



PLEASE NOTE:

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## USAT AGE GROUP DRAFT-LEGAL DUATHLON ATHLETE CHECKLIST

Dear Athlete,

We're looking forward to seeing you compete at the upcoming Age Group draft-legal duathlon.

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).

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 gear. (DSQ, if not corrected)
- Helmet does not meet established CPSC standards and labeling. (DSQ, if not corrected)
- Early start. (:10 seconds)
- Mount your bike prior to the mount line. (:10 seconds, if not corrected)
- Not completing the appropriate number of laps on the bike or run. (DSQ)
- Dismount your bike after the dismount line. (:10 seconds, if not corrected)
- Behaving in an unsportsmanlike manner. (DSQ)
- **NEW: BEGINNING IN 2018, DISC BRAKES ARE ALLOWED.**
- **NEW: RACE NUMBER BIBS MUST BE WORN ONLY ON THE RUN AND FACING FORWARD FOR THE ENTIRETY OF RUN.**
- **NEW: MIRRORS ON THE BIKE, OR HELMET, ARE NOT ALLOWED.**

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. A full listing of rules can be found at [www.triathlon.org](http://www.triathlon.org).

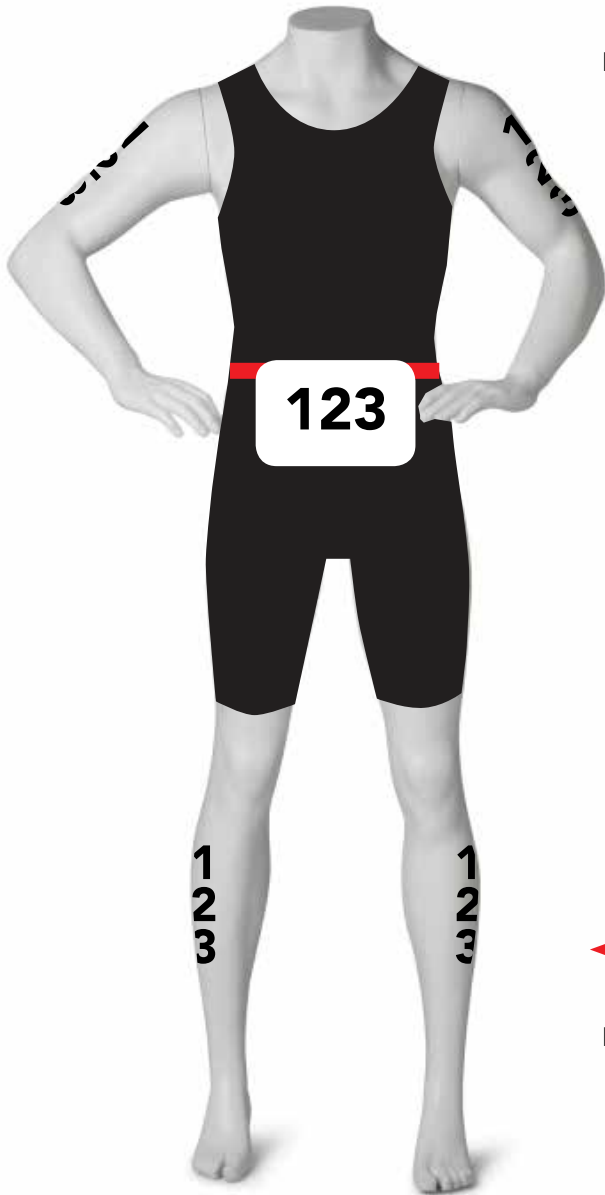
All questions should be emailed to [craig.hanken@usatriathlon.org](mailto:craig.hanken@usatriathlon.org).

Best of luck to you!

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# UNIFORM & BODY MARKING

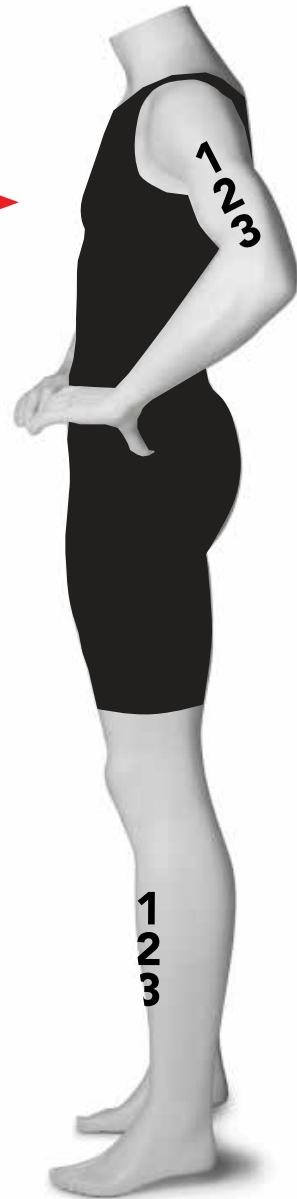


NOTE:  
Race numbers on left and right arm between shoulder and bicep.



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).

Race bib must be worn on the run facing the front.



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



# BIKE EQUIPMENT

**NOTE:**  
Place bike number on the seat post or on top tube of the frame.

**NOTE:**  
Only traditional drop-style handlebars and brake levers are allowed.

**NOTE:**  
Aero bars of any type or length are not allowed.

**NOTE:**  
The ends of both handle bars must be securely covered with bar-end plugs.

**NOTE:**  
Mirrors on the bike, or bike helmet are not allowed.

**NOTE:**  
Wheels must have at least 12 spokes. Disc wheels are not allowed.

**NEW!**  
**NOTE:**  
Disc brakes ARE allowed.



**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. When facing your rack number sticker, 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, a valid driver's license or passport, 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)
- Athletes must wear the race number bib during the run segment of the event. The number must face forward for the entire run.
- 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 2018.**

## 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.**
  - 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.
    - **Disc brakes ARE 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 Rules for age group draft legal events (Rule 5.2 C).

**NEW!**





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## TRANSITION (PRE-RACE)

- Only registered athletes will be 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 flow of traffic.
- 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/RUN 1

- Athletes must wear the race number bib during the run segment of the event. The number must face forward for the entire run.
- Athletes will be placed in waves according to gender and age.
- Athletes will be called to the start area and they will occupy the start positions according to the Official's instructions.
- An Official will start the race by announcing "ON YOUR MARKS". Any time after the announcement, the start signal will be given by blasting a horn.
- 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.
- 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.

## RUN TO BIKE TRANSITION

- All gear, must be contained on or near the athlete's assigned Transition position.

## 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.
- Mirrors are not allowed for use in competition.

**NEW!**

## DRAFTING:

- Drafting is forbidden off of a different gender athlete.
- Drafting is forbidden off of a motorcycle or vehicle.
- **Note: The 2018 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.

## THE RUN 2

- 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 the race number bib during the run segment of the event. The number must face forward for the entire run.



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

## **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 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, 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 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 below.

## **PROTESTS OR 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.



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**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 15 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 30 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 the Lead Official and the Competition Jury.

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

**NOTE: ALL QUESTIONS ABOUT PROTESTS OR APPEALS SHOULD BE EMAILED TO [CRAIG.HANKEN@USATRIATHLON.ORG](mailto:CRAIG.HANKEN@USATRIATHLON.ORG), NOT ITU.**