

2019 Triathlon Rules Summary for Brent Gibson Memorial Icebreaker Triathlon

On behalf of Triathlon Saskatchewan officials, here is a **summary of key triathlon race rules** to make sure your participation in the triathlon is safe and fun. The full set of International Triathlon Union (ITU) rules is at: www.competitions.com/2019/01/2019-ITU-Rules/

Transition set-up

- Prior to race day, please remove all bike 'accessories' that will create safety concerns; such as mirrors, climbing bars on mountain bikes, and loose equipment. Pedal toe clips are allowed, but the straps must be removed.
- Make sure handlebar ends are plugged, not open.
- Hang your bike on the bike rack bar by its seat with the front wheel facing towards you.
- Bring a proper cycling helmet (not one from any other sport) that is free of cracks; the chin strap needs to be tightened so only two fingers can be inserted together horizontally.
- Your helmet must be on at all times when you are in contact with or riding your bike – even during warm-up.
- Refrain from biking in the transition area.
- Athletes only in the transition area.
- Keep equipment to a minimum to ensure the transition area is not cluttered; only have what's needed for your race, and keep backpacks out of transition.

Swim

- Wear the supplied swim cap.
- Forward progress is only by swimming – refrain from walking on the swim bottom.
- There is no changing out of swim suits after the swim.
- The swim start will be in the water.
- Flip turns will not be allowed, except during the Junior Draft Legal Event.
- If you need to pass, tap the foot of the swimmer in front of you and pass at the wall; if your foot is tapped, stop at the wall and let the individual pass.

T1: Transition to Bike

- Put your helmet on before touching your bike.
- Walk or run your bike past the mount line.
- When mounting your bike, watch for other athletes already on the course.

Bike

- Keep your distance from other cyclists – a bit more than 10 meters (roughly 6 bike lengths) between you and the cyclist in front of you.
- If you are ready to pass, call out "passing on your left" and pass within about 20 seconds.
- If you are being passed, don't speed up; wait for the other athlete to come alongside then ease off so that you can fall back within about 20 seconds until you are the 10 meters back from the cyclist that passed you.
- Watch for obstacles on course (like pedestrians). If there are intersections that are not controlled by volunteers on a closed course, you must obey the traffic signs and signals.

T2: Transition from Bike

- Get off your bike before the dismount line.
- Walk or run your bike back to the same spot on the bike rack.
- Rack your bike, then remove your helmet. The bike can be racked front wheel in or out, and by the seat, both handlebar ends, or both brake levers.

Run

- Go fast!

Other reminders...

- Refrain from leaving anything on the course (garbage or gear).
- Using communication devices of any type (e.g., Headphones, cell phones, smart watches, and two-way radios) to play music, take photos and videos, send/receive text messages, use social media, etc is strictly prohibited during the race as they can cause distraction and are a safety risk.
- Your entire torso must be covered on the bike and run.
- If there are bibs with race numbers, they only need to be worn during the run (bike is optional).
- If you decide to not finish the race, notify an official and hand over your timing chip.
- Thank the volunteers!
- Have a great race!

Specific Junior Draft Legal Rules

- Swim
 - Lane assignments will be decided by random draw during the pre-race meeting.
 - Two swimmers per lane in this event. Please swim up and down the same side of your lane for the duration of the swim.
 - Flip turns will be allowed in your event.
- T1: Transition to bike
 - Please place all swim gear in the box provided, BEFORE putting on your helmet and grabbing your bike. Equipment that falls outside the box will result in penalty.
- Bike
 - Drafting will be allowed in this event with the following exceptions:
 - No drafting off an athlete of the opposite gender.
 - No drafting off an athlete on a different lap.
 - No drafting off the motorbike.
 - No blocking another athlete from attempting to pass.
- T2: Transition to Run
 - Please place all your bike gear in the box provided, AFTER racking your bike.
- Run
- Other
 - A penalty box will be used during this race. You will be notified by an official, if you receive a penalty. If you receive a penalty,
 - It must be served before the end of your race, in the designated penalty box area.
 - You cannot consume water or food that is not on your person while in the penalty box.
 - You cannot make adjustments to your equipment while in the penalty box.
 - You may not use the restroom while in the penalty box.