport Australia Triathlon Championships.
- The team may consist of up to six athletes for each age group and gender and will be nominated in their respective category (refer to multi-class categories) using primarily their finishing order.

### Aquathlon

- Male and Female 11-14 Years
- Male and Female 15-19 Years

### Triathlon

- Male and Female Junior 13-14 Years
- Male and Female Intermediate 15-16 Years
- Male and Female Senior 17-19 Years

### White Team

Where Queensland Representative School Sport is able to (and decides to) enter a second team to compete at the National Championships the following criteria shall be used to select members of this second team (known as the QRSS White Team)

Following the selection of the QRSS “Maroon Team”

- An athlete who is disqualified is ineligible for selection in the QRSS White Team
- Regardless of their finishing place, the next two “bottom age” and next two “top age” athletes to cross the line after the athletes selected in the QRSS Team, within each age group, will be selected in the QRSS White Team.
- The selection committee may select the final two members of the team considering the following criteria:
  - Athletes submitting eligible “Absent Competitor” applications
  - Providing experience and development of an athlete for future National Championships
  - Ability of an athlete/team to be competitive in a Draft Legal Race Format at the National Championships

Should the criteria above not be applicable, the selection of the final two positions of the Queensland White will be (regardless of their finishing place) the next “bottom of age” and next “top of age” athlete across the line after those already selected in the team.

The following factors will also be considered for athletes wishing to be selected in the QRSS Team:

- **Attitude and Coachability:** Positive, committed and focused players. The player pays attention, listens to the coach and apply instructions. As players develop, their roles on the team become more defined. Teams are selected to maximize the development of players into their roles.
- **Communication:** Contributes to a positive team environment through the appropriate use of language towards teammates. Articulates direction on court or field of play when necessary.
- **Team Work:** Demonstration of leadership, fair play and cooperation



