



USAT YOUTH DRAFT-LEGAL TRIATHLON ATHLETE CHECKLIST

Dear Athlete, Parent or Coach,

We're looking forward to seeing you compete in the upcoming USAT youth draft-legal triathlon. Please review the following rules summary.

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.

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

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

**All questions should be
emailed to [craig.hanken@
usatriathlon.org](mailto:craig.hanken@usatriathlon.org).**

- The pre-race briefing is mandatory. Athletes who miss the Athlete Meeting without an excused absence will receive a :10 penalty in T1.
- Torso must be covered from race start to finish.
- Each athlete is assigned a race number. Numbers are assigned in random order.
- Athletes will be body marked with markers or temporary tattoo numbers. No race number or race number belt will be allowed.
- Athletes must rack bikes at their assigned Transition spot by the seat post facing the field of play in T1.
- Time penalties will be assessed in the Penalty Box on the run course or stop-and-go 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.
- In the swim, athletes must move forward after the start signal.
- Helmets must meet established CPSC standards and labeling.
- Helmet chin-strap must be buckled at all times when touching the bike.
- "Aero" helmets with an extended, pointed end are not recommended.
- Bicycle must have a traditional triangular frame; wheels must have at least 12 spokes and equal dimensions (e.g., both 700c or 650c); 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. Disc wheels are not permitted.
- Bikes must be racked by both handlebars/brake levers, or front of seat (facing either direction), after completing the bike course at their assigned rack location in T2.
- 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.
- 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.

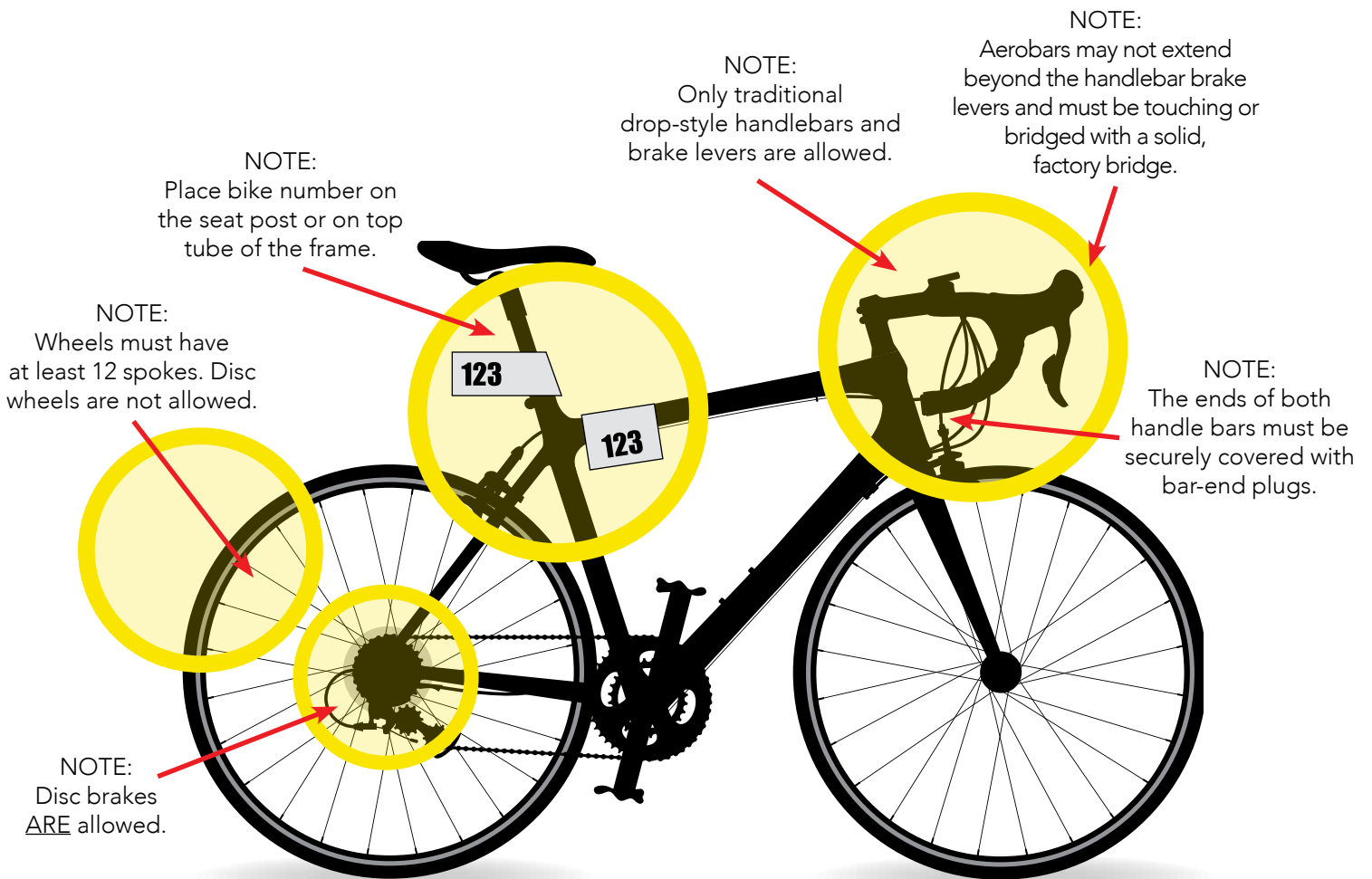
Best of luck to you!

Craig Hanken

USA Triathlon Draft Legal Coordinator

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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: 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 are not recommended. Place helmet number sticker on front of helmet.