

**BERMUDA TRIATHLON ASSOCIATION**  
**LIBERTY MUTUAL INSURANCE**  
**SPRINT DISTANCE NATIONAL CHAMPIONSHIP**  
**Albuoys Point, Hamilton**

**Junior Triathlon Races – Draft Legal**

The junior races (i.e. boys and girls 7-10, 11-12 and 13-15 age group) will be draft legal.

This means that during the bike portion of the event, athletes may draft off each other, **SAVE THAT:**

- (i) It is forbidden to draft off a **different gender athlete;**
- (ii) It is forbidden to draft off **an athlete being in a different lap;**
- (ii) It is forbidden to draft off a **motorbike or vehicle.**

This means that boys cannot draft off girls and girls cannot draft off boys. Also, athletes of the same gender cannot draft off another athlete who is on a different lap.

**What is the Draft Zone?**

The draft zone is 10 meters from the front of the front wheel of the athlete in front to the front of the front wheel of the athlete behind (see diagram on next page). If for example a male athlete is in front of a female athlete and the female athlete enters into the draft zone, the female athlete will have 20 seconds in which to pass through the draft zone and overtake the male athlete.

Once an athlete has been overtaken (in the above example when the male athlete is overtaken by the female athlete), the overtaken male athlete must drop out of the draft zone within 20 seconds. If the male athlete attempts to overtake the female athlete in the above example before dropping back out of the draft zone, the male athlete will be drafting.

**Penalties for Drafting**

The two draft marshalls on the course will first issue a warning for drafting and if the athlete to whom a warning is given does not drop out of the draft zone, a penalty of 30 seconds will be given and will be added to that athlete's finish time. A second violation for drafting will result in disqualification.

**Penalties for drafting cannot be appealed.**

**Equipment**

As the junior races are draft legal, there will be no time trial bikes, aero bars (including small clip on aero bars), solid disc wheels or time trial helmets permitted. Bikes will be checked when entering transition.

Parents, please take the time to read these rules and explain them to your athlete(s). These rules will be reiterated in the race briefings.

See diagram.

this diagram shows the draft zone – the junior races are short distance and the zone is 10m

