Sport Terminology

Terminologie du sport

As of WED 21 OCT 2026

Term	Definition
Breakaway	A burst of speed by an athlete in order to create distance between themselves and the rest of the competitors.
Buoy	Coloured floating markers for an open water swim course.
Course	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.
Cycling Segment	Part of the competition course, defined in the Athletes' Briefing, on which the bike shall be ridden, walked or carried within the lane boundaries. The bike course commences from the Mount Line and concludes at the Dismount Line.
Dismount Line	A designated line at the entrance of the transition area from the bike course before which athletes shall fully dismount their bikes and proceed to the bike racks. The Dismount Line will normally extend for the width of the entrance to the transition area and be identified by flags/line/Technical Official, or combinations thereof. The Dismount Line is red.
Dolphin Dive	Technique used for entering and exiting the water fast where the water is too deep to run but too shallow to swim.
Drafting	To draft behind another athlete in an effort to gain an advantage by conserving energy.
Duathlon	Multisport which combines bike and run in three segments: the first segment is running, followed by cycling and finishing with running.
Early Start	When an athlete's foot crosses the vertical plane of the start line, before the start signal.
Head Referee	World Triathlon Technical Official responsible for final decisions on all rules violations reported by Technical Officials. The Head Referee is responsible for signing the official results.
Lap	A loop completed on a defined course.
Mount Line	A designated line at the exit from the transition area onto the bike course after which athletes shall mount their bicycles and proceed. The Mount Line will normally extend for the width of the exit of the transition area and be identified by flags/line/Technical Official, or combinations thereof. The Mount Line is green.
Penalty	A sanction applied to an athlete, who is assessed by a World Triathlon Technical Official to have committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.
Penalty Box	An area on the run course, set aside for the implementation of a time penalty for a rule infringement/violation.
Run Segment	Part of the competition course, defined in the Athletes' Briefing, on which the athlete shall run or walk within the lane boundaries. In triathlons, the run course commences at the exit from the transition area and concludes at the Finish Line. In duathlons, the first run course commences at the start line and finishes at the entry to the transition area. The second course commences at the exit from the transition area and concludes at the Finish Line.



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Segment	A stage of competition. Triathlon event consists of five segments: Swim, transition 1, bike, transition 2 and run.
Swim Segment	Part of the competition course, defined in the Athletes' Briefing, that the athlete shall swim within the lane boundaries. In triathlons, the swim course commences at the start line and concludes at the water's edge/exit prior to entry to the transition area.
T1	Transition one, from swim to bike.
T2	Transition two, from bike to run.
Time Penalty	Penalty consisting of a stop at the penalty box for a specified period of time. Early start time penalty is served in T1 instead of the penalty box. The duration of the penalty is 10 seconds for Sprint Distance competitions.
Transition	A segment of the competition during which equipment is changed.
Transition Area	A location within a defined boundary, which is not a part of the swim course, the bike course or the run course and within which each athlete is allocated an area for the storage of individual items of clothing and equipment.
Transponder	An electronic timing device worn by the athletes which allows them to be automatically identified and timed when passing designated points along the course (e.g. after swim, after transitions).

Note:
For further information please consult: www.triathlon.org