



10 important triathlon rules to remember

1. Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the race. *Be careful, enjoy yourself and don't give anyone else a hard time.*
2. You must stay on the prescribed course and it is your responsibility to know the course (don't rely on marshals or spectators to tell you during the race). Do not cut inside swim buoys, or cut corners on the ride or run.
3. Do not throw anything (goggles, sunglasses, wetsuit, etc) onto the course or to spectators – you must place all your gear with your bike in transition.
4. Your torso must be covered on both the cycle and run – either with swimmers, or a singlet or t-shirt. In some races, all participants may be required to wear a race singlet provided by the event.
5. Your helmet must be done up BEFORE you remove your bike from the rack and kept done up until you replace your bike on the rack. You will be stopped if you do not obey this rule. Do not wear earphones or headsets.
6. Do not ride in the transition area – you must mount and dismount your bike at the marked zones/lines.
7. On the ride, keep to the LEFT, unless overtaking someone, and obey the road rules – they still apply even though you are in a race. *Remember the road may be open to general traffic and you are sharing the road with other competitors and motorists.*

8. Don't get too close to the person in front on the bike – this is called drafting and is not allowed in triathlon. The draft zone is 7 metres (roughly four bike lengths) long starting for the front edge of your front wheel and 3 metres wide (1.5 metres either side). If you stay at least 4 bike lengths behind the competitor in front of you, you will correctly avoid the draft. Once you are closer than this, you have 15 seconds to overtake the rider in front and you must be **GAINING** on them at all times during that 15 seconds. *The correct way to overtake is to stay to the left, ride up behind the person in front, then when you are close enough, go around them (checking behind you first) and once you have passed them move back to the left of the road as soon as it is safe to do so.* You must overtake to the outside (right) NOT on the inside (left). If you are overtaken, IMMEDIATELY drop back at least four bike lengths so you are out of the draft zone. You are deemed to be drafting if you speed up as soon as someone's wheel has gone past yours to catch them. Drop back out of the draft zone first BEFORE you attempt to pass them. Technical officials may be out on the bike course and may warn you if you are too close. If you draft, you may be given a stop-start penalty ie you will hear a whistle or horn, your number will be called out and you will be shown a yellow card and directed to pull over to the side of the road. Stop with the official, get off your bike and leave both wheels off the ground. Return to the race when the official says so. In some races you will be advised prior to the start that, instead of performing a stop-start penalty when you are shown a yellow card, you will be given a time penalty to be served at a Penalty Box located on the course.

Remember, **DRAFTING IS CHEATING**. Your number will be recorded and two such penalties will result in your disqualification.

9. Your bike must be returned to exactly the same position you were racked in at the start.

10. You may not receive outside assistance of any kind from anyone. For help, see a race official.

REMEMBER TO DRINK PLENTY OF FLUIDS AND WEAR SUNSCREEN AND A HAT.

Enjoy your race !