INDIAN TRIATHLON FEDERATION
RANKING GUIDELINES

A. **ITF National Ranking**
   ● As an ITF registered member, athletes will receive ITF National Ranking points for every race participated.
   ● Rankings allow members to see how an athlete has progressed amongst fellow members, in their age group across the country.
   ● Ranking system helps ITF to identify the best triathletes to represent India at major championships and games.

B. **Ranking Eligibility**
   ● Participants must be registered for ITF-PIN and should have an active ITF-PIN account for ranking calculation.
   ● Participants must be within the stipulated age group and will be considered in the same age group for point calculations.
   ● Stipulated age group is determined by one's age as of 31st December of the calendar year.
   ● A category should have a minimum of 5 entrants for rankings points to be awarded.

C. **Ranking Calculation Process**
   ● Ranking will be awarded for the following categories – Youth (14&15), Junior (16&17), Senior (18 to 39), and Masters (40+).
   ● Athletes selected to represent India in the Asia Cup, World Cup, Asian / World Championship, South Asian Championship, Commonwealth Games, Asian Games, and Olympic Games will be marked as Elite.
   ● Points will be awarded based on Race distance (Super Sprint, Sprint, Olympic, Half & long distance) and Event type (Triathlon, Duathlon, and Aquathlon).
   ● In case a Triathlon event is converted to a Duathlon or Aquathon after the registration closing date only 75% of the points will be awarded. (*Refer to Table 4 for the points chart).*

INDIAN TRIATHLON FEDERATION
RANKING GUIDELINES

- Only participants who complete the race will be awarded points, no points for triathletes who DNF (Did not finish) and DNS (Did not start). (*Refer to Table 4 for the points chart).*

- To obtain National Ranking, a triathlete needs to take part in at least 1 race between 1 January to 31 December of the calendar year. Based on average points, triathletes will be ranked every month.

- Average points calculation process – Best 3 races' points divided by 3 = Average Points. The best 3 races can be from any event type (Triathlon/Duathlon/Aquathlon) participated between 1 January to 31 December of the calendar year.

- If the triathlete's age is within the same age category in the following year, 33% of the average points from the previous year (Jan to Dec) will be carried forward for ranking calculation. Hence the athlete will start the year with 33% of the previous year's average points. All triathletes will start with a zero point when a triathlete moves to a higher age category.

D. **ITF RECOMMENDED RACE DISTANCE AND EVENT TYPE**

TABLE 1 - TRIATHLON DISTANCE

Distance	Swim	Bike	Run	Age Group
Super Sprint	500M	13Km	3.5Km	Youth
Sprint	750 M	20Km	5Km	Sub Junior & Junior
Olympic	1.5KM	40Km	10Km	Junior, Elite, Masters
Half	1.9Km	90Km	21.1Km	Elite & Masters
Long	4km	120km	30km	Elite & Masters

INDIAN TRIATHLON FEDERATION
RANKING GUIDELINES

TABLE 2 - DUATHLON DISTANCE

Distance	Run	Bike	Run
Super Sprint	1Km to 3Km	5Km to 10Km	1Km
Sprint	5KM	20Km	2.5Km
Olympic Distance	5Km to 10Km	30Km to 40Km	5Km

TABLE 3 - AQUATHLON DISTANCE

Distance	Run	Swim	Run
Super Sprint	-	400M	1.5Km
Sprint	2km	750M	2Km
Olympic Distance	2.5km	1Km	2.5km

E. RANKING POINTS CHART FOR EVENT TYPE AND RACE DISTANCE
TABLE 4

Multisport	Triathlon			Long Distance Triathlon		Duathlon & Aquathlon		
Position	Super Sprint	Sprint	Olympic	Half	Long	Super Sprint	Sprint	Olympic
1	300	400	500	400	500	200	300	400
2	278	370	463	370	463	185	278	370
3	257	342	428	342	428	171	257	342
4	237	317	396	317	396	158	237	317
5	220	293	366	293	366	146	220	293
6	203	271	339	271	339	135	203	271
7	188	251	313	251	313	125	188	251
8	174	232	290	232	290	116	174	232
9	161	214	268	214	268	107	161	214
10	149	198	248	198	248	99	149	198
11	138	183	229	183	229	92	138	183
12	127	170	212	170	212	85	127	170
13	118	157	196	157	196	78	118	157

INDIAN TRIATHLON FEDERATION
RANKING GUIDELINES

14	109	145	181	145	181	73	109	145
15	101	134	168	134	168	67	101	134
16	93	124	155	124	155	62	93	124
17	86	115	144	115	144	57	86	115
18	80	106	133	106	133	53	80	106
19	74	98	123	98	123	49	74	98
20	68	91	114	91	114	45	68	91
21	63	84	105	84	105	42	63	84
22	58	78	97	78	97	39	58	78
23	54	72	90	72	90	36	54	72
24	50	67	83	67	83	33	50	67
25	46	62	77	62	77	31	46	62
26	43	57	71	57	71	28	43	57
27	40	53	66	53	66	26	40	53
28	37	49	61	49	61	24	37	49
29	34	45	56	45	56	23	34	45
30	31	42	52	42	52	21	31	42
31	29	39	48	39	48	19	29	39
32	27	36	45	36	45	18	27	36
33	25	33	41	33	41	17	25	33
34	23	31	38	31	38	15	23	31
35	21	28	35	28	35	14	21	28
36	20	26	33	26	33	13	20	26
37	18	24	30	24	30	12	18	24
38	17	22	28	22	28	11	17	22
39	16	21	26	21	26	10	16	21
40	14	19	24	19	24	10	14	19
41 +	5	15	20	15	20	5	5	5