



2023 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 USA Triathlon Multisport Rules of Competition

The USA Triathlon Multisport Rules of Competition can be found at www.usatriathlon.org.

Update 3/15/2023

For more information:

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USA Triathlon Draft

Legal Coordinator

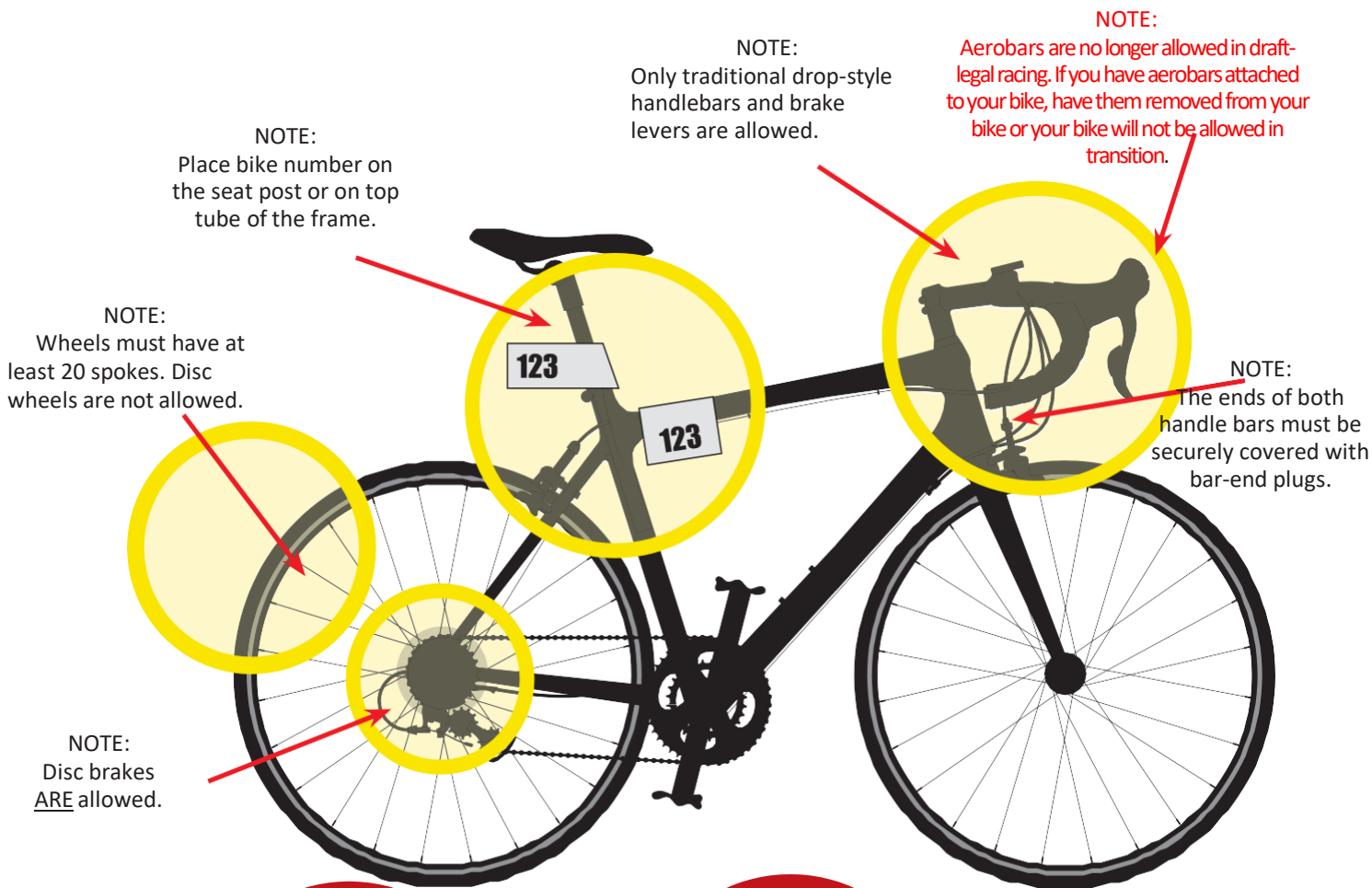
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- The pre-race briefing is mandatory whether in person or virtual.
- Torso must be covered from race start to finish.
- Each athlete is assigned a race number. Numbers are assigned in random order.
- Athletes will be body marked with markers or temporary tattoo numbers.
- Uniforms with sleeves are not 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 USA Triathlon Multisport Rules of Competition.
- Helmet must meet established standards and labeling from a National Federation associated with World Triathlon.
- Helmet chin-strap must be buckled at all times when touching the bike.
- Helmets that cover the ears are not allowed in Draft-Legal racing.
- Bicycle must have a traditional triangular frame; wheels must have at least 20 spokes and equal dimensions (e.g., both 700c or 650c); handlebars must be traditional drop-style with bar-ends plugged; clip-on aerobars are not 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 when the Lap Out rule is in effect.
- All equipment must be placed in the athlete's individual Transition bin after use (if provided).
- Time penalties will be assessed in the Penalty Box on the run course or stop-and-go in Transition.
- Unsportsmanlike conduct, including inappropriate language directed at fellow competitors, volunteers, or Officials, may result in disqualification.

GOOD LUCK!

BIKE EQUIPMENT



NOTE:
 Aerobars are no longer allowed in Draft-Legal racing.

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. Helmets that cover the ears are not allowed in Draft-Legal racing.