

RACES

The below guidance applies for the following races:

Llanelli Multisport Festival Yth SP Jnr SP	14 th May
Lochore Meadows AQ	19 th June
Bowood House AQ	25 th June
Mallory Park Yth SS Jnr SS	25 th July
Sunderland Grand Final Yth SP, R Jnr SP, R	20 th –21 st August
Eton Dorney Yth SP Jnr SP	11 th September

SP – sprint, **SS** – super sprint heats and finals, **AQ** - Aquathlon **R** – mixed team relay

WETSUITS

- World Triathlon Competition Rules 4.2 and 4.4 will be adopted. Athletes must be prepared for wetsuits to be made mandatory, optional or banned.

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

Youth athletes may race using either:

A standard or traditional wheel defined as:

- A rim made of aluminium
- A maximum rim depth of 35mm
- A minimum of 16 spokes which can be round, flattened or oval
- Spokes which do not exceed 3mm in width

Or:

- Wheels that are found on the UCI non-standard approved wheel lists

Junior athletes may race using either:

A standard or traditional wheel defined by the UCI as:

- A rim made of aluminium
- A rim height of less than 25mm
- A minimum number of 20 steel spokes which are detachable
- All components must be identifiable and commercially available

Or:

- Wheels that are found on the UCI non-standard approved wheel lists

The above are in addition to The World Triathlon 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 Youth and Junior events, athletes are asked to wear trisuits that meet the World Triathlon Competition Rules and Guidelines Regarding Authorised Identification, however if this is not possible, as a minimum your trisuit must have your surname printed on it.
- Should a competitor however represent Great Britain in an World Triathlon event then full World Triathlon Competition Rules and Guidelines Regarding Authorised Identification will apply.

FRAMES

Frames must comply with The World Triathlon Competition Rule 5.2.a.) (i)

GEAR RESTRICTIONS

- Gear Restrictions will be in place at certain events. More information can be found online - <https://www.britishtriathlon.org/gear-restrictions>