



# 2026 Rulebook

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## OVERVIEW

DRIATHLON is the latest concept in Fitness Racing.

Simple, Repeatable, Measurable. Everything that you want from a competition.

The DRIATHLON is an accessible Trademarked event hosted at venues around the UK using Concept 2 equipment in accordance with Driathlon LTD rules & regulations.

For the 2026 season Driathlon has three different event formats that will be accessible at host gyms throughout the UK. Scores recorded at these events will be added to a national leaderboard and the highest placed Teams, Solo's and Pairs will be invited to ErgFest 2026 for the national finals.

## EVENT FORMATS

### Tribe (January 3rd - March 22nd)

Teams: 4 people (2 male/2 female)

Time: 40 minutes

Goal: Max combined Cals on 3 Ergs (Ski,Bike,Row)

Other: No maximum or minimum work requirements, any race strategy goes.

Rules: Refer to page

### Classic (March 28th - June 14th)

Solo or Pairs: Gender and age related classes

Time: 20:00 Ski, 02:00 Transition, 20:00 Bike, 02:00 Transition, 20:00 Row

Goal: Max combined Cals on 3 Ergs (Ski,Bike,Row)

Other: No maximum or minimum work requirements, any race strategy goes.

Rules: Refer to page

### Gauntlet (June 20th to September 6th)

Solo: Gender and age related classes

Time: 30:00 Time Cap

Goal: Complete the required number of Cals in the fastest time possible

Other: 2 Rnds of Ski. Bike, Row (75/60 Cals) on each Erg.

Rules: Refer to page

### ErgFest 2026 (October 3/4th) Rushcliffe Arena, Nottingham, UK

ErgFest will host the National Finals of: Tribe, Classic & Gauntlet

## FORMAT RULES

### TRIBE RULES

Arena Clock starts at 00:00/Stops at 40:00

Ergs set to Just (ski, bike, row) and 0 Cals/Time

1 Athlete behind the ski platform or 1m away (hands off handles)

1 Athlete sat on the bike with feet on frame

1 Athlete sat on the rower with elbows on knees

1 Athlete stood by their team mates (off the Ergs)

Any damper setting (which can be changed at any time)

Any number of changes

Any strategy

No seats allowed to rest on

No intervention from outside the arena

No covering the Erg flywheel with any material or athletes

At 40:00 on the arena clock all athletes stop working and judges take the Calorie reading of each Erg.

Age Categories (Age on 1st October 2026)

Open: Up to 179 Combined

Masters: From 180+ Combined

## CLASSIC RULES

Arena Clock starts at 00:00 and goes up to 20:00 with a 2:00 Transition Time

Ergs set to Just (ski, bike, row) and 0 Cals/Tme

Start position for the ski: Standing behind the platform or 1m away (hands off handles)

Start position for the the bike: Sat on the bike with feet on frame

Start position for the rower: Sat on seat with elbows on knees

## Solo

Any damper setting

## Pairs

Any damper setting

Any number of changes

Any strategy

## Solo & Pairs

No seats allowed to rest on

No intervention from outside the arena

No covering the Erg flywheel with any material or athletes

All athletes adhere strictly to the timings on the arena clock (not the erg timer)

All athletes keep the screen on Cals

Athletes must not reset the PM5 monitor at any time

## Age Categories (Age on 1st October 2026)

Solo (Male & Female)

Open: 16-29

Masters: 40-49

Legends: 50-59

Grand Masters: 60+

## Pairs (Male, Female & Mixed)

Junior: Both athletes under 16 years, any gender pairing

Open: Under 80 years Combined

Masters: 80-99 years Combined

Legends: 100+ years Combined

## Pairs Substitutes for Finals:

One of the pair can be swapped for the finals on medical grounds (Proof required). The new partner needs to satisfy the requirement of age and gender in order to stay in the same category.

## GAUNTLET RULES

Arena Clock starts at 00:00/Stops at 30:00 (This is the timeout time)

Ergs set to Just (ski, bike, row) and 0 Cals/Time

Athletes must complete the 2 rounds in the following sequence: ski, bike, row

Athlete starts behind the ski platform or 1m away (hands off handles)

When the athlete has completed the required cals (75/60) they can move on to the next Erg

Athletes must complete 2 Rounds against the clock

Athletes not completing the required workload within 30 mins will have 1 sec added per Cal remaining

Any damper setting

No seats allowed to rest on

No intervention from outside the arena

No covering the Erg flywheel with any material or athletes

### Age Categories (Age on 1st October 2026)

Open: 16-39

Masters: 40-49

Legends: 50-59

Grand Masters: 60+

### Category requirements:

Male: 2 Rounds - 75 Cals Ski, Bike, Row (300 Cals Total)

Female: 2 Rounds - 60 Cals Ski, Bike, Row (240 Cals Total)

# GENERAL DRIATHLON RULES

## 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 Driathlon.
- Water Bottles can also be utilised throughout the Driathlon.
- Sweat Towels can be used throughout the event

## 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 DRIATHLETES and not by bystanders / spectators.
- On completion of every Erg Station work period segment DRIATHLETES 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 DRIATHLETE.
- 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.

## TICKETS

### OPEN Stage:-

If a ticket is purchased for any of the seasons OPEN events and an injury or other issue prevents you attending then please see our [Returns Policy](#) for details on your options.

### Finals Stage:-

If a ticket is purchased for any of the Finals events and an injury or other issue prevents you attending then please see our [Returns Policy](#) for details on your options.

### **PAIRS Category Injuries:-**

If you have a ticket for OPEN events as a PAIR and one of the athletes cannot attend due to injury or other reasons then a replacement substitute can be swapped in.

If a PAIR qualify for Finals and one suffers an injury, then if proof of injury can be provided then as long as one partner is from the original pair that qualified then one partner can be substituted.