

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 Competitive Rules in its entirety. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Cycling Position Violations, which you probably know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

1. **Ride on the right side of your lane.**
2. **Keep three bike lengths between you and the cyclist in front of you.**
3. **Pass on the left of the cyclist in front, never on the right.**
4. **Complete your pass within 15 seconds.**
5. **If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.**



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 all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

Illegal Position or Blocking – riding on the left side of the lane without passing.

Illegal Pass – passing on the right.

Overtaken – failing to drop back three bike lengths after being passed and before re-passing.

Drafting – following a leading cyclist closer than three bike lengths & failing to pass or exit the draft zone within 15 seconds.

- Though Position Violations carry a time penalty for each occurrence, if you are cited for three violations, you will be disqualified. In a sprint or international distance race, one violation is a 2 minute penalty, two violations is a 6 minute penalty (2 for the first, 4 for the second).
- Always have your chinstrap securely fastened! The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ!
- Be sure your bar ends are solidly plugged. See the folks at one of the bike shops in the expo if you need plugs. Tape alone is not sufficient. If your bar ends are not solidly plugged, your bike does not conform to USA Triathlon rules, and the penalty for an illegal bicycle is disqualification.
- When you arrive at the transition area, please take a minute to notice the labeling on the bike racks. Remember that the signs often face the center of the transition area rather than the rack itself. The penalty for racking your bike on the incorrect rack is a time penalty (the same as for bicycle position fouls). Also, when you return from the bike course, be sure to re-rack your bike in the same rack. There is not a lot of space in the transition area. If your bike is on the incorrect rack, it is in someone else's spot. If you are unsure which rack your bike should be on, please ask one of the transition area volunteers or one of the USA Triathlon officials for assistance.
- You are not allowed assistance from anyone other than a race official. Such unauthorized assistance would result in a time penalty. This would include things such as: receiving food or drink from anywhere other than an official aid station; pacing by anyone (on foot, bicycle, car, etc.) other than another runner (who is still racing) on the run course; a spectator or another racer helping you repair equipment, including flat tires.
- Also, headsets and radios are not allowed on either the bike or run courses. This is a time penalty for unauthorized accessories (illegal equipment). Do not leave any equipment, including empty bottles and old tire tubes on the course, other than in designated areas near aid stations. This is a time penalty for abandoned equipment. Glass is not allowed on the course or in transition. If you bring a glass container into the transition area you will be disqualified.
- Your race number must be displayed unaltered, unobstructed, and readable at all times, any violation is a time penalty. This includes the frame number on the bicycle, which must be free from pumps, saddle bags, etc. and cannot have the edges cut off to reduce its size. Your run number must be on the front of your body at all times during the run.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

Thank you and enjoy the Heartland Triathlon!