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

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.

- Arrive with the incorrect bike equipment.
- False start/early start.
- Helmet does not meet established CPSC standards and labeling.
- Removing bike from rack without helmet on and chin strap buckled.
- Mounting bike prior to the mount line.
- Not completing the appropriate number of laps on the bike or run.
- Dismount your bike after the dismount line.
- Unbuckling bike helmet chin strap before the bike is placed on bike rack.
- Not serving penalties if indicated at the Penalty Box.
- Unsportsmanlike behavior.

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.

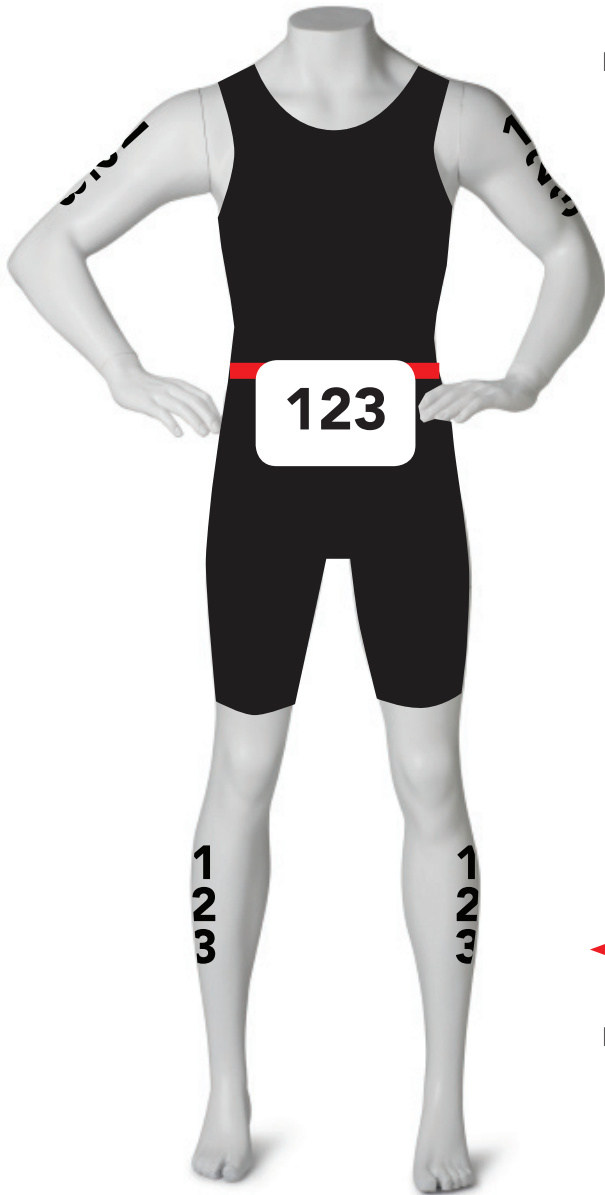
Please note: According the ITU Rules of Competition for age group draft legal competition, bikes with disc brakes are not permitted to be used during competition.

Best of luck to you!

Craig Hanken
USA Triathlon Draft-Legal
Technical 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.)

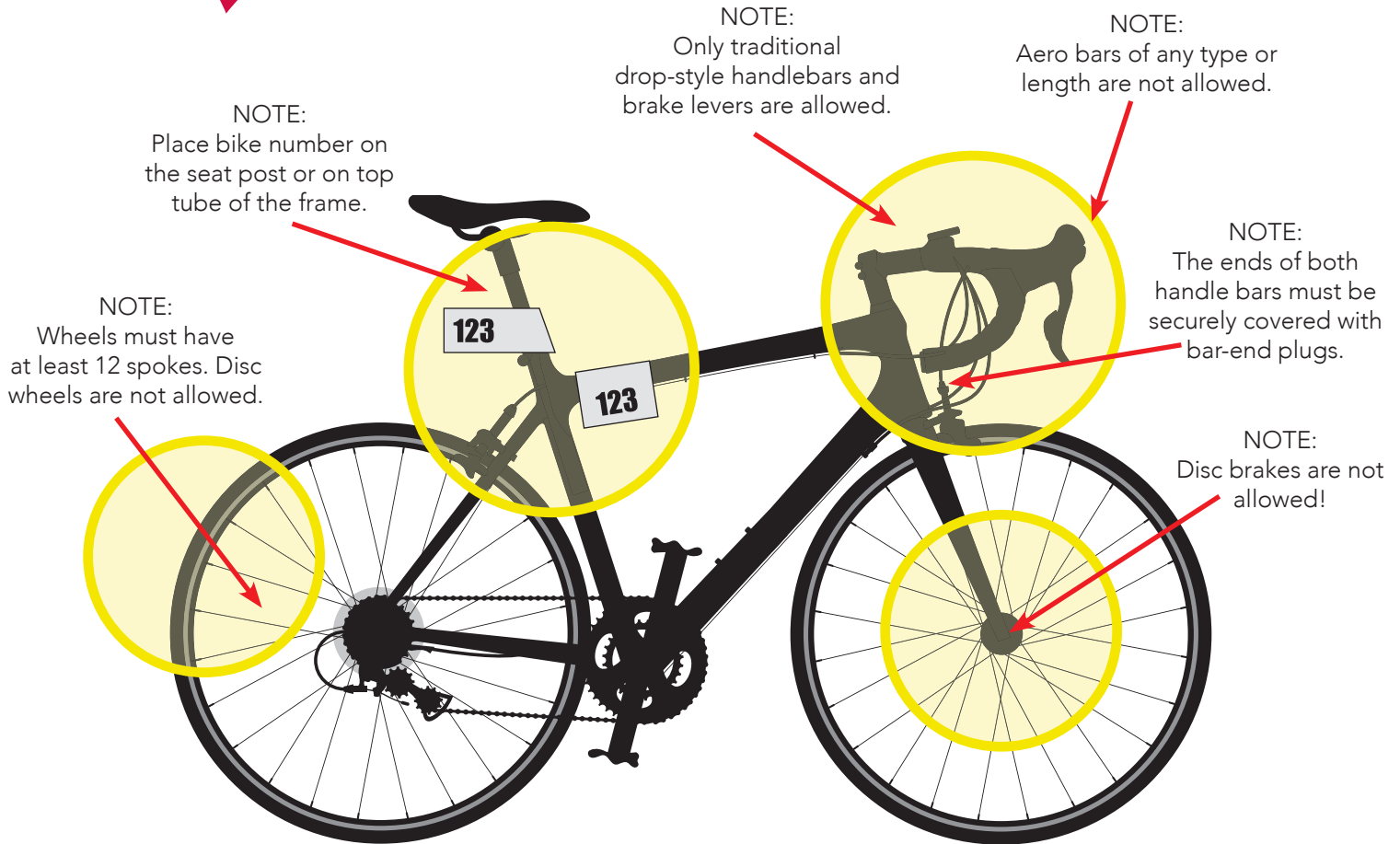
If front zipper exists, it must
remain closed (up).



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.



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SUGGESTED TRANSITION SET UP

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





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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

- Each athlete is assigned a race number.
- An athlete race number bib, 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. (See page 2)
- Bike race numbers, provided by the Race Director, must be placed on the bike as instructed, without any alteration. (See page 2)
- 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. Athletes are required to wear the timing chip strap on their ankle throughout the race.

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

- Torso must be covered from race start to finish.
- Front zippers are allowed but must not be lowered during the race.
- **Note: Athletes will be required to purchase a TEAM USA uniform from USA Triathlon for use at the ITU World Championship age group sprint draft legal event in 2017.**

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

- Officials will review an athlete's equipment prior to entering Transition on race morning. Athletes should arrive to this review with body, bike and helmet numbering, properly applied. (See page 2 & 3)
- Bike equipment requirements:
 - Only traditional road bike drop handlebars are permitted. (See page 3)
 - Handlebar ends must be plugged. (See page 3)
 - **Aerobars are not allowed.**
 - **Bikes may not have disc brakes.**
 - 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.
 - 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 ITU Competition Rule for age group draft legal events 5.2 D located on page 30-31 of the ITU Competition Rules.



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TRANSITION (PRE-RACE)

- Only registered athletes will be allowed in the Transition area.
- No glass is allowed in the Transition area.
- Every athlete will have an assigned position in Transition. Positions will be identified by a numbered sticker on the bike rack.
- Bikes must remain in Transition once checked in to Transition.
- Bikes must be racked by the nose of 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 on or near the front wheel of the athlete's bike. Athletes may not mark their Transition spot.

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 "ON 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 start will be enforced by Officials in T1.
- 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 TO BIKE TRANSITION

- Swim gear (e.g., swim cap and goggles) must be contained near the athlete's assigned position in Transition.

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.
- Athletes may not cross the center line of the course.
- Bike numbers must be visible and unaltered.
- The athlete bib number is required to be worn during the bike.

DRAFTING:

- Drafting is forbidden off of a different gender athlete.
- Drafting is forbidden off of a motorcycle or vehicle.
- **Note: The 2017 USA Triathlon draft legal qualifying events have been designed to eliminate the overlap rule. Athletes will not be lapped out.**

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 (shoes, helmet, etc.) must be contained directly on or near the athlete's assigned position. Marking of one's position is not allowed.



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

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.
- Athletes must wear their bib number during the run segment of the event.

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 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:
 - 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 bib number. If their number is present and they do not serve their penalty, then the athlete will 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 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 appeal the decision according to the Protest/Appeals procedure listed on the following page.



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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.