

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

The 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 follow the USAT **Position Rules** (also called drafting rules) for the bike portion of the race:

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 at our Tri It Now events:

- 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.
- 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 anyone else's equipment.
- Do not drop water bottles, trash, etc. on the course (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).



Eight Commonly Violated USAT Rules

- 1. Helmets and Chinstraps:** Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg. Penalty: DQ
- 2. Unauthorized Assistance:** No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.
- 3. Non-Draft Legal Bike Position Rules:** Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.
- 4. Entire Course:** Athletes must complete the race course in its entirety and as prescribed including in segment order.
- 5. Headphones and Communication devices:** Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition may result in disqualification.
- 6. Glass Containers:** Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.
- 7. Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.
- 8. Race number Transferring:** Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.