



USAT ELITE DEVELOPMENT DRAFT-LEGAL TRIATHLON ATHLETE CHECKLIST

Dear Athlete, Parent or Coach,

I'm 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 I would 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. (:10 seconds/DSQ)
- Arrive with the incorrect bike gear. (DSQ, if not corrected)
- Helmet does not meet established CPSC standards and labeling. (DSQ, if not corrected)
- Early 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 have been lapped on the bike course (this includes not making it out of Transition before the lead athlete completes his/her first bike lap). (LAPPED/DSQ)
- 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. (DSQ)
- **NEW: BEGINNING IN 2019, ATHLETES WHO MISS THE ATHLETE'S MEETING WITHOUT AN EXCUSED ABSENCE WILL RECEIVE A :10 PENALTY IN T1.**

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.

All questions should be emailed to craig.hanken@usatriathlon.org.

Best of luck to you!

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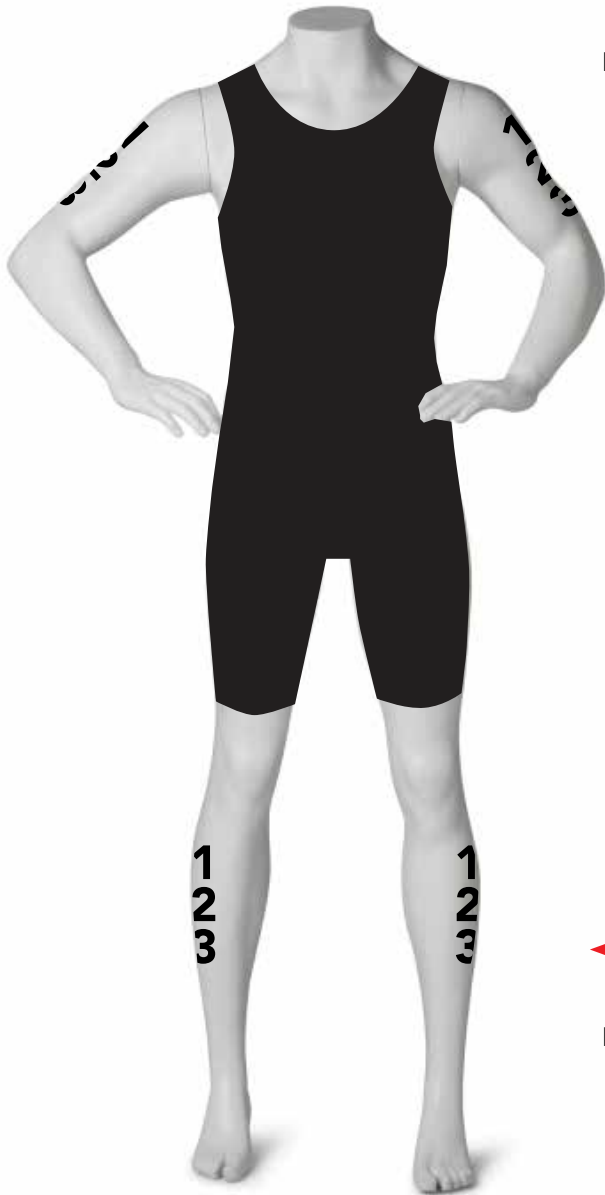
PLEASE NOTE:

The goal of USAT Draft Legal Officials is to assist Race Directors in facilitating a safe and fair competitive environment for every athlete.

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UNIFORM & BODY MARKING



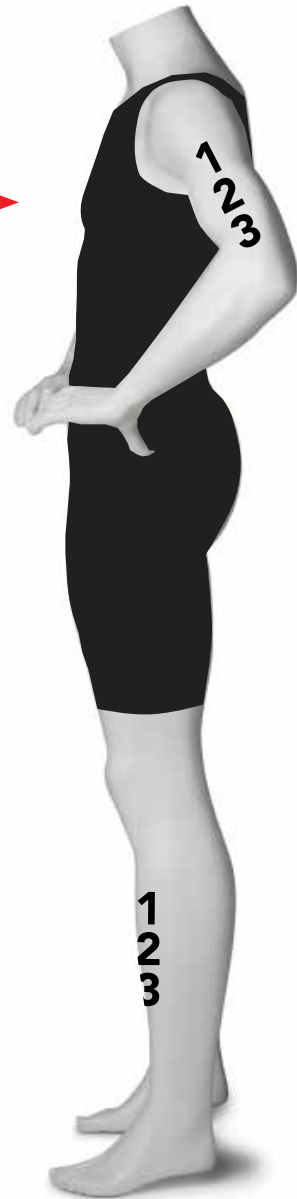
NOTE:
Race numbers on left and right
arm between shoulder
and elbow.



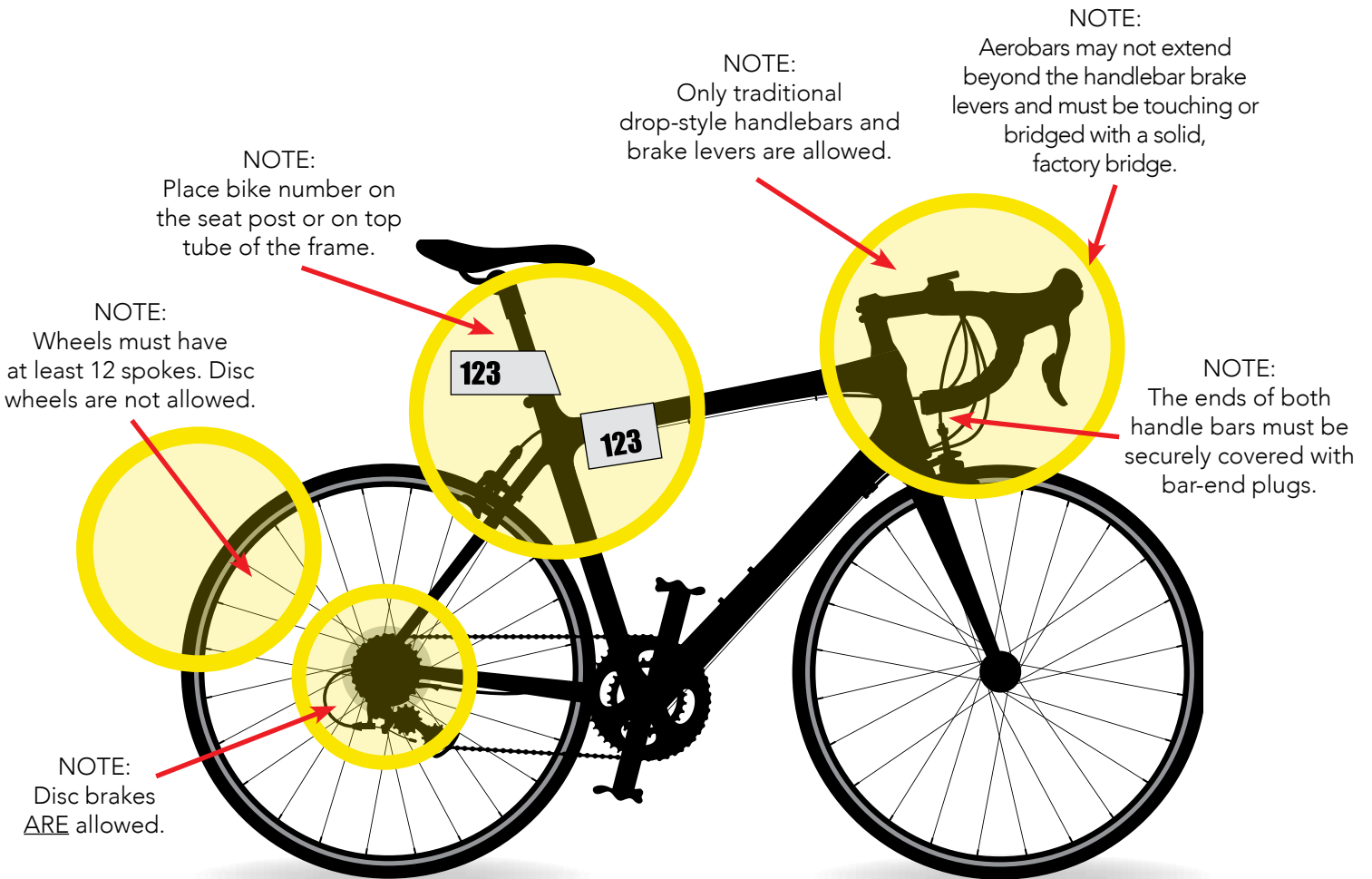
NOTE:
One- or two-piece uniform
must fully cover torso.
(Womens one-piece
swimsuit also acceptable.)
If front zipper exists, it must
remain closed (up).
Uniforms with sleeves are
not allowed.



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



BIKE EQUIPMENT



NOTE:
 Aerobars must touch or be bridged with a solid, factory bridge.



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.



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PRE-RACE [EXCEPTION TO ITU RULES OF COMPETITION]

- 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 the athlete's valid USAT membership card.
- Athletes who miss the Athlete Meeting without an excused absence will receive a :10 penalty in T1.

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 number or race number belt will be required.

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". Uniforms with sleeves are not allowed.
- 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) must fully comply with ITU Uniform Rules/Standards.

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 and visible. (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 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, may be used in USAT sanctioned events. "Aero" helmets with an extended, pointed end are not recommended.
- **Note: Athletes must have the helmet chin strap buckled in place while touching the bike before, during or after the event, or the athlete will be disqualified. The chin strap must be snug against the athlete's chin.**
- Wheels must have the following characteristics:
 - Wheels shall have at least 12 metal spokes.
 - Disc wheels are not allowed.
 - Disc brakes ARE 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.
- Marking a Transition position by the athlete is not allowed.
- Only equipment to be used during the competition can be left in Transition.

THE START/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 stand directly behind it until the race begins. Athletes may not change their starting position once selected.
- An Official will start the race by announcing "ON YOUR MARKS" 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 an early start of one to two athletes will not. Penalties from the swim will be enforced by Officials in Transition.
- Wetsuits are forbidden if the water temperature is 68° F (20° C) or higher. If the water temperature is 60.62° F (15.9° C) or below, wetsuits will be mandatory.
- If the water temperature is lower than 71.6° F (22° C) and the air temperature is lower than 50° F (15° C) an adjusted value will be used to decrease the measured water temperature according to ITU Rules of Competition.

NEW!



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- The official water temperature will be announced 1 hour prior to the race start.
- The swim distance can be shortened or even cancelled due to extremely high or low water temperatures according to ITU Rules of Competition.

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.
- Athletes who have been lapped on the bike course (including not making it out of Transition before the lead athlete completes the first lap) will be disqualified. Athletes must exit the course and walk their bike back to Transition.
- A Wheel Stop will be located on the bike course. Please mark wheels with name/team name and leave them with 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. Athletes must replace 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.
- 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.
- Verbal Warning (and Amend):
 - Warnings alert an athlete to a possible rule violation and allow the athlete to correct the issue. They may be given with or without a time penalty.
 - Warnings may be 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:
 - Time penalties will be :10 per violation.
 - 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 at their 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 counting will stop. When the penalty time is completed the Official will say "Go" and the athlete can continue with the competition.



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NOTE: ALL QUESTIONS ABOUT PROTESTS OR APPEALS SHOULD BE EMAILED TO CRAIG.HANKEN@USATRIATHLON.ORG, NOT ITU.

- Time penalty at the Penalty Box:
 - Time penalties will be :10 per violation.
 - Penalties not served in Transition will be served in the Penalty Box on during the run.
 - 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.
 - **IMPORTANT! It is the athlete's responsibility review the Penalty Board for their race number. If their number is present and they do not serve their penalty, then the athlete may be disqualified.**
- 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".
- An athlete may finish the race if an Official calls a disqualification.
- A disqualified athlete may appeal the decision according to the Protest/ Appeals procedure listed below.
- It is not necessary for an Official to give a warning prior to issuing a more serious penalty.

PROTESTS OR APPEALS

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

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 at Finish Line.
2. A deposit of \$50 USD must accompany the Protest or Appeal form. 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.
3. The formal Protest or Appeal must be submitted to the Lead Official no more than 15 minutes after 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 Lead Official and the Competition Jury.

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



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TIMING, RESULTS AND AWARDS

- The competition will be won by the athlete who has the shortest time from the start signal to the moment when the athlete crosses the Finish Line.
- Time splits to be included in the results are: Swim (or first segment); Transition 1; Bike (or second segment); Transition 2; Run (or third segment); Overall Finish Time.
- Awards will be presented for first, second and third place in each race division.

EXCEPTIONAL CONDITIONS

- The following competition formats may be considered due to exceptional conditions or inclement weather:
 - A triathlon may be modified to a duathlon, aquathlon, or even as a two segment competition: swim-run, bike-run or run-bike. Time trial starts may be allowed. The preferred option will be a duathlon with the shorter run first;
 - A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts may be allowed;
 - The race director and USAT staff may consider other alterations if the options listed above are not possible.
 - If the triathlon is modified, the rules for the replacement event will be followed.