

# TECHNICAL GUIDANCE FOR YOUTH AND JUNIOR TALENT RACES 2018



## RACES

The below guidance applies to the following races:

Bedford Autodrome Duathlon (YJSS)	25/03/2018
Sospan Sprint Triathlon Llanelli (YJSS)	12/05/2018
Bloodwise Blenheim Palace Triathlon (Youth Olympic Games Qualifier and Elite Junior)	03/06/2018
ITU World Triathlon Leeds (YJSS)	09/06/2018
Cardiff Triathlon (Elite Junior)	24/06/2018
SuperTri (YJSS)	07/07/2018
Hetton Super Sprints (YJSS)	21/07/2018
AJ Bell London Triathlon (Elite Junior)	05/08/2018
School Games 2018	30/08 - 02/09 2018
British Triathlon U20s Festival (YJSS)	15/09/2018

## UNIFORM

All uniform regulations as set out in British Triathlon Competition Rules 2.8 apply.

For domestic Elite Youth and Junior events it is however important to understand that ITU Guidelines Regarding Authorised Identification do not apply. This means that trisuits do not need to have the competitor's surname and country code.

To support better understanding, and speed up registration processes at these events, athletes and parents are made aware of these uniform guidelines at the annual Performance Assessment Weekend.

Should a competitor however represent Great Britain in an ITU event then the full ITU Competition Rules and Guidelines Regarding Authorised Identification will apply, where surname and country code will need to be included on trisuits.

## WHEEL REGULATIONS

Youth athletes may race using:

EITHER	OR
A standard or traditional wheel defined as: <ul style="list-style-type: none"> <li>a rim made of aluminium</li> <li>a maximum rim depth of 35mm</li> <li>a minimum of 16 spokes which can be round, flattened or oval</li> <li>spokes which do not exceed 3mm in width</li> </ul>	Wheels that are found on the UCI non-standard approved wheel lists

Junior athletes may race using:

EITHER	OR
A standard or traditional wheel as defined by the UCI: <ul style="list-style-type: none"> <li>a rim made of aluminium</li> <li>a rim height of less than 25mm</li> <li>a minimum number of 20 steel spokes which are detachable</li> <li>all components must be identifiable and commercially available</li> </ul>	Wheels that are found on the UCI non-standard approved wheel lists

More information can be found in the Wheel Regulations booklet found online - [www.bit.ly/wheel-regs](http://www.bit.ly/wheel-regs)

## GEAR RESTRICTIONS

For Youth athletes, all YJSS events (aside from Hetton Lyons) will be gear restricted. British Triathlon does not restrict events when Youths and Juniors compete together as part of a selection event. In 2018 this includes Blenheim and Hetton Lyons which act as selection events for Youth Olympic Games, European Youth Championships and School Games 2018.

More information about Gear Restrictions can be found online - [www.britishtriathlon.org/gear-restrictions](http://www.britishtriathlon.org/gear-restrictions)

## BIKE REGULATIONS

### Bike Frames:

- The frame of the bike shall be of a traditional pattern, i.e., built around a main triangle of three straight or tapered tubular elements, (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section) such that the form of each element encloses a straight line. The elements of the frame shall be laid out such that the joining points shall follow the following pattern: the top tube connects the top of the head tube to the top of the seat tube; the seat tube (from which the seat post shall extend) shall connect to the bottom bracket shell; the down tube shall connect the bottom bracket shell to the bottom of the head tube. The rear triangles shall be formed by the chain stays, the seat stays and the seat tube with the seat stays anchored to the seat tube at points falling within the limits laid down for the slope of the top tube. The maximum height of the elements shall be 8 cm and the minimum thickness 2.5 cm. The minimum thickness shall be reduced to 1 cm for the chain stays and the seat stays. The minimum thickness of the elements of the front fork shall be 1 cm; these may be straight or curved. The maximum ratio of any two dimensions in a cross section of any tube is 1:3;
- The bike will be no more than one metre and eighty-five (185) centimetres long, and fifty (50) centimetres wide;
- The bike will measure between 24 centimetres and 30 centimetres from the ground to the centre of the chain wheel axle;
- There will be no less than 54 centimetres and no more than 65 centimetres 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;
- Fairings are prohibited. Any device, added or blended into the structure, that is destined to decrease, or which has the effect of decreasing, resistance to air penetration or artificially to accelerate propulsion, such as a protective screen, fuselage form fairing or the like, shall be prohibited;
- Bikes provided with the UCI Road Race homologation label (Code RD) are always allowed in ITU draft legal events, even if they contravene any of the 5 first bullets in this 5.2 c) (i) insert.
- Bikes provided with the UCI Time Trial homologation label (Code TT) are forbidden unless they comply with the conditions listed above.

### 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-on.

### Brakes:

- Disc brakes are allowed for all races.

### Helmets:

- Approved cycling safety helmets of ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors. A CE mark is not an approval mark and should not be treated as approval.
- Helmets must be used in all activities when the competitor rides the bike: competition, familiarisation and training sessions.
- An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited.

## 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.

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