

A Message from the Rules Committee to all Tri It Now competitors.....RULES AND PENALTIES

Following is a brief summary of the rules for this event. We follow all USAT rules as well as some specific to our event. We suggest you consult www.usatriathlon.org and review the complete rules of the sport before the race.

We have reduced the **Position Rules** (also called drafting rules) to the following concepts:

Ride on the right side of your lane.

Keep three bike lengths between you and the cyclist in front of you (draft zone).

Pass on the left of the cyclist in front, never on the right.

Complete your pass within 15 seconds and then move back over to the right.

Officials commonly cite the following violations:

Illegal Position or Blocking – riding on the left side of the lane without passing.

Illegal Pass – passing on the right.

Overtaken - failing to drop back three bike lengths after being passed and before re-passing.

Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for each occurrence (2 min. for the first and 4 min. for the second), if you are cited for three violations, you will be disqualified.

Additional Rules to pay particular attention to:

- No flip-turns allowed during the swim. This rule is for safety in our snake swim format. Doing a flip-turn is cause for disqualification from the race. (This rule pertains to Tri It Now mini tri's. All other rules on this sheet are established by USAT)
- While the Race Director has made every effort to mark the course clearly, it is the responsibility of the athlete to know the route. Anyone failing to complete the entire course will be disqualified.
- Always have your helmet chinstrap securely fastened when you are on the bike! The helmet and chinstrap rule applies before, during, and after the event. The chinstrap rule is the easiest to follow, but some athletes always seem to forget – that's a DQ!
- No assistance from anyone other than that offered by race and medical officials may be used. Triathlons are individual tests of fitness. (time penalty)
- Race numbers MUST be worn on your FRONT during the run portion of the triathlon.
- Transition Area: All equipment must be placed by your assigned rack. All participants must return their bicycles to an upright position in their designated area. Don't interfere with any one else's equipment. No participant shall bring ANY glass containers into the transition area (DQ!).
- Please do not drop water bottles, trash, etc. on the course (time penalty and not appreciated by the local community). Also no headphones, I-Pods, etc. may be worn during the race. (time penalty)
- Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

Remember you are racing in a USA Triathlon sanctioned event and are therefore obligated to follow USAT rules. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the officials are reviewed by the Head Referee who then decides if a penalty should be assessed. Assessed penalties will be posted after the race, before the awards ceremony. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Any other protest must be made prior to the awards ceremony (we will allow a minimum of 15 minutes for protests).

All that being said, we hope you have a great race, lots of fun, and achieve your goals.