



## Triathlon Race Rules & Regulations-2023

- ALL races are sanctioned by USAT. Participant are required to follow all USAT rules.
- No floatation devices allowed in the swim. Swim cap given at packet pickup is required to swim.
- Helmets are required for the bike. Competitors must have their helmet on and strapped before mounting your bike.
- Competitors must walk or run in the transition area – no riding is allowed until competitors have reached the mount line.
- Competitors must have their race number pinned on and visible and their numbers on their bike and helmet.
- Competitors must not follow the biker in front of them too closely. They must be at least two bike lengths behind them.  
No DRAFTING!
- Competitors must ride their bike as far to the right side of the lane as possible. They can only pass on the left (within the lane) and then must immediately return to the right. Violation of this rule is blocking, so you must let the faster riders pass by.
- Competitors must rack their bike properly and respect your fellow competitors' equipment. Only racers with bibs on and markings are allowed in the transition area.
- Competitors must follow the directions of the Race Officials and Marshals/Volunteers without question.
- Competitors must not wear headphones during ANY event—swim, bike or run. They must be alert and aware at all times!
- Competitors must wear their timing chip throughout the race. After crossing the finish line, they must hand it to a race official to receive an official time.