

## A Beginners Guide to Triathlon Rules

Triathlon is a solo event – you have to do it all without any outside assistance. Other people cannot hand you drinks, take kit from you, instruct you or pace you.

Triathlon rules exist to ensure safety and fair play – most rules affect the organiser but you have to comply as well. You must be capable of completing the distance you undertake. You must “keep your wits about you” - be aware of what you're doing and where you have to go to complete the full course.

You have to do it all properly. This means that you should:

- Place all your equipment only in the position allotted to you,
- Have a proper bike (road bike with drop handle-bars or hybrid or mountain bike) in good, road-worthy condition (both brakes work, tyres inflated, handle-bar ends are sealed with plugs) and without any artificial wind-breaks or mechanical means of acceleration,
- Have a sound cycle helmet marked ANSI Z90.4, SNELL B90, EN 1078 or equivalent,
- Swim unaided (any stroke but some races make restrictions) - don't walk along the bottom or pull yourself along pool side,
- Wear a swim cap (if supplied) and wear (both) race number(s) unfolded,
- Be adequately clothed (women wear one-piece swim or tri-suits, men wear tri-suits or swim trunks and t-shirt, vest or top) – two piece suits gap must be under 4 inches,
- Put on and secure your helmet before touching your bike and keep it on until you have racked (parked) your bike after you have completed the bike course,
- Mount your bike after the “mount point” and dismount before the “dismount point” ,
- Ride during cycle section without drafting (following in slip-stream of a vehicle or another rider) and obey all road traffic regulations,
- Ride, run or walk during cycle section – if running or walking, push or carry bike,
- Run or walk during run section (crawling is not allowed!),
- Show respect to other competitors,
- Complete the whole course,
- Obey instructions from marshals, officials and police officers,
- Submit to Doping Control if required.

You must not:

- Obstruct any other competitor in any way (your bike must not impede or interfere with another in transition) or tamper with any other competitor's equipment,
- Argue with or be abusive to other competitors, marshals or officials,
- Deviate (take short-cuts) from the course,
- Discard any equipment or clothing anywhere other than your allotted place in transition,
- Gain an unfair advantage by any means (including “drafting” on bike),
- Use any banned equipment including personal stereos - switch off mobile phones,
- Fold or mutilate race numbers,
- Appear naked at any time,
- Touch or hold your bike unless your helmet is secured on your head.

See [www.britishtriathlon.org](http://www.britishtriathlon.org) for complete rules – link in left panel.

Important rules include Race Conduct (22), Pacing/Drafting (27), Transition Areas (23), General (21) and Penalties (29).