



A MESSAGE FROM THE HEAD REFEREE

Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the USA Triathlon Competitive Rules in entirety. For reference, these may be found at <https://www.usatriathlon.org/multisport/rules>. To minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations (known as the drafting rules). Each Position Violation carries a one-minute time penalty which may be served either on-course or in a penalty box in the transition area. If you have been assessed a penalty, it will be posted on the entrance to the transition area. In the case of Position Violations, there are no protests or appeals of position penalties. Assessment of more than two penalties may be grounds for disqualification based on circumstances.

Commonly cited Position Rule violations include these following concepts:

- a. Illegal Position or Blocking - riding on the left side of the lane without passing. You must ride on the right side of your lane unless attempting to pass another cyclist.
- b. Drafting - following a leading cyclist closer than five bike lengths (33 feet) and failing to pass or exit the draft zone within 20 seconds. You must keep five bike lengths (about 33 feet) between you and the cyclist in front of you and, if passing another cyclist, you must complete your pass within 20 seconds.
- c. Illegal Pass - passing on the right. You must pass on the left of the cyclist in front, never on the right.
- d. Overtaken - failing to drop back five bike lengths after being passed and before re-passing. If passed, you must drop completely out of the draft zone (33 feet), to the rear, before attempting to re-pass.

Other commonly cited rule violations include these concepts:

- a. No outside assistance – An athlete may not be accompanied by or receive assistance (food, beverage, pacing) from non-competing athletes, team members, or other non-officials.
- b. Bib numbers must be displayed on the front during the run leg of the race.
- c. Athlete must walk or run the bike out of and into the transition area. Athletes mount the bike on the course-side of the Mount line and get off the bike on the course side of the Dismount line.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. 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 citations other than drafting citations are reviewed by the Head Referee who then decides if a penalty should be assessed.

Always have your chinstrap securely fastened when on your bike! The helmet and chinstrap rule apply before, during, and after the event. The chinstrap rule is the easiest to follow, but some folks always seem to forget —that's a DQ! Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsman like Conduct and you will be disqualified.

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