



**PLEASE NOTE:**

Officials will follow the ITU Competition Rules with a few exceptions detailed in this document.

The official rules of competition are located within the ITU Competition Rules and can be found at [www.triathlon.org](http://www.triathlon.org).

## USAT AGE GROUP DRAFT-LEGAL TRIATHLON ATHLETE CHECKLIST

Dear Athlete,

We're looking forward to seeing you compete at the upcoming draft-legal triathlon. Before you arrive to put your hard work to the test there are several things I'd like to bring to your attention.

The rules of competition are not difficult to follow. However, there are several ways you can change 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)
- False start. (:10 seconds)
- Leave gear outside the T
- Transition basket after the swim. (:10 seconds)
- Helmet does not meet established CPSC standards and labeling.
- Mount your bike prior to the mount line. (:10 seconds)
- 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), if provided. (:10 seconds)
- Not serving penalties if indicated at the Penalty Box. (DSQ)
- Behaving in an unsportsmanlike way. (DSQ)

The rules are designed 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.

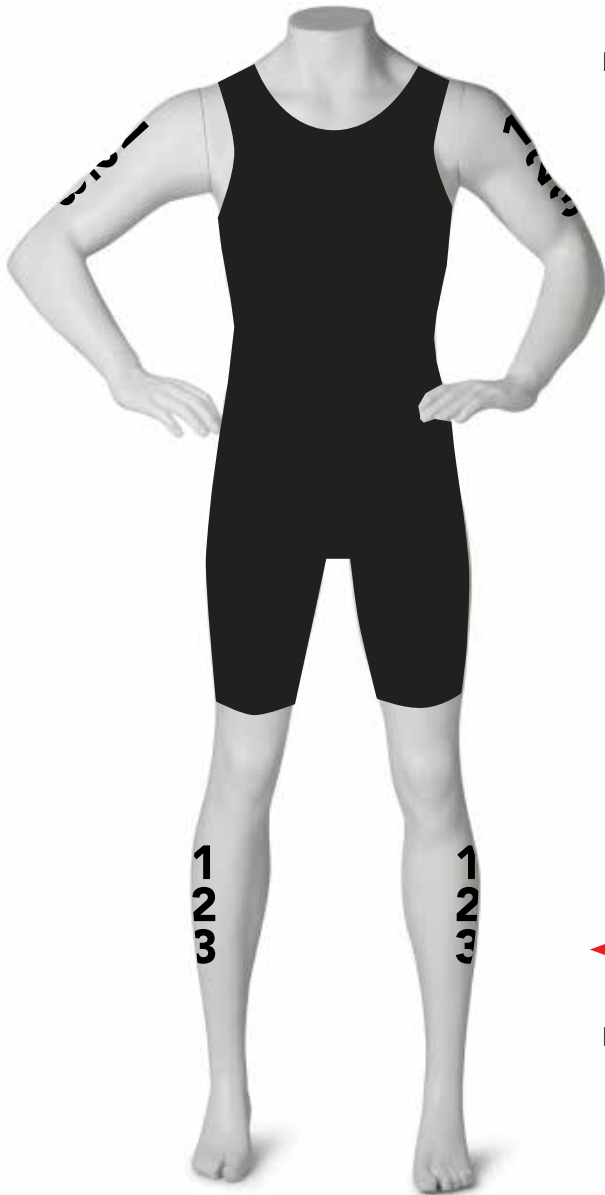
The information contained within these pages points out important competition details, however, it is not a complete listing of the rules. I encourage you to familiarize yourself with all of the rules of competition that are contained in the ITU Competition Manual at [www.triathlon.org](http://www.triathlon.org).

Best of luck to you!

Craig Hanken  
USA Triathlon Draft-Legal Coordinator  
515.422.1846



# 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).

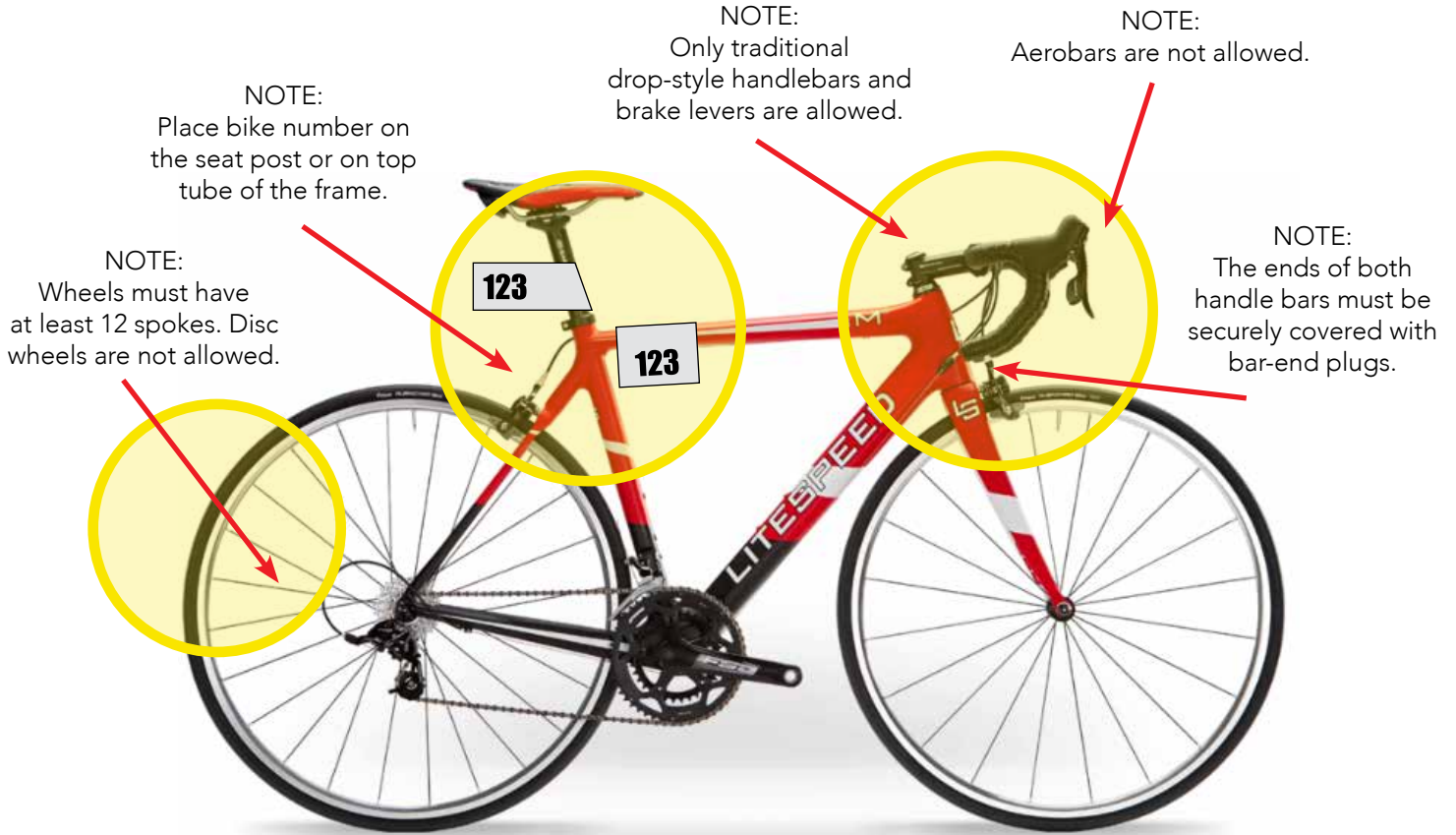


NOTE:  
Race numbers on left and right  
leg between knee and ankle.





# BIKE EQUIPMENT



NOTE:  
Aerobars 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. Aero helmets are not recommended.



**PLEASE NOTE:**

Officials will follow the ITU Competition Rules with a few exceptions detailed in this document.

The official rules of competition are located within the ITU Competition Rules and can be found at [www.triathlon.org](http://www.triathlon.org).

## SUGGESTED TRANSITION SET UP

- Space will be limited in Transition. Please set up your Transition area similar to the image below. Note: Bike shoes may be placed on ground near front tire instead of clipped on the pedals.





**PLEASE NOTE:**

Officials will follow the ITU Competition Rules with a few exceptions detailed in this document.

The official rules of competition are located within the ITU Competition Rules and can be found at [www.triathlon.org](http://www.triathlon.org).

## PRE-RACE

- All athletes are required to pick up their race packet in person, with a legal guardian if younger than 18, and the athlete's valid USAT membership card.

## ATHLETE IDENTIFICATION & BODY MARKING (See page 2)

- Each athlete is assigned a race number.
- 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.
- Race numbers should be on the left and right arm, and left and right leg.
- 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.
- Every athlete must wear a timing chip/strap. Chips will be provided on race morning. Athletes are required to wear the device on their ankle throughout the race.
- No race bibs or race number belts will be necessary.

## RACE UNIFORM [EXCEPTION TO ITU RULES OF COMPETITION] (See page 2)

- 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". Two piece race suits may be worn as long as the athlete's torso is covered from race start to finish.
- Front zippers are allowed but must not be lowered during the race.
- Torso must be covered from race start to finish.

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

- Athletes must attend a pre-race check-in 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 body marking, 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 be present in age group draft legal competitions.
  - All participants in USAT sanctioned events, 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 with an extended, pointed end are not recommended.
  - **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:
    - Wheels shall have at least 12 metal spokes.
    - Disc wheels are not allowed.
  - Generally, the frame of the bike shall be of a traditional triangle pattern, i.e., built around a closed frame of straight or tapered tubular elements. Non-traditional or unusual bikes or equipment shall be illegal unless prior approval has been granted from the Technical Delegate, prior to the start of the competition. Exact bike measurements may be found in the ITU Competition Rules for age group draft legal events 5.2 d (i) located on page 30.



**PLEASE NOTE:**

Officials will follow the ITU Competition Rules with a few exceptions detailed in this document.

The official rules of competition are located within the ITU Competition Rules and can be found at [www.triathlon.org](http://www.triathlon.org).

## **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 seat on the Transition rack at the start of the race, facing toward the field of play.
- All equipment (shoes, helmet, etc.) must be contained directly on, under the bike, or in their assigned Transition bin (if provided). No towels are allowed in Transition.
- See page 4 for suggested Transition layout.

## **THE START/SWIM**

- All athletes will be provided an assigned time for a swim warm up.
- Athletes will be placed in waves according to gender and age by the Race Director.
- Athletes will report to the swim staging area approximately 10 minutes prior to the scheduled start of the race.
- An Official will start the race by announcing "TAKE YOUR MARK". Any time after the announcement, the start signal will be given by blasting a horn.
- Athletes must make forward motion to the water once the race start signal is sounded.
- 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. Penalties from the swim will be enforced by Officials in T1. (10 seconds)
- If the water temperature is 71.6 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.
- "Swim skins" and "speed suits" may be worn in competitions where wet suits are legal. If athletes choose to wear a "swim skin" or "speed suit" in a non-wetsuit legal swim, then the "swim skin/speed suit" will be required to be worn during the bike and run segments AND must meet uniform standards on page 5 of this document.

## **SWIM TO BIKE TRANSITION**

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

## **THE BIKE**

- A bike mechanic, with limited supplies, will be at the race site on race day and able to assist with minor issues.
- 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.



**PLEASE NOTE:**

Officials will follow the ITU Competition Rules with a few exceptions detailed in this document.

The official rules of competition are located within the ITU Competition Rules and can be found at [www.triathlon.org](http://www.triathlon.org).

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

## **DRAFTING:**

- Drafting is forbidden off a different gender athlete.
- Drafting is forbidden off a motorcycle or vehicle.
- **Note: Age group draft legal events have been designed to eliminate the overlap rule. Athletes will not be lapped out unless noted by the Lead Official at the athlete meeting.**

## **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.
- All equipment/gear already used or unused must be placed near the athlete's Transition position, or in the athlete's Transition bin, 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 suspension 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. **NOTE: Not serving penalties if indicated at the Penalty Box will result in disqualification.**
- 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 bib number and say "Disqualified".
- 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.
- A disqualified athlete may protest the decision according to the Protest/ Appeals procedure listed below.



**PLEASE NOTE:**

Officials will follow the ITU Competition Rules with a few exceptions detailed in this document.

The official rules of competition are located within the ITU Competition Rules and can be found at [www.triathlon.org](http://www.triathlon.org).

**PROTESTS/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 STEPS 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.

**Exact details related to the Protest and Appeals process can be found in the ITU Competition rules manual.**