

British Triathlon will seek to adopt the ITU Competition Rules in respect of Age-Group draft-legal racing, and as such have been incorporated into the British Triathlon Competition Rules.

These additional rules only apply to draft-legal Age-Group races which have been authorised and permitted by the relevant Home Nation Association. Competitors who race at international championships should ensure they are familiar with the ITU Competition Rules which are available on the ITU website.

WHEELS

- No wheel may contain any mechanisms which are capable of accelerating it;
- Tubular tyres must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly onto the frame;
- There must be a brake on each wheel;
- Wheels shall have at least 12 spokes;
- Disc wheels are not allowed.

HANDLEBARS

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons are not allowed;
- Tri-bars are not allowed.

HELMETS

Helmets must have the appropriate safety approval mark (ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors.

Smart helmets which are inserted in or cover the ears are not permitted. Competitors should also ensure they are able to hear instructions from Technical Officials and marshals during the cycle segment.

BRAKES

- Disc brakes are allowed.

FRAME

- The bike will be no more than 185cm long, and 50cm wide;
- The bike will measure between 24cm and 30cm from the ground to the centre of the chain wheel axle;
- There will be no less than 54cm and no more than 65cm between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;
- The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements. Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable;
- There will be a vertical line touching the front-most point of the saddle which will be no more than 5cm in front of, and no more than 15cm behind, a vertical line passing through the centre of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;
- Non-traditional or unusual or equipment shall be illegal unless prior approval has been granted from the British Triathlon Technical Committee, 30 days prior to the start of the competition.

Draft-Legal Specific Competition Rules

- Drafting off a different gender athlete is forbidden;
- Drafting off a competitor being on a different lap is forbidden;
- Drafting off a motorbike or vehicle is forbidden;
- Lapping of other competitors is allowed and shall not be penalised.

Drafting shall be defined as it is for draft-illegal races. If an infringement of any of these rules takes place, this will be treated in the same manner as dangerous riding, which incurs a penalty of disqualification (DSQ).

Disqualification shall also apply where equipment is deemed to be illegal and the competitor has been unable to make adjustments to make it legal.