

RACES

The below guidance applies to the following races:

Sospan Sprint Triathlon Llanelli	11 May 2019
Blenheim Palace Triathlon	2 June 2019
Cardiff Triathlon	23 June 2019
Parc Bryn Bach	3 August 2019
British Triathlon's Big Weekend	7-8 September 2019

WETSUITS

- ITU Competition Rules pertaining to water temperature and wetsuit use will be enforced. The final decision on whether wetsuits are mandatory, optional or forbidden will be made on the day by the Technical Officials and communicated to all athletes.

HANDLEBARS

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons, including the bridge, must not exceed the foremost line of the brake levers;
- Clip-ons must have a solid factory bridge or be touching each other;
- Brake levers or gear levers must not be attached to the clip-ons. The height difference between the highest point of the handlebar and the lowest inner part of the elbow rest cannot exceed 10cm;
- Water bottles and water bottle holders may not be mounted onto the handlebars or clip-ons.

WHEEL REGULATIONS

Athletes may race using either:

<p>A wheel as defined below:</p> <ul style="list-style-type: none"> • A diameter between 70cm maximum and 55cm minimum; • Both wheels must be of equal diameter; • Wheels shall have at least 20 metal spokes; • The maximum rim dimension will be 25mm on each side; • The rim must be alloy; • All components must be identifiable and commercially available. 	<p>Or:</p> <ul style="list-style-type: none"> • Wheels that are found on the UCI non-standard approved wheel lists. Both lists are applicable, the one containing wheels approved prior to 1 January 2016 and the other after this date. • The UCI wheel lists can be found at https://www.uci.org/inside-uci/constitutions-regulations/equipment
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The above are in addition to ITU Competition Rules 5.2.e.)(i) to 5.2.e.)(iv).

ATHLETE RESPONSIBILITY

Competitors are reminded that it is their responsibility to know the rules of the race they are taking part in, and this extends to ensuring that bike setup conforms to the rules. Compliance with the bike setup rules should be checked well in advance of competition, and not left to the day of the race.

UNIFORM

- All uniform regulations as set out in British Triathlon Competition Rules 2.8 apply.
- For domestic Elite Senior events, athletes are asked to wear trisuits that meet ITU Competition Rules and Guides Regarding Authorised Identification, however if this is not possible, we require as a minimum that your trisuit has your surname printed on it.
- Should a competitor however represent Great Britain in an ITU event then full ITU Competition Rules and Guidelines Regarding Authorised Identification will apply.

FRAMES

- Frames must comply with ITU Competition Rule 5.2.a.) (i)

SADDLE POSITION

- There will be a vertical line touching the front-most point of the saddle which will be no less than 5cm for men, and 2cm for women, behind a vertical line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.