



Rulebook

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1. OVERVIEW

DRIATHLON is the latest concept in Fitness Racing.

Simple, Repeatable, Measurable. Everything that you want out of a competition.

The DRIATHLON is an accessible Endurance Trademarked event hosted at venues around the UK.

The event itself is a fitness competition where you are allocated a lane and within that lane are three Concept 2 Machines in order of Ski Erg, Bike Erg and finally the Row Erg.

The standard competition comprises of 20 Minutes workout period on each machine in the above order with a 2 Minute rest / transition time between each.

HALF Driathlon / Junior Driathlon have a 10 Minute workout period on each machine.

Score is the total of Calories generated for all machines.

With Age Group categories from 10 years old -> 70+ Years old and with Solo or Pairs options it's an all-inclusive challenge open to everyone. With limited experience requirements and no technical or strength components ANYONE can come and do a DRIATHLON and complete it.

DRIATHLETES (DRIATHLON Athletes) set off in Heats at 22 Minute intervals (For Standard or 12 Minutes for HALF/JUNIOR).

Heat 1 starts on the Ski Erg, after completion of the workout period they then transition during the 2 minutes rest to the Bike Erg and Heat 2 starts behind them.

After completion of the workout period Heat 1 moves to the Row Erg and Heat 2 moves to the Bike Erg and Heat 3 takes up position on the Ski Erg and so on for the duration of the event with each Heat transitioning forward within their lane after each workout period.

In the Pairs category the same system applies but with two DRIATHLETES per Erg with only one working and the other resting.

The timing of the OPEN events are controlled and displayed by the Arena Timer and not the Concept 2 Erg timers.

The start of the event will be indicated by a 10 second countdown on the Arena Timer at which point the Timer will then commence counting upwards. After the workout period point the Heat is complete and every DRIATHLETE moves forward in their lane to the next machine or out of the arena if they have just finished on the Row Erg.

There will be Regional Online Leaderboards to track Calories generated for each type of Erg and the total calories scored (DRIATHLON SCORE).

Each stage of the season will have its own individual leaderboards. See [SEASON STAGES](#)

2. SEASON STAGES

UK DRIATHLON FINALS

The journey culminates in the grand finals, where the fittest driathletes are crowned in a large arena.

UK DRIATHLON REGIONALS

Participants advance to regional competitions, showcasing their fitness across various venues.

UK DRIATHLON OPEN

The season begins with the open competition hosted by Gyms across the UK, setting the stage for participants.
Top 8 from each Region Progress to Regionals
(Top 4 for <16 and >70 Age Groups)



2.1. OPEN STAGE

New for 2025 is our progressive season.

OPEN stage commences on January 18th 2025 and runs through until May 18th

These are events held **nationally** within the UK At Hosting Gyms with the results fed into the relevant regional leaderboard.

2.2. REGIONAL QUALIFICATION

The Top scoring 8 in the Solo, Pairs, Half and Junior age categories will be invited to participate in their respective Regionals competition with the exception of 10-12, 13-15 and 70+ where the top scoring 4 from each will be invited.

2.3. REGIONALS

The Regionals stage of the competition will commence June 7th and will comprise of 5 events hosted by DRIATHLON in large venues in each Region.

The Regionals will follow the same format as the Open stage.

2.3.1. REGIONALS DATES

- UKD1 South Regional – The Armoury June 7th / 8th
- UKD2 Midlands Regional – Shirefit Corby July 5th / 6th
- UKD3 North Regional – CrossTraining Clitheroe July 12th / 13th
- UKD4 Wales/NI Regional – R7 Fitness June 14th / 15th
- UKD5 Scotland Regional – CrossFit Hamilton/Win Fitness June 21st / 22nd

2.3.2. REGIONALS FORMAT

At each Regionals Event the following Format will be followed:-

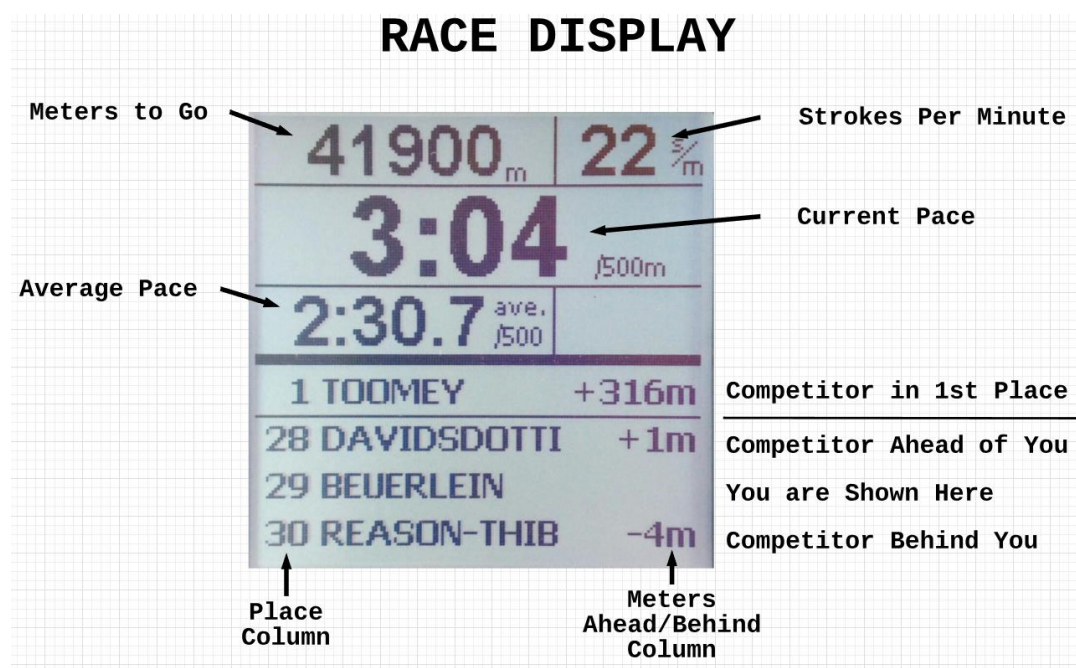
Saturdays (Solo, Half Driathlon, Junior Driathlon)

Sundays (Pairs)

2.3.3. REGIONALS /FINALS DIFFERENCES TO OPEN EVENTS

PM5 Display:

At each Regional event and the Finals the Concept2 Ergs will be linked together using Concept2 Software and will during the workout display the following information:



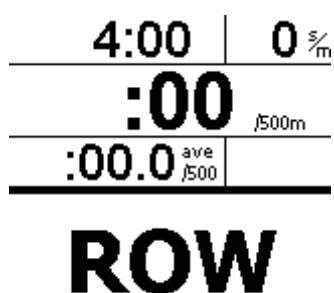
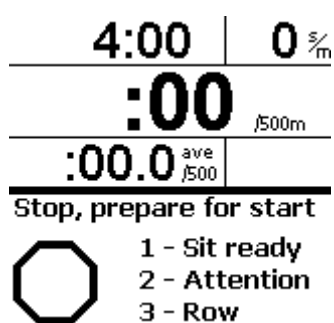
During the workout period the athlete can change the units shown between the following:-

Avg/500m -> Watts -> Calories -> Meters & Time

The competitor names displayed on the PM5 would be the ones relevant to the category of the athlete at that machine i.e. If a Male Solo in age Group 50-59 was in a heat with mixed Male Athletes in different Age Groups he would only see Male Solo 50-59 competitors on the PM5.

Timer:

As the Driathlon event is being controlled by ErgRace software the standard timer is not utilised and instead all timings are controlled centrally from the software and screens will display messages similar to those shown below (the ROW changes to Bike / Ski on the other Ergs)



Leaderboard:

During the event there will be large displays in venue which will show a current live leaderboard fed directly from the Ergs showing each athletes placing in the heat allowing spectators full view of the Driathlon results in real time.

2.4. FINALS

The UK Driathlon Finals will be held on October 4th/5th at Rushcliffe Arena, Nottingham
The competition will be a 2 day event.

2.4.1.FINALS FORMAT

At the Finals the following Format will be followed:-
Saturdays (Solo, Half Driathlon, Junior Driathlon)
Sundays (Pairs)

2.5. INVITATION PASS DOWNS

After the Open stage on May 18th 2025 the scores will be collated and the invite emails will be sent out on May 21st to the top scoring candidates. They will then have 48 hours to respond and accept the invites.

If an invitation isn't accepted within 48 hours the next candidate with the highest score will be invited and so on until all the positions for Regionals are filled.

The same procedure will be followed for the Finals qualifiers with invite emails being sent out on August 2nd 2025 until all positions are filled.

3. AGE GROUP CATEGORIES

The Age group bands are what age group the DRIATHLETE will be in on September 1st 2025.

Solo Age Groups
16-29
30-39
40-49
50-59
60-69
70+

Pairs Age Groups
Parents / Siblings (Over 30 / Under 16)
Under 80 Combined Age of both participants
80-100 Combined Age of both participants
100+ Combined Age of both participants

4. SOLO

The Solo DRIATHLON is for individuals and entrants enter in their relevant Age Group category and either Male / Female Gender.

5. JUNIOR DRIATHLON

A Junior DRIATHLON is a category specifically designed with Under 16s in mind. (Based on their age on 1st Sept 2025) There are two age groups in Junior Category of 10-12 and 13-15.

This is only 10 Minutes workout per Erg followed by a 2 Minute rest / transition.

6. HALF DRIATHLON

A HALF DRIATHLON Is the same format as a standard DRIATHLON but only "Half" the Duration on each Erg. i.e. 10 Minutes on each machine followed by a 2 Minute rest / transition.

The HALF DRIATHLON features the same Age Categories as the Standard DRIATHLON

7. PAIRS

The Pairs competition is run in Age Groups.

Pairs can be same sex or Mixed Pairs (Selected when purchasing tickets for an event)

7.1. Pairs Rules

7.1.1. Work Requirements:

There is no minimum work requirement for each DRIATHLETE to perform.

7.1.2. Work Durations:

There are no set durations for each DRIATHLETE to be working on each Erg.

7.1.3. Ski Erg Pairs Rules

- Pairs athletes must hand the ski erg handles to each other and not release and allow them to hit the top of the machine.
- The none working athletes can adjust the damper during the workout for their partners.

7.1.4. Bike Erg Pairs Rules

The none working athletes can adjust the damper during the workout for their partners.

7.1.5. Row Erg Pairs Rules

The none working athletes can adjust the damper during the workout for their partners.

8. GENERAL TRIATHLON RULES

8.1. Clothing / Accessory Rules

- Gloves can be worn.
- Cycling / Padded type shorts can be worn
- Liquid Chalk can be used on hands if necessary.
- Heart Rate Monitors can be worn.
- Earphones/Earbuds can be worn,
- Gels can be taken into the Arena, however please ensure you remove them after your completion of the Triathlon.
- Water Bottles can also be utilised throughout the Triathlon.
- Sweat Towels can be used throughout the event

8.2. ERG STATIONS – General Rules

- No spectators inside the Erg Zone Area known as “The Arena”. This is defined with white lines or metal rails.
- No Spectator interference allowed on any machine whilst the event is underway, i.e. no Damper changes, monitor screen display changes.
- The Damper setting on each machine can be adjusted prior to starting each phase during your rest / transition time and also during the phase.
- The Damper can be adjusted by only the TRIATHLETES and not by bystanders / spectators.
- On completion of every Erg Station work period segment TRIATHLETES should firstly wipe down their equipment and area and then move forward to the next station. Do not reset or clear the ERG monitors as Judges take note of the Calorie information and reset for the next TRIATHLETE.

- The display on the Concept2 Ergs should be on the large readout for Calories as shown here, the reasons for this are to allow our Judges quick and easy access to the Calories generated in case of any issues with the displays freezing.



8.3. SKI-ERG STATION RULES

- DRIATHLETES will during the work period generate as many calories as possible on the Concept 2 Ski-Erg Machine.
- The start position is stood behind the Erg and not on the base stand. The handles are not to be held until the Timer has commenced.
- Once finished or if resting please ensure you place the ski handles back into position at the top of the machine.
- Do not release the handles from any other position as this can damage the machine.
- Similarly, if handing over to a partner in a pair, pass the handles to them and do not simply release the handles letting them jump back into place at the top of the machine.
- Damper can be adjusted as required if needed.

8.4. BIKE-ERG STATION RULES

- DRIATHLETES will during the work period generate as many calories as possible on the Concept 2 Bike-Erg Machine.
- The start position is sat on the bike with feet resting on the central support bar of the Erg and not on the pedals.
- There is no requirement for the DRIATHLETE to remain seated whilst on the Bike Erg.
- Cycling footwear with Cleats/Clips cannot be used during a DRIATHLON.
- Damper can be adjusted as required if needed.

8.5. ROW-ERG STATION RULES

- DRIATHLETES will during the work period generate as many calories as possible on the Concept 2 Row-Erg Machine.
- The start position is sat on the rower with feet strapped in but with the handle of the rower in its storage position and not being held. Forearms on thighs.
- Damper can be adjusted as required if needed.
- Rowing Machine seat pads can be used but are not supplied by DRIATHLON.
- Gloves can be worn