



USAT F1 DRAFT-LEGAL RULES SUMMARY

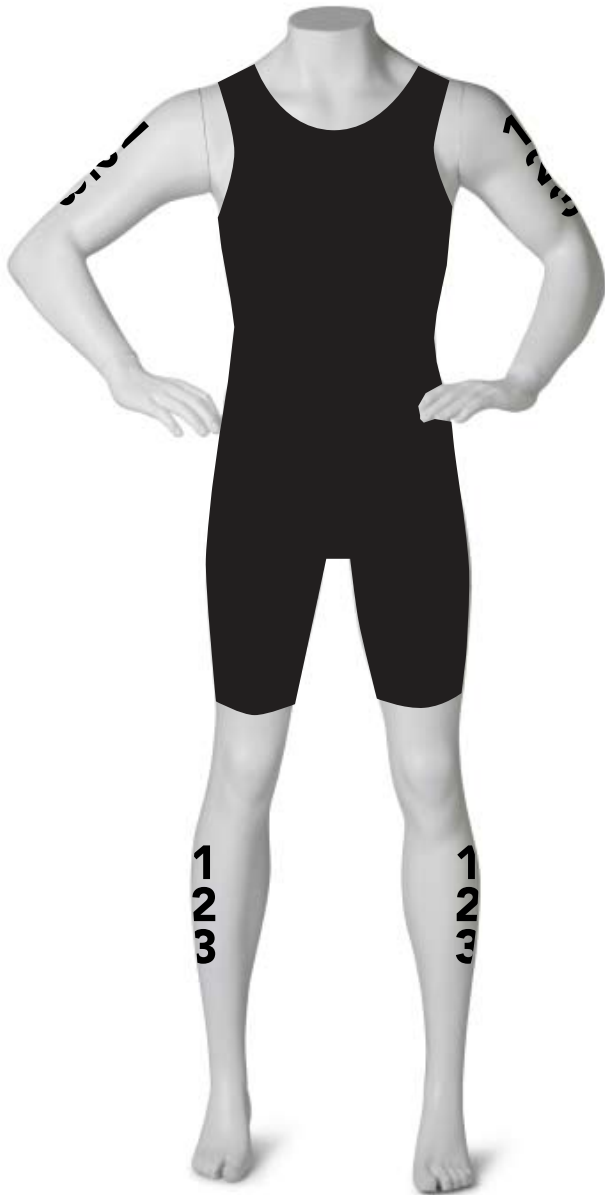
Dear Athlete, Parent or Coach,

We're looking forward to seeing you compete in the upcoming USAT F1 Youth Draft-Legal triathlon. F1 events are designed to be introductory experiences for athletes interested in participating in draft legal competitions. Please review the following rules summary.

- Athletes must be between the age of 12 and 16 years old.
- The pre-race briefing is mandatory.
- Torso must be covered from race start to finish.
- Athletes must rack bikes in their assigned transition spot by the front of the saddle facing the flow of traffic.
- Time penalties will be served in the Penalty Box on the run course or stop-and-go in Transition. Penalties not served will result in disqualification.
- Wetsuits are not allowed above 20°C (68°F).
- In the swim, athletes must move forward after the start signal.
- Blocking or interfering with the forward progress of another competitor is not allowed.
- Athletes lapped (overtaken) on the bike or run course may be withdrawn from the competition at the discretion of the Race Director and Lead Official.
- Helmet must meet established CPSC standards and labeling.
- Helmet chin-strap must be buckled at all times when touching the bike.
- "Aero" helmets (as determined by the Lead Official) and disc wheels are not permitted.
- All equipment must be placed in the athlete's individual transition bin after use (if provided).
- Unsportsmanlike conduct, including inappropriate language directed at fellow competitors, volunteers, or officials, may result in disqualification.
- Bicycle must have a traditional triangular frame; wheels must have at least 16 spokes and equal dimensions (e.g., both 700c); handlebars must be traditional drop-style with bar-ends plugged; clip-on aerobars may not extend beyond the brake levers foremost line and must be bridged or touching; no bar-end gear shifters allowed.
- No race bibs or race number belts will be allowed.
- No towels or water buckets allowed in Transition.

Please direct questions related to the rules to craig.hanken@usatriathlon.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.

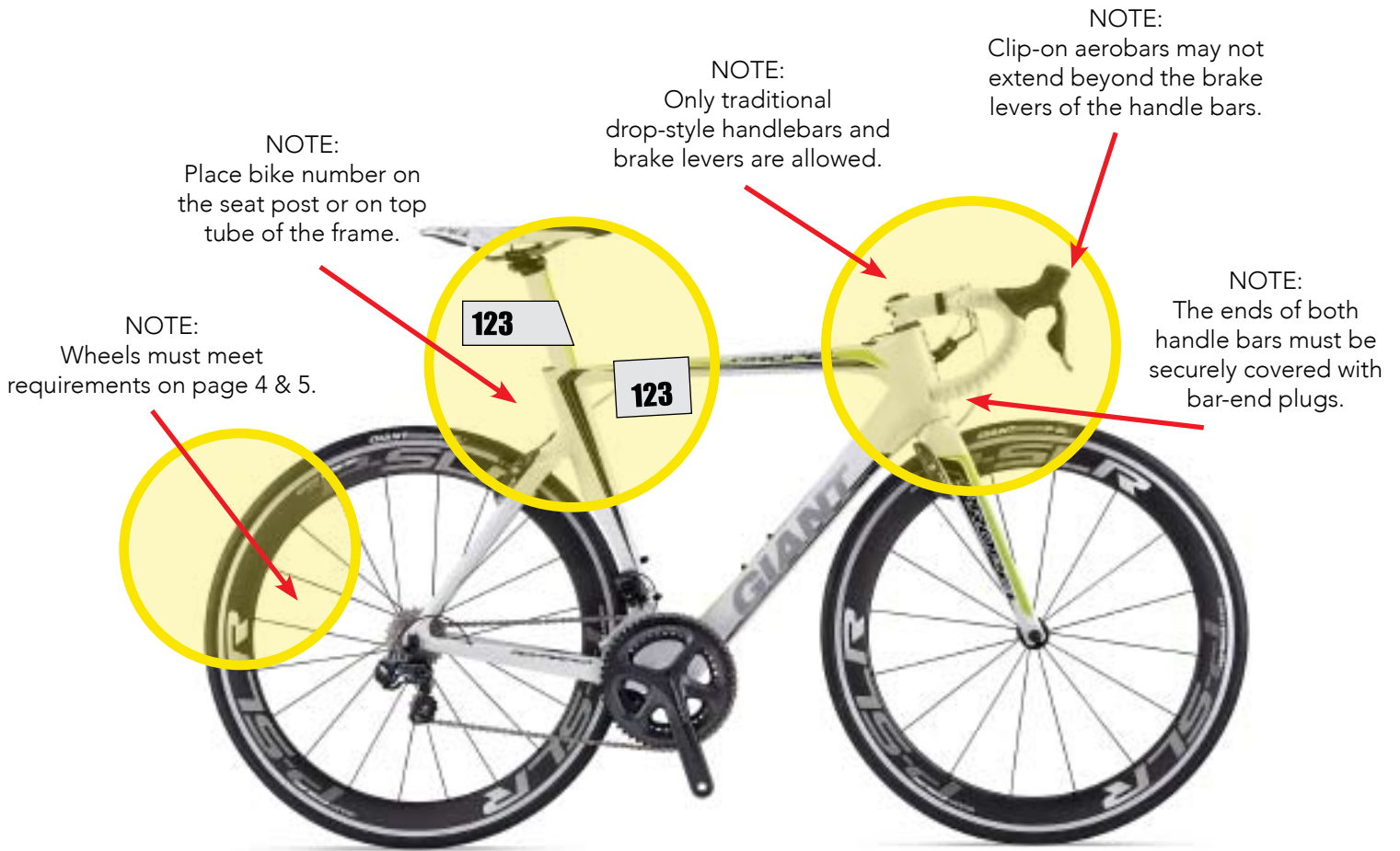
(Womens one-piece
swimsuit also acceptable.)

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.



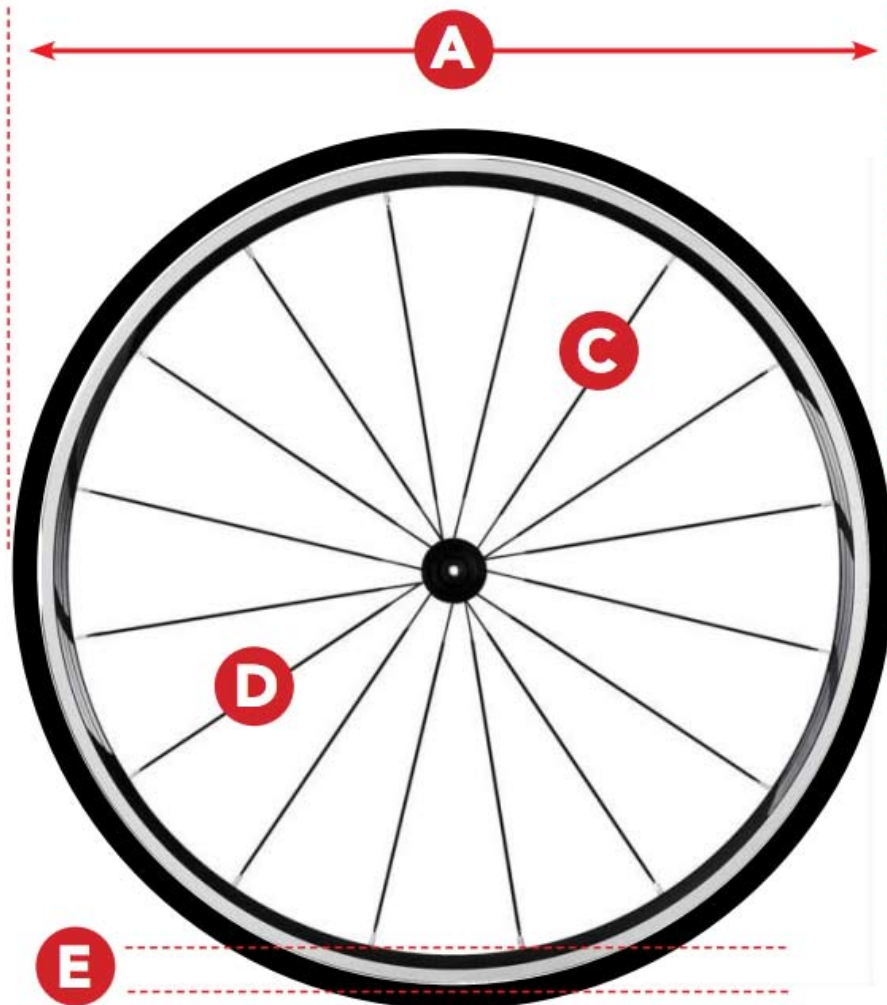
NOT ALLOWED!
Handlebars with built in aerobars are not allowed.



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.