



USAT ELITE DEVELOPMENT DRAFT-LEGAL TRIATHLON ATHLETE CHECKLIST

Dear Athlete, Parent or Coach,

We're looking forward to seeing you compete at the upcoming USAT Elite Development Race draft-legal triathlon. Before you arrive to put your hard work to the test there are several things we would like to bring to your attention.

The rules of competition are not difficult to follow. However, there are several ways you can affect the outcome of your competition in a negative way.

- Miss the pre-race briefing or race day check-in. (DSQ)
- Arrive with the incorrect bike gear. (DSQ)
- Helmet does not meet established CPSC standards and labeling.
- False start. (:10 seconds)
- Leave gear outside the Transition basket after the swim. (:10 seconds)
- Mount your bike prior to the mount line. (:10 seconds)
- Athletes who are overtaken/lapped on the bike course (this includes not making it out of Transition before the lead athlete completes his/her first bike lap) will be withdrawn from the competition.
- Not completing the appropriate number of laps on the bike or run. (DSQ)
- Dismount your bike after the dismount line. (:10 seconds)
- Leave gear outside the Transition basket after the bike (including bike shoes). (:10 seconds)
- Behaving in an unsportsmanlike manner. (:10 seconds)

The role of Officials is to help facilitate a safe and fair environment where you can achieve your goals. Please take some time to read through the following pages so you can be best prepared to have a successful competition. The information contained within these pages points out important competition details, however, it is not a complete listing of the rules. We encourage you to familiarize yourself with all of the rules of competition that are contained in the ITU Competition Manual at www.triathlon.org.

Best of luck to you!

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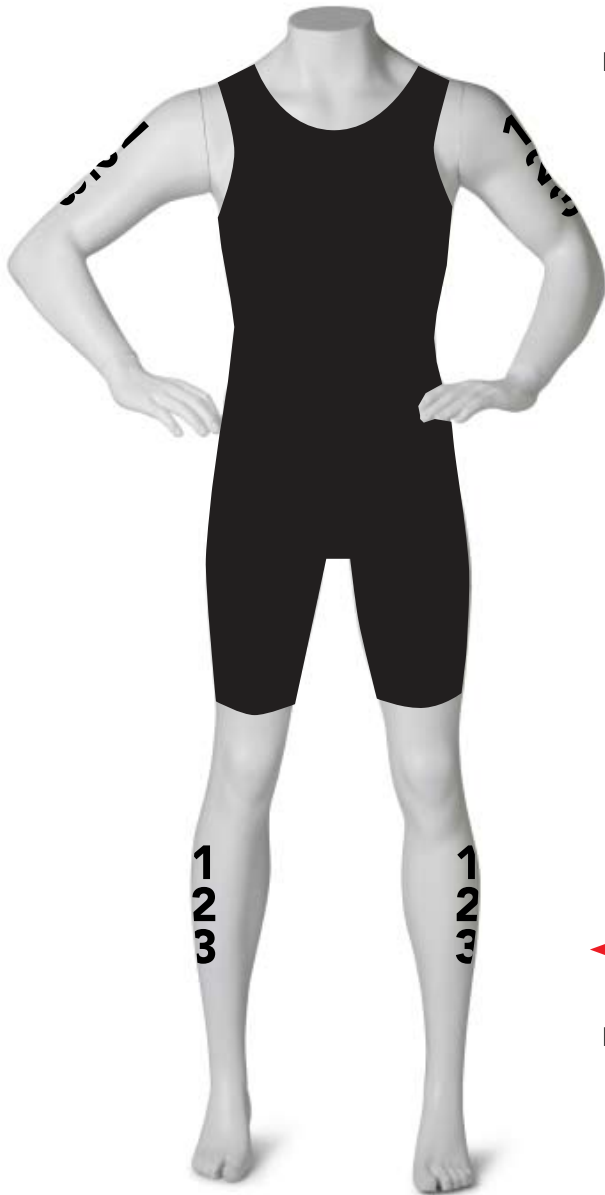
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PLEASE NOTE:

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The official rules of competition are located within the ITU Competition Rules and can be found at www.triathlon.org.

UNIFORM & BODY MARKING



NOTE:
Race numbers on left and right
arm between shoulder
and bicep.



NOTE:
One- or two-piece uniform
must fully cover torso.

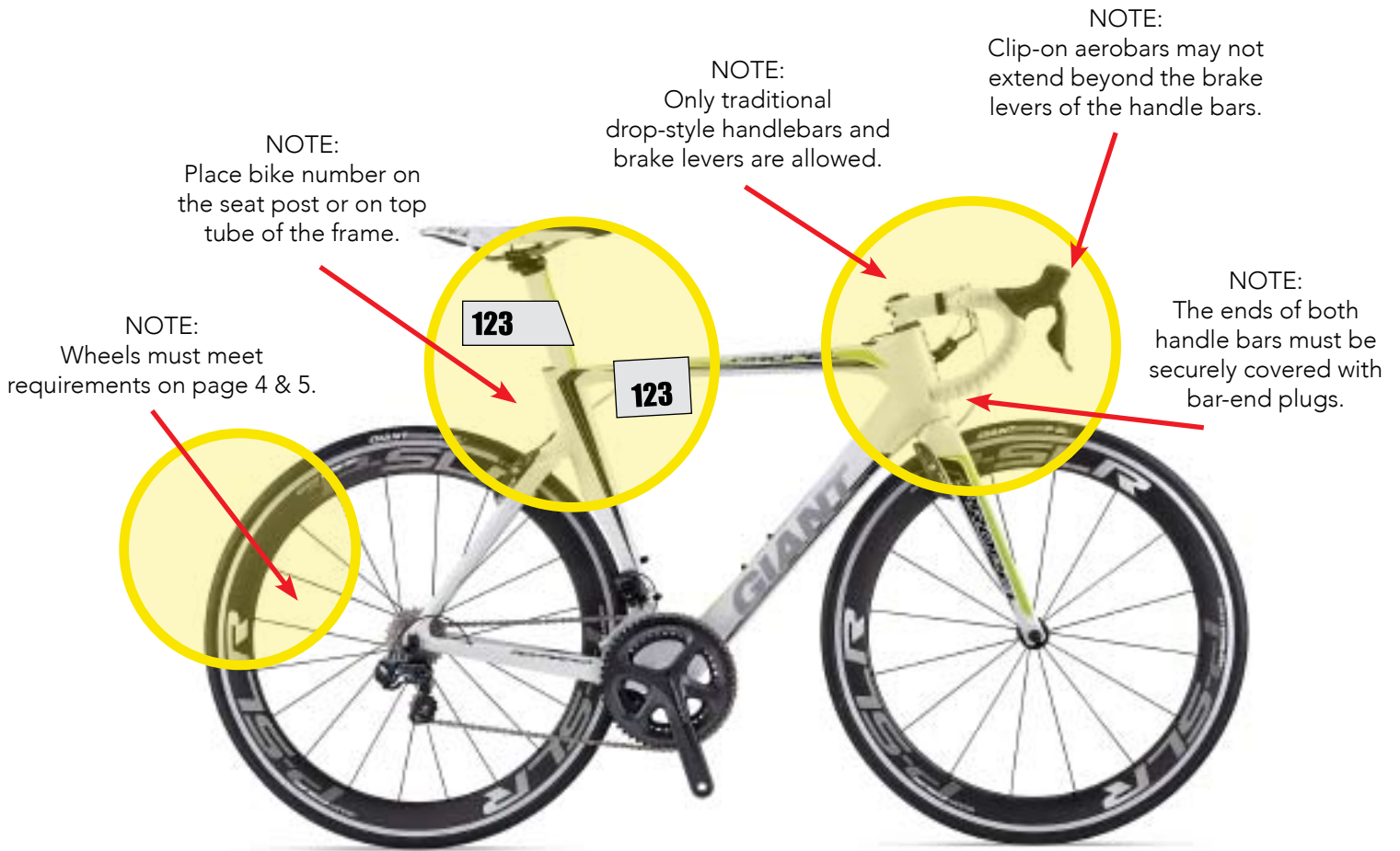
(Womens one-piece
swimsuit also acceptable.)

If front zipper exists, it must
remain closed (up).



NOTE:
Race numbers on left and right
leg between knee and ankle.

BIKE EQUIPMENT



NOTE:
 Clip-on aerobars must have a solid standard factory bridge joining both sides of the handle bar at its forward most point, or touching, and include bar-end plugs. Bar end shifters are not allowed.



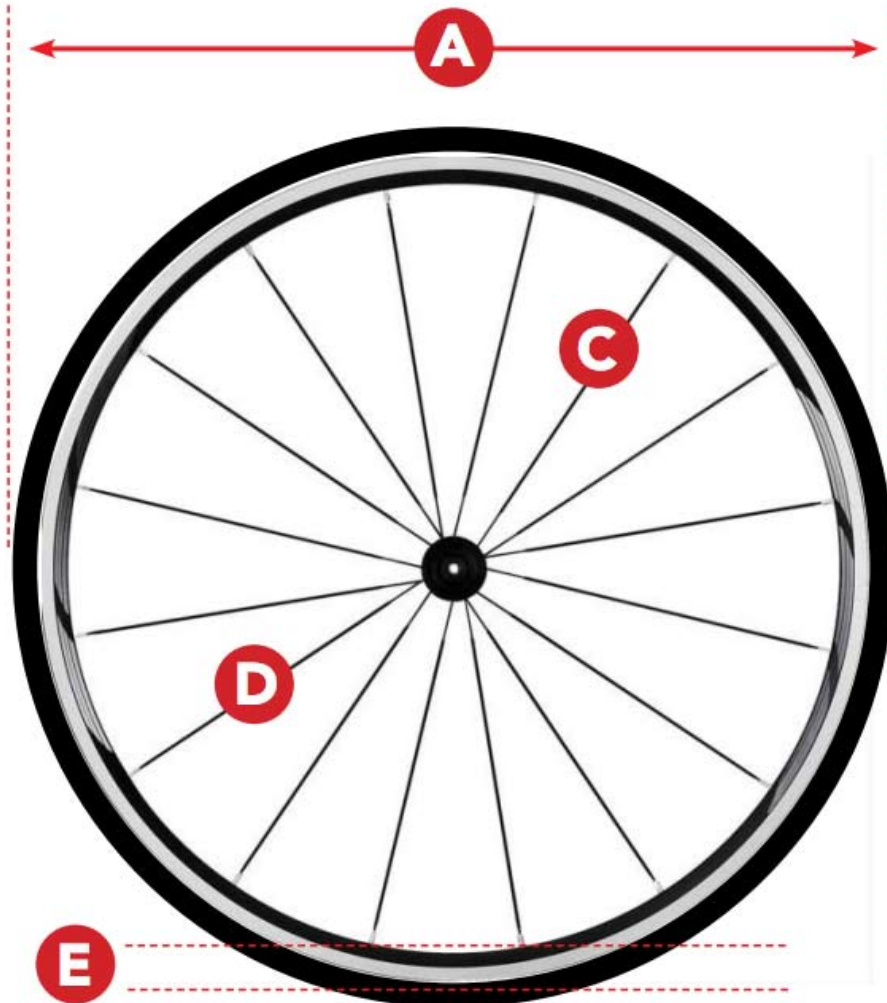
NOT ALLOWED!
 Handlebars with built in aerobars are not allowed.



NOTE:
 Helmet must be free from defects and within standards described on page 5. Place helmet number sticker on front.

WHEELS

Please review the following steps to determine if your wheels are approved to be used during competition.



Note: Measure from the inner part of the rim, to where the rubber tread meets the outer rim. (Rims may be carbon or metal.)

STEP 2: NON-STANDARD WHEELS

IF YOU COULD NOT ANSWER "YES" TO THE FIVE QUESTIONS ABOUT YOUR WHEEL CHARACTERISTICS IN STEP 1, THEN YOUR WHEELS ARE CONSIDERED "NON-STANDARD" AND MUST BE LISTED ON THE UCI NON-STANDARD WHEEL LIST TO BE USED DURING COMPETITION. THIS LIST CAN BE FOUND AT WWW.UCI.CH OR WWW.DRAFTLEGALRULES.COM

STEP 1: STANDARD WHEELS

For use during competition, you must be able to answer "YES" to all five of the questions below about both of your wheels:

A) YES OR NO?

WHEEL DIMENSIONS: Is the diameter of the wheel including the tire, between 70 cm maximum and 55 cm minimum? If "YES", proceed to Question B. If "NO", proceed to Step 2.

B) YES OR NO?

WHEEL DIMENSIONS: Are both wheels of the same diameter (e.g. both wheels are 700s or 650s)? If "YES", proceed to Question C. If "NO", proceed to Step 2.

C) YES OR NO?

SPOKES: Do the wheels have 16 or more spokes? If "YES", proceed to Question D. If "NO", proceed to Step 2.

D) YES OR NO?

SPOKES: Are the spokes round, flat or oval, AND do not exceed 2.4 mm? If "YES", proceed to Question E. If "NO", proceed to Step 2.

E) YES OR NO?

RIM: Is the rim of the wheel 25 mm or less on each side? If you have answered "YES" to this question, and the previous four questions, then your wheels are considered "STANDARD WHEELS" and are approved for competition. If "NO", proceed to Step 2.



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PRE-RACE

- Attending the pre-race meeting is mandatory.
- All athletes are required to pick up their race packet in person, with a legal guardian if younger than 18, and valid ID. Every athlete must have a valid USAT annual or one-day membership.

ATHLETE IDENTIFICATION & BODY MARKING

- Each athlete is assigned a race number. Numbers are assigned in random order.
- A bike frame number, and helmet number will be provided at Packet Pick-up. Athletes will be body marked with markers or temporary tattoo numbers. (Swim caps will be provided at Athlete Check-in on race morning.)
- Race numbers should be on the left and right arm, and left and right leg. (See page 2)
- Bike race numbers, provided by the Race Director, must be placed on the bike as instructed, without any alteration.
- The bike helmet number sticker should be applied to the front of your bike helmet. (See page 2)
- Every athlete must wear a timing chip/strap. The timing chip/strap will be distributed on race morning only. Athletes are required to wear the timing chip strap on their ankle throughout the race.
- No race bibs or race number belts will be allowed.

RACE UNIFORM [EXCEPTION TO ITU RULES OF COMPETITION]

- Torso must be covered from race start to finish.
- The recommended race suit for men is a one piece "tri suit" with rear zipper. The recommended race suit for women is either a one piece swimsuit or one piece "tri suit".
- Front zippers are allowed but must not be lowered during the race.
- Last name and country code are not required on race uniforms, but are highly recommended. There are no limitations with respect to logo placements on the uniform.
- NOTE: Athletes who intend to participate in international competitions (such as the ITU/CAMTRI Championship or ITU World Championships) will need to fully comply with ITU Uniform Rules/Standards for those events.

ATHLETE CHECK-IN [EXCEPTION TO ITU RULES OF COMPETITION]

- Athletes must attend a pre-race check-in at their assigned time on race morning prior to entering Transition.
- Athlete must arrive to this check with body, bike and helmet numbering, properly applied. (See page 2 & 3)
- During the pre-race check-in Officials will review each athlete's numbers, bike and bike helmet.
 - Only traditional road bike drop handlebars are permitted. (See page 3)
 - Handlebar ends must be plugged. (See page 3)
 - Aerobars may not extend beyond the handlebar brake levers. (See page 3)
 - Aerobars must be touching or bridged, and plugged. (See page 3)



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- All participants shall wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC), and which is clearly labeled by the manufacturer as satisfying such standards. "Aero" helmets are not allowed.
- **Note: Helmets must be buckled in place while touching the bike before, during or after the event, or the athlete will be disqualified.**
- Wheels must have the following characteristics:
 - A diameter between 70 cm maximum and 55 cm minimum, including the tire.
 - Both wheels must be of equal diameter.
 - Wheels shall have at least 16 metal spokes.
 - Spokes can be round, flattened or oval, provided their width does not exceed 2.4 mm.
 - The maximum rim dimension will be 25 mm on each side.
 - Wheels not complying with the requirements above are allowed to be used if they are included in the current UCI non-standard wheels list. No disc wheels allowed.

TRANSITION (PRE-RACE)

- Only registered athletes will be allowed in the Transition area.
- No glass is allowed in the Transition area.
- Athletes must rack their bike and equipment at their assigned position.
- Bikes must remain in Transition once racked.
- Bikes must be racked by the front of seat on the Transition rack at the start of the race, facing toward the field of play/flow of traffic.
- All equipment (shoes, helmet, etc.) must be contained directly on, under or behind the bike. No towels are allowed in Transition.

THE SWIM

- All athletes will be provided an assigned time for a swim warm up.
- Athletes will report to the swim staging area approximately 10 minutes prior to the scheduled start of the race.
- Athletes will be called to the start line by race number/name.
- Once called to the start line, athletes must quickly select their start position and remain directly behind it until the race begins. Athletes may not change their starting position once selected.
- An Official will start the race by announcing "TAKE YOUR MARK" at which time athletes should move into the starting position.
- Athletes must make forward motion to the water once the race start signal is sounded.
- Blocking or interfering with the forward progress of another competitor is not allowed.
- False starts involving more than two athletes will be recalled to the start line, while a false start of one to two athletes will not.
- If the water temperature is 68 degrees F or less, athletes will be allowed to wear wetsuits. Water temperature will be posted at packet pickup. The official water temperature will be announced race morning.



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SWIM TO BIKE TRANSITION

- Swim gear (e.g., swim cap and goggles) must be placed in the athlete's assigned bin/basket in Transition, if provided.

THE BIKE

- Athletes may not ride their bike in the Transition area.
- A Wheel Stop will be located on the bike course. Please mark wheels with name/team name and leave them with Race Officials at Transition 30-45 minutes prior to your race so they may be transported to the Wheel Stop. Wheels will not be accepted at the Wheel Stop under any circumstances by anyone other than Race Officials.
- Athletes are responsible for replacing their own wheel on their bikes during competition.

BIKE TO RUN TRANSITION:

- Bikes must be racked by both handlebars/brake levers, or front of seat, after completing the bike course at their assigned rack location. (See page 4)
- All equipment/gear that will not be used on the run must be placed in the athlete's assigned Transition bin/basket, if provided.

THE RUN

- There will be a run course bike leader for the first runner.
- Water and sports drinks will be provided at an Aid Station(s) on the course.

PENALTIES

- Failure to follow the competition rules will result in a warning, time penalty or disqualification.
- Warnings alert an athlete to a possible rule violation. They may be given with or without a time penalty.
- Warnings are issued by an Official by sounding a whistle; showing a yellow card to the athlete; and identifying the athlete's number. When given a yellow card, athletes will follow the instructions of the Official.
- Time penalty in Transition - The Official will hold a yellow card up as the penalized athlete arrives at their position in Transition. The athlete will be ordered to stop in his/her Transition space without touching any of their equipment. Once the athlete stops the Official starts to time the penalty. If the athlete touches or removes any of their equipment the counts will stop. When the penalty time is completed the Official will say "Go" and the athlete can continue with the competition.
- Time penalty at the Penalty Box - Penalized athlete's numbers will be clearly displayed on a board at the Penalty Box. Penalized athletes will proceed into the Penalty Box and inform the Official of their identity. The penalty time starts when the athlete enters the Penalty Box. When the penalty time is finished, the Technical Official will say "Go" and the athlete can continue with the competition.
- Disqualification - is a penalty appropriate for severe rule violations, or dangerous or unsportsmanlike conduct. If time and conditions permit, Officials will sound a whistle; show a red card to the athlete; and call the athlete's race number and say "Disqualified".



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- It is not necessary for an Official to give a warning prior to issuing a more serious penalty.
- An athlete may finish the race if an Official calls a disqualification, except for athletes lapped out/overtaken by the race leader.
- A penalized athlete may protest the decision according to the Protest/ Appeals procedure listed below.

PROTESTS OR APPEALS

- An athlete may file a Protest with the Lead Official provided it has not been previously observed by Officials and ruled upon.
- A Protest is filed against the conduct of an athlete, an athlete's equipment, an Official, or the conditions of the competition.
- Protests concerning athlete eligibility or course safety must be made in advance of the competition.
- An Appeal is a request for a review of a decision made by Officials/ Competition Jury.

Generally, Protests or Appeals must follow the step listed below:

1. The intention to submit a Protest or Appeal must be made to the Lead Official within 5 minutes of the athlete's finish time.
2. Protest or Appeal forms may be obtained from the Lead Official and must include: alleged rule violation; location and approximate time of alleged violation; persons involved in the alleged violation; statement, including a diagram of the alleged violation, if necessary; the names of witnesses who observed the alleged violation. A deposit of \$50 USD must accompany the Protest or Appeal form.
3. The formal Protest or Appeal must be submitted to the Lead Official no more than 15 minutes later than the athlete's finish time.
4. The \$50 USD deposit will be refunded if the Protest or Appeal is successful. If it is denied, there will be no refund.
5. Protests and Appeals are reviewed by the Lead Official and the Competition Jury.

For exact details related to the Protest and Appeals process please refer to the ITU Competition Rules manual.