



EDUCATION

USA Triathlon Rules Briefing

Women's Collegiate Triathlon West Regional Championship

October 26, 2025

Fort Worth, Texas



General and Race Conduct

Competitors must:

- Always practice good sports conduct
- Be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others
- Be responsible for understanding and following the multisport competition rules and race management requirements
- Treat all others with respect and courtesy

For more information on Race Conduct please view the briefing at:

<https://www.usatriathlon.org/multisport/rules>



General and Race Conduct

Competitors must:

- Not obstruct or interfere with the forward progress or jeopardize the safety and welfare of another competitor, race official, spectator or member of the public
- Not accept assistance from anyone other than an authorized technical official or member of the race staff/volunteers



General and Race Conduct

- Failure to comply with any of the General or Race Conduct Rules may result in the competitor receiving a penalty
- It is not mandatory for an official to indicate that a rule violation will be reported or give a warning prior to issuing a penalty or reporting a rule violation in some situations. However, it is a best practice in most cases where a warning may be safely issued.
- A competitor may complete the event except where instructed to withdraw by a medical officer

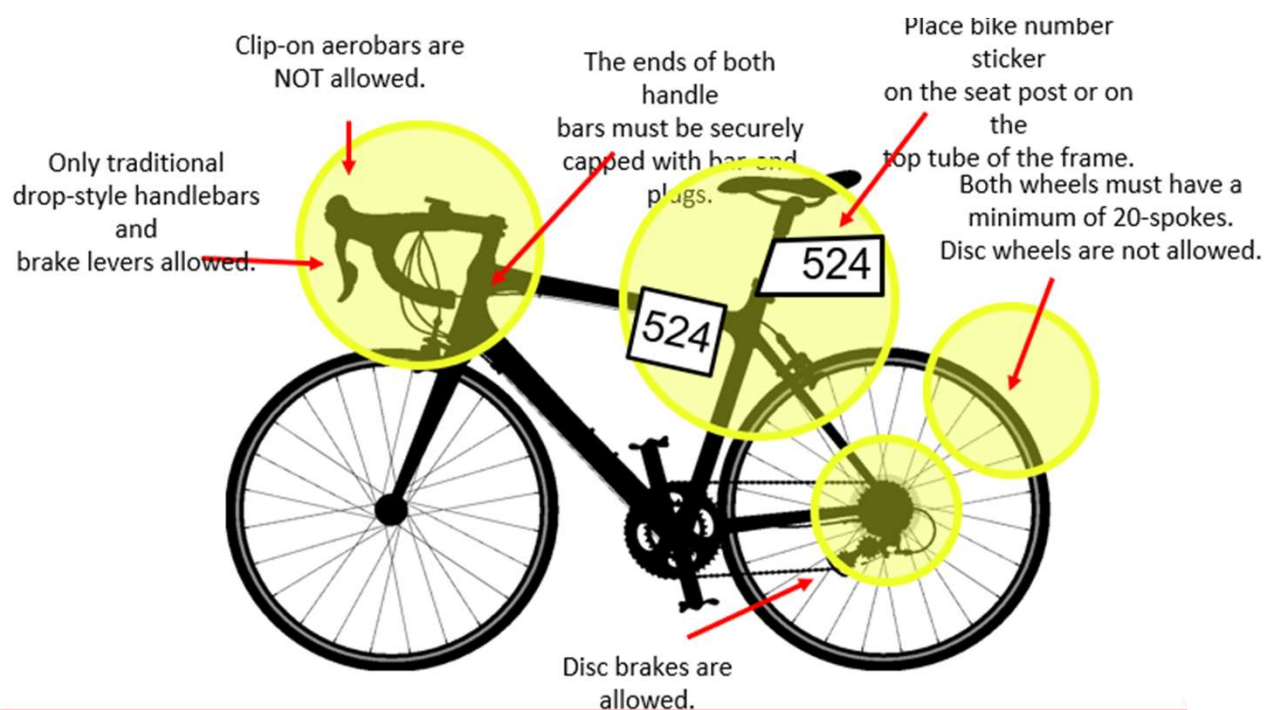


Gear: Swim Equipment

- Swim caps will be in your race packet, timing chips will be distributed race morning.
- By amendment for the Women's Varsity Qualifiers and National Championship, wet suits are forbidden if the water temperature is 68°F (20°C) or higher.
- Wet suits are mandatory if the temperature is 60.62°F (15.9°C)
- Water and air temperature will be taken 1 hour prior to the race start.



Gear: Bike Equipment





Gear: Helmet





Gear: Helmet

- Must meet or exceed safety standards of a National Federation associated with World Triathlon.
- Clearly labeled by the manufacturer as satisfying such standards (original sticker in place).
- Chin straps snug against chin.



Gear: Athlete Numbers and Body Marking

- All athletes will be assigned a race number.
- A bike frame number and helmet number will be provided at packet pick-up.
- Athletes will be body marked with markers or temporary tattoos.
- Every athlete must wear a timing chip/strap distributed on race morning.

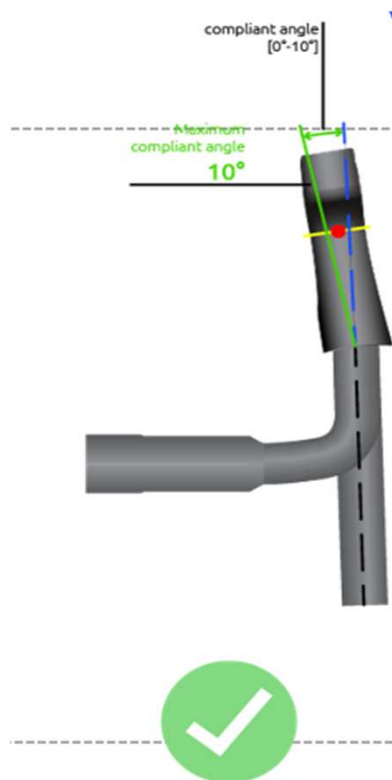


Race Day Check In

- Athletes should arrive with body, bike and helmet numbering properly applied and visible.
- Officials will review each athlete's body markings, bike and helmet.

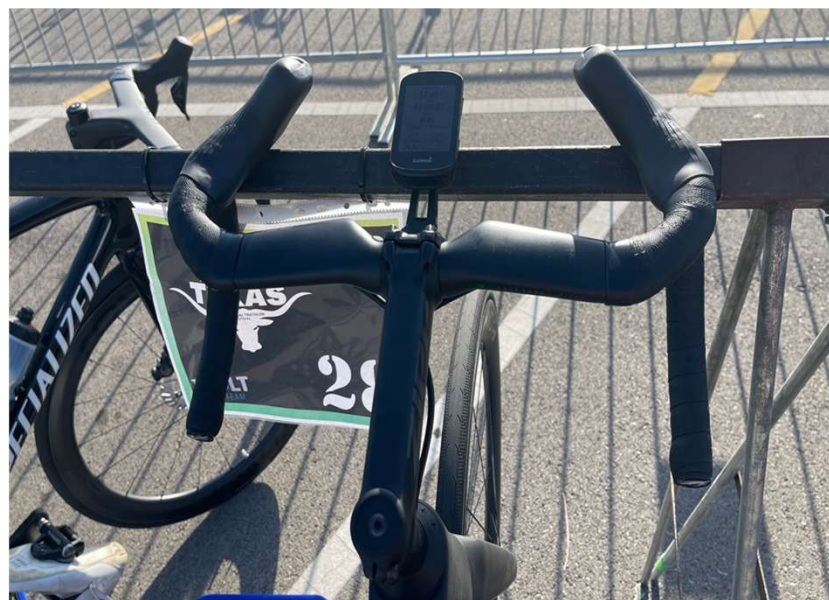


Race Day Check In: Brake Levers





Race Day Check In: Examples of Non-Compliant brake levers



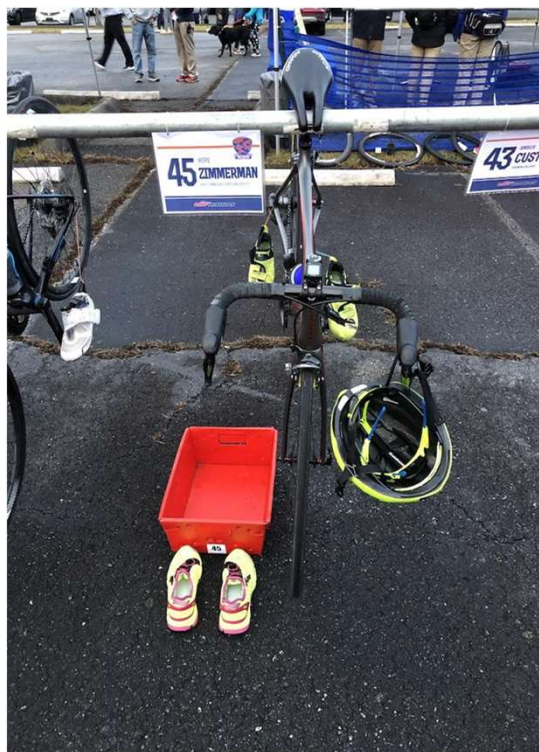


Race Day Check In: Transition

- Only registered athletes allowed in Transition area.
- Athletes rack bike at assigned position.
- Once in Transition, bikes cannot be removed until competition begins.
- Only equipment to be used during competition can be left in Transition.
- Equipment (shoes, helmet, etc.) must be contained directly on, under or behind bike.
- Marking Transition spot is not allowed.



Race Day Check In: Transition





Rules Reminders

Rules of Competition

- The official rule set for the competition are the Age Group Draft Legal USA Triathlon Multisport Competition Rules which can be found at www.usatriathlon.org
- It is the athletes', coaches', parents' responsibility to know the rules.
- Questions about rules should be brought up prior to the competition, or to Officials when checking in to Transition.



Swim Start

The swim segment has become increasingly more aggressive and as such will be monitored more closely by race officials. Athletes observed to be in violation of the rules prohibiting obstruction and unsportsmanlike conduct will be penalized up to and including disqualification from the event.



Draft Legal Bike

- For the Women's Varsity Qualifiers, athletes overtaken/passed by the first-place athlete on the bike will be lapped out. Official may show the athlete a red card and say "Athlete #" you are overtaken/lapped out."
- Athletes must move to the side of the road and stop.
- Athletes must walk bike back to Transition off the course/on the sidewalk and not interfere with the race.
- Lapped athletes are disqualified from the race.
- This disqualification may not be protested.



Bike

- You may not unbuckle your helmet, until after your bike is securely racked.
- Bikes must be racked by:
 - Both handlebars/brake levers.
 - Front of seat (facing either direction).
- All equipment/gear whether used or not must be placed in the athlete's assigned Transition bin/basket by the end of T2 if provided.



Run

- Pacing of athletes by non-competitors is strictly prohibited.
- Unauthorized Assistance is prohibited.



Rules Reminders

Penalties

- Warning – Verbal warning by Official to correct an issue during competition.
- Time Penalty – 10 seconds penalty served in Transition, on the spot, or at the Penalty Box on the run course.
- Disqualification (Red Card):
 - Athletes shown a Red Card by an Official may be disqualified.
 - Athletes who receive the Red Card may complete the race, ***except for those athletes who are lapped out.***



Rules Reminders: Penalties

Penalty Box (Tent)

- Penalties not served in Transition will be served in the Penalty Box.
- Penalty Box located on the road approx. 200m before Finish Line at the inbound run turnaround.
- For the draft Legal Races the athlete race number and penalty code will be written on white board at Penalty Box.

D = Dismount Line Violation	E = Equipment Outside Bin
S = Swim Conduct	L = Littering
M = Mount Line Violation	V = Other Violations
B = Bike Behavior	R = Run Behavior



Rules Reminder: Penalties

2.4.11. Acts of Agents The conduct of any agent acting with apparent authority on behalf of an athlete shall constitute grounds for penalizing the athlete if such agent's conduct violates any of these Multisport Competition Rules.



Rules Reminders: Penalties

Serving Your Penalty

- Procedure:
 - Identify yourself;
 - Official will start timing penalty;
 - Must remain in Penalty Box entire time;
 - May not receive any outside assistance while serving penalty;
 - Official will let you know when your time is served.



Rules Reminders: Penalties

**Penalties not served may result
in disqualification.**

Check the Penalty Board.



Rules Reminders: Protest

Athletes wishing to file a protest must follow the process detailed in the USAT Multisport Competition Rules.

That process can be found at

<https://www.usatriathlon.org/multisport/rules> in section 15.



Final Words

One of the hardest things for an athlete to gain is the respect of their fellow athletes.



Final Words

It is also one of the easiest things to lose and very difficult to regain.



Final Words

The expectation of USA Triathlon and the assigned officials is
that you will race fairly.
If you do that everyone benefits.



Final Words

Have a great race!



Thank you for Racing with USA Triathlon!

Questions

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