



# DRAFT-LEGAL TRIATHLON RULES SUMMARY

Dear Athlete, Parent or Coach,

We're looking forward to seeing you compete at the upcoming USAT 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 could change the outcome of your competition in a negative way.

- Miss the pre-race briefing or race day check-in.
- Arrive with the incorrect bike gear.
- False start or early start.
- Leave gear outside the transition basket after the swim.
- Mount your bike prior to the mount line.
- Getting lapped on the bike course (this includes not making it out of transition before the lead athlete completes his/her first bike lap).
- Not completing the appropriate number of laps (swim, bike or run).
- Dismount your bike after the dismount line.
- Leave gear outside the transition basket after the bike.
- Misracking your bike.
- Behaving in an unsportsmanlike way.

Our role as Officials is 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 all to familiarize yourselves with all of the rules of competition that are contained in the ITU Competition Manual at [www.competitionmanual.org](http://www.competitionmanual.org)

Best of luck to you.

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#### PLEASE NOTE:

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

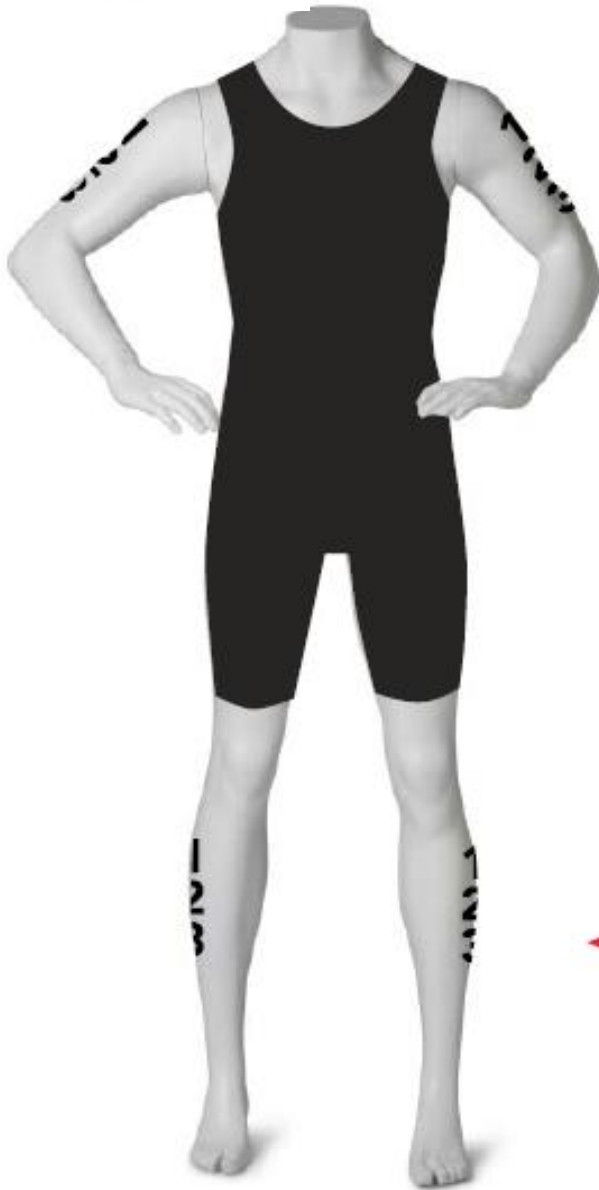
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# UNIFORM & BODY MARKING



NOTE:  
Decals on left and right arm  
between shoulder  
and bicep.



NOTE:  
One- or two-piece uniform  
must fully covers torso.

(Womens one-piece  
swimsuit also acceptable.)  
If front zipper exists, it must  
remain closed (up).

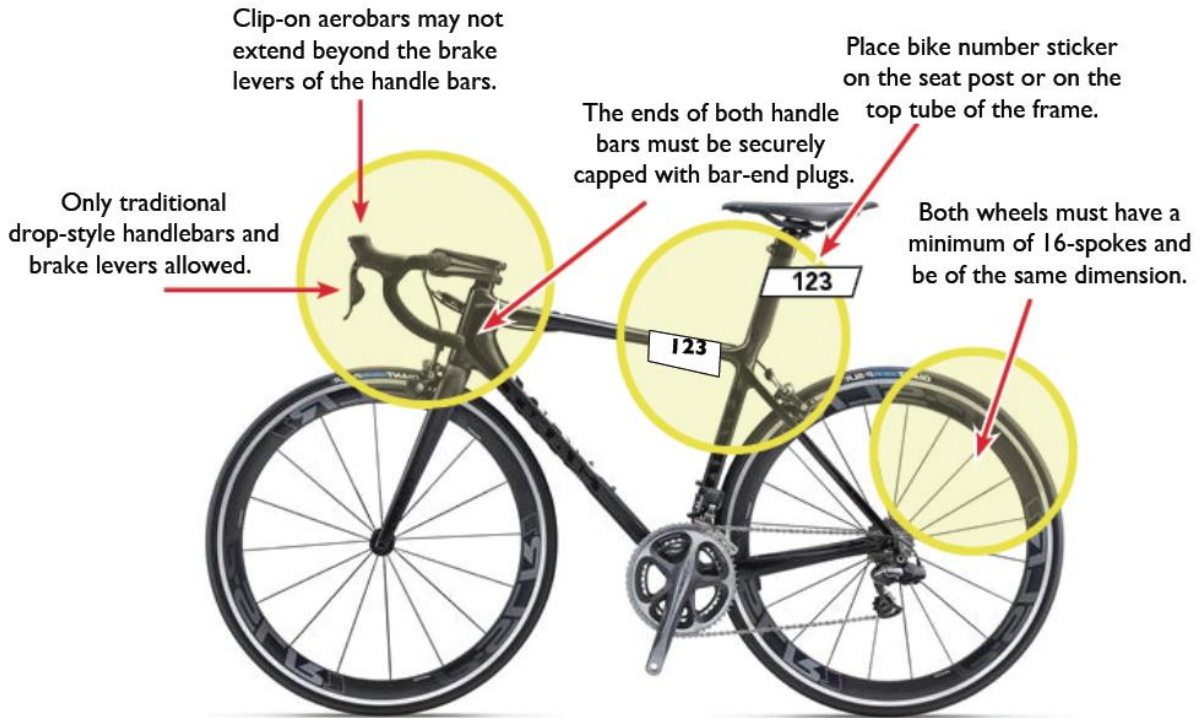


NOTE:  
Decals on left and right leg  
between knee and ankle.





# BIKE EQUIPMENT



Clip-on aerobars must have a solid standard factory bridge joining both sides of the handlebar at its forward most point. 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.





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## PRE-RACE

- 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.

## ATHLETE IDENTIFICATION & BODY MARKING

- Race decals (temporary number tattoos), wrist band for entry to transition zone, a bike frame number, and helmet number will be provided at Packet Pick-up.
- Swim caps will be provided on race morning at athlete's lounge or swim start area.
- Race decals shall be applied to the left & right arm, and left & right leg. (See pg.2)
- The bike frame numbers should be applied to back of the seat post.
- The helmet sticker (if provided) should be applied to the front of your helmet.
- 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 entire race.
- No race bibs or race number belts will be allowed.

## 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".
- Front zippers are allowed but may 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 Junior competitions (such as the ITU/PATCO Championship or ITU World Championships) will need to 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 the Check-in with decals, and bike and helmet number, properly applied. (See pgs. 2 & 3)
- During the Pre-race Check-in Officials will need to review each athlete's decals, bike and bike helmet.
- Only traditional road bike drop handlebars are permitted. (See pg.3)
- Handlebar ends must be plugged.
- If aerobars are used, they may not extend beyond the handlebar brake levers and must be securely mounted parallel to the ground.
- Aerobars must be rigidly bridged and commercially available. (See pg. 3)



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- Helmets manufactured prior to March 10, 1999, must meet or exceed the safety standards of (i) the American National Standard Institute (ANSI Z-90.4), (ii) The Snell Memorial Foundation (Protective Headgear for Bicycle Users), or (iii) ASTM F-1446 or F-1447, and which is clearly labeled by the manufacturer as satisfying such standards. Athletes will not be allowed to participate without an approved helmet that is unaltered and free of defects.

**(Please check helmets for cracks in the inner foam structure before check-in)**

- Aerohelmets and “aero-style” helmets are not allowed.
- Wheels must have a minimum of 16 spokes. No disc wheels allowed.
- **Note: Helmets must be buckled on athlete’s head while touching the bike before, during or after the event, or the athlete will be penalized or disqualified.**

## TRANSITION (PRE-RACE)

- Only registered athletes will be allowed in the transition area.
- No glass is allowed in the transition area.
- Rack position will be identified with a small placard with the athlete’s name and /or bib number.
- Bikes must remain in transition once they are racked.
- No bike trainers are allowed in the transition area.
- Bikes must be racked by the seat on the transition rack facing inward at the start of the race, and all equipment (e.g., shoes, helmet) must be on or under the bike.
- No chalk markings or towels are allowed in transition.

## THE 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 bib number/name.
- Once called to the start line, athletes must quickly determine their start position and stand directly behind the area until the race begins. Athletes may not move from that starting position until the competition begins.
- An Official will start the race by announcing “TAKE YOUR MARK” at which time athletes should move into the starting position.
- If a beach start, athletes must make straight 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 a false start of one to two athletes will not. Penalties from the swim will be enforced by Officials in transition.
- If the water temperature is 68 degrees [Fahrenheit] or less, athletes will be allowed to wear wetsuits. Water temperature will be posted at packet pickup, and the official temperature announced race morning.

## SWIM TO BIKE TRANSITION

- Swim gear (e.g., swim cap and goggles) must be placed in the athlete’s assigned transition bin/basket, if provided.





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## THE BIKE

- At some events, a neutral support bike mechanic with limited supplies, may be at the race site on race morning to assist with minor bike issues.
- Athletes may not ride their bike in the transition area. Athletes are required to walk or jog with their bike to the designated mount & dismount areas at the “Bike Out” and “Bike In” line.
- A wheel pit will be located on the bike course. Please mark your wheels with your name/team name and leave them with Race Officials at the Athlete Lounge 30-45 minutes prior to your race so they may be transported to the wheel pit. Athletes are responsible for replacing their own wheel on their bikes during competition.
- **Athletes overtaken by the race leader on the bike course will be disqualified.**
- NOTE: Beginning January 1, 2013, participants competing in events officiated by USAT Junior Elite Series Officials will be expected to comply with the UCI rule regarding “non-standard wheels” in conformity with UCI Article 1.13.018 (ITU Competition Rule 5.2).

## BIKE TO RUN TRANSITION:

- Bikes must be racked by both handlebars or front brake levers in the athlete’s designated area, or by the seatpost. Bike must face outwards and be placed within 0.5meter of the athlete’s designated area after completing the bike course.
- 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

- Race management should provide a run course bike leader for the first runner.
- Water and sports drinks will be provided on the course at the aid station(s).

## PENALTIES

- Failure to follow the competition rules will result in a warning, time penalty or disqualification.
- Warnings alert an athlete to a possible rule violation. 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, or corrective instruction, 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 their transition space without touching any equipment. Once the athlete stops the Official starts to time the penalty. When the penalty time is completed the Official will say “Go” and the athlete can continue with the race.
- 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. Officials will allow the athlete to exit at the end of the penalty time to continue with the competition.
- 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”.





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- 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, except for athletes lapped out on the bike.
- A disqualified athlete may appeal the decision only in accordance to the Protest / Appeals procedure listed below.

## PROTESTS/APPEALS

- A Protest is against the conduct of an athlete, Official, or the conditions of the competition.
- An Appeal is a request for a review of a decision made by Officials.
- An athlete, parent or coach may file a protest with the Lead Official.
- 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.
- No Protest will be heard on a matter already been observed and ruled upon prior to competition.

Protests or Appeals must follow the step listed below:

1. The intention to submit a Protest/Appeal must be made to the Lead Official within 5 minutes of the athlete's finish time.
2. The formal Protest/Appeal must be submitted to the Lead Official no more than 15 minutes later than the athlete's finish time.
3. A deposit of \$50 USD must accompany the Protest/Appeal and will be refunded if the Protest/Appeal is successful. If denied, there will be no refund. Protest/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.

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

## Penalties and Violations:

Rule	Penalty
Starting before the starter's signal.	- Stop and Go - 15 seconds in T1
Failing to follow the prescribed course.	- Stop and Go - Re-enter the race by the same point
Using abusive language or behavior toward any official, athlete or volunteer.	- DSQ - Report to USAT for possible suspension
Using unsportsmanlike behavior.	- DSQ - Report to USAT for possible suspension
Blocking, charging, obstructing, or interfering the forward progress of another athlete.	- Unintentionally: verbal warning - Intentionally; DSQ
Unfair contact. (The fact that contact occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favorable positions, is not a violation.)	- Unintentionally: verbal warning - Intentionally; DSQ
Accepting assistance from anyone other than an Official or race officials.	- If it possible to amend and return to the original situation Stop and Go - In note: DSQ
Refusing to follow the instructions of Officials or race officials	- DSQ
Departing the course for reasons of safety, but failing to re-enter at the point of departure.	- Unintentionally: verbal warning, and correct if possible - Intentionally; DSQ
Failure to wear the unaltered race numbers if provided by the Local Organizing Committee, in the proper way ordered by the Lead Official and announced at the Athlete's Briefing.	- Unintentionally: verbal warning, and correct if possible (i.e. before the race) - Intentionally; DSQ
Leaving equipment or discarding personal articles on the course. Tires, plastic bottles, and other discarded items must be placed safely off the course.	- Stop and Go, when amended - If not: DSQ



Rule	Penalty
Wearing items deemed a hazard to self or others.	<ul style="list-style-type: none"> <li>- Stop and Go, when amended</li> <li>- If not: DSQ</li> </ul>
Using unauthorized equipment to provide an advantage or which will be dangerous to others.	<ul style="list-style-type: none"> <li>- Stop and Go, when amended</li> <li>- If not: DSQ</li> </ul>
Violating race-specific traffic regulations.	<ul style="list-style-type: none"> <li>- Unintentionally: verbal warning, and correct if possible</li> <li>- Intentionally; DSQ</li> </ul>
Not attending the Athlete's Briefing, but informing the Lead Official about the absence.	<ul style="list-style-type: none"> <li>- Athletes not attending the briefing, but who have informed the Lead Official about their absence, will be reallocated to the last position on the pre-start line up.</li> </ul>
Not attending the Athlete's Briefing, without notifying the Lead Official.	<ul style="list-style-type: none"> <li>- Athletes not attending the briefing, without informing the Lead Official about their absence, will be removed from the start list.</li> </ul>
Fraud by entering under an assumed name or age, falsifying and affidavit, or giving false information.	<ul style="list-style-type: none"> <li>- DSQ and inform USAT for a possible suspension.</li> </ul>
Participating when not eligible.	<ul style="list-style-type: none"> <li>- DSQ and inform USAT for a possible suspension.</li> </ul>
Repeated violations of rules.	<ul style="list-style-type: none"> <li>- DSQ and inform USAT for a possible suspension.</li> </ul>
Drug abuse.	<ul style="list-style-type: none"> <li>- Penalties will apply according the WADA rules.</li> </ul>
For an unusual and violent act of unsportsmanlike behavior.	<ul style="list-style-type: none"> <li>- Expulsion.</li> </ul>
Compete with bare torso.	<ul style="list-style-type: none"> <li>- Stop and Go when amended.</li> <li>- If not: DSQ</li> </ul>

Rule	Penalty
<p>To change the start position once selected.</p> <p>To block more than one start positions.</p>	<ul style="list-style-type: none"> <li>- Warning and amend.</li> <li>- If not: DSQ</li> <li>- DSQ</li> </ul>
<p>Make forward progress without the bike, during the bike segment.</p> <p>Nudity or indecent exposure.</p>	<ul style="list-style-type: none"> <li>- Stop and Go, when amended</li> <li>- If not: DSQ</li> <li>- DSQ</li> </ul>
<p>Not stopping in the next penalty box.</p>	<ul style="list-style-type: none"> <li>- DSQ</li> </ul>
<p>Wearing the helmet unfastened or unsecurely fastened, during the bike.</p>	<ul style="list-style-type: none"> <li>- Stop and Go when amended.</li> <li>- If not: DSQ</li> </ul>
<p>Take off the helmet on the bike course, even if stopped.</p>	<ul style="list-style-type: none"> <li>- Stop and Go when amended.</li> <li>- If not: DSQ</li> </ul>
<p>Compete with illegal or unauthorized equipment.</p> <p>Including but not limited to: Use of a non-CPSC helmet, or a helmet that has been altered or damaged, or use of illegal wheels, aerobars or other accessories.</p>	<ul style="list-style-type: none"> <li>- Stop and Go when amended.</li> <li>- If not: DSQ</li> </ul>
<p>Crawl during the running segment.</p>	<ul style="list-style-type: none"> <li>- DSQ</li> </ul>
<p>Run without shoes during any part of the running segment.</p> <p>Run wearing a helmet.</p> <p>Rack the bike outside the athlete's own space. [Assigned space is measured as 0.5m from athlete's name/number plate on rack]</p>	<ul style="list-style-type: none"> <li>- DSQ</li> <li>- DSQ</li> <li>- Before the race warning and amend.</li> <li>- During the Race: 10 seconds in the Next Penalty Box</li> </ul>
<p>Mount the bike before the mount line.</p> <p>Discharge or store athlete equipment outside the designated area.</p>	<ul style="list-style-type: none"> <li>- 10 seconds in the Next Penalty Box</li> <li>- 10 seconds in the Next Penalty Box</li> </ul>
<p>To use posts, trees or other fixed elements to maneuvering on the course.</p> <p>Team relay exchange completed outside of the relay exchange zone.</p>	<ul style="list-style-type: none"> <li>- 10 seconds in the Next Penalty Box</li> <li>- Team DSQ</li> </ul>
<p>Warming up on the course while another race is in progress.</p>	<ul style="list-style-type: none"> <li>- Warning and amend.</li> <li>- If not: DSQ</li> </ul>

Rule	Penalty
Wearing clothing covering any part of the arms below the shoulder and/or clothing covering any part of the legs below the knee, in a non-wetsuit swim.	<ul style="list-style-type: none"> <li>- Warning and amend.</li> <li>- If not: DSQ</li> </ul>
Use of illegal equipment on the bike and/or run, including but not limited to headphones, glass containers, mobile phones, uniform not complying with standards.	<ul style="list-style-type: none"> <li>- Warning and amend.</li> <li>- If not: DSQ</li> </ul>
Marking of position in Transition area.	<ul style="list-style-type: none"> <li>- Warning and amend.</li> <li>- If not amended, marking will be removed.</li> </ul>
Bike removed from Transition area after formally racked.	<ul style="list-style-type: none"> <li>- Warning and amend.</li> </ul>
Lapped by race leader on bike course.	<ul style="list-style-type: none"> <li>- DSQ</li> </ul>
Misracked bike    T1 – Racked by seat facing inward T2 – Racked by both sides of the handlebars/break levers, or seatpost, facing outward from athlete's assigned space.	<ul style="list-style-type: none"> <li>- Warning and amend.</li> <li>- If not amended: 10 sec. in next Penalty Box</li> </ul>
Tampering with, moving, using or otherwise altering another athlete's race equipment	<ul style="list-style-type: none"> <li>- Warning and amend.</li> <li>- If not amended: DSQ</li> </ul>

