



## COMMONLY VIOLATED RULES & PENALTIES

### 1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

**Penalty:** Disqualification

### 2. Chin Straps:

Chin straps must be fastened at all times when on your bike. DO NOT unbuckle your chin strap unless you are off your bike.

**Penalty:** Disqualification on the course; time penalty in transition area only.

### 3. Unauthorized Assistance:

No assistance may be accepted by race participants during competition, except from that offered by race staff and/or medical officials. Multisport events are individual tests of personal fitness and endurance.

**Penalty:** Time penalty

### 4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

**Penalty:** Time penalty or disqualification

### 5. Bike Rules:

**Drafting** – Keep at least three [3] bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must complete the pass within 15 seconds.

**Position** – Keep to the right hand side of the lane of travel unless passing another cyclist.

**Illegal Pass** – Cyclists must only pass other cyclists on the left, not on the right.

**Blocking** – Riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

**Overtaken** – Once passed, you must immediately exit to the rear of the draft zone before attempting to pass again.

**Penalty:** Time penalty

### 6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

**Penalty:** Head Referee's discretion, time penalty or disqualification

### 7. Unsportsmanlike Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at course marshalls, USA Triathlon Officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification

### 8. Headphones and Telephones:

Headphones, headsets, walkmans, ipods, mp3 players, or any other personal audio devices, are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, moved off of the course, and not making forward progress.

**Penalty:** Time penalty

### 9. Race numbers:

All athletes are required to wear race numbers at all times during the race. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

### 10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided; however, participants who wear a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are strictly prohibited.

### 11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. Except at the athlete's bike corral in transition, or at an aid station, there is to be no garbage, clothing, bottles, wrappers, etc. discarded on the course at any time.

**Penalty:** Time penalty