



**BRITISH  
TRIATHLON**

# **WHEEL REGULATIONS FOR TRISTAR, YOUTH AND JUNIOR DRAFT-LEGAL RACING 2018**

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**ALL YOU NEED TO KNOW**





British Triathlon gives serious thought and consideration to athlete development and 2018 sees the launch of a new set of Wheel Regulations. After much consultation, and a trial for TriStar athletes at the 2017 Inter-Regional Championships (IRC's), the following approach through the Pathway is being introduced for all drafting events for the 2018 season.

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This booklet seeks to explain the reasoning behind this new approach and in so doing hopes to give athletes, parents and coaches a wider understanding in what is a relatively complicated part of racing.

# WHAT ARE THE REASONS FOR WHEEL REGULATIONS?

Any athlete racing in draft-legal British Triathlon events is subject to wheel regulations. The main purpose of this is to ensure that athletes who are racing in very close proximity to each other in packs are doing so on safe wheels. All wheels on the UCI lists are stress tested to ensure an acceptable level of safety. Triathlon's world governing body the ITU doesn't have the capacity to do its own stress testing and create its own wheel lists so has an agreement with the UCI (cycling's world governing body) to use theirs.

As pro-cycling teams race on premier wheels and manufacturers have to pay for these to be stress tested the majority of the wheels on the UCI wheel lists are expensive and non-standard. This doesn't help younger or new athletes to the sport. To enable a level of accessibility to racing the UCI also allows athletes to race on standard or traditional wheels. These are cheaper wheels that will come as standard on most entry to medium level bikes. Such wheels do not need to be certified. As athletes at younger ages and/or at entry level to the sport are operating at much lower speeds and in much smaller packs the safety concerns and impact of wheel failure are much lowered and these wheels are not stress tested.





# WHAT ARE THE CHANGES AND WHY?

## TRISTAR

### THE CHANGES

The biggest changes are happening at the TriStar level of the Pathway. Athletes will be allowed to race on what are defined as standard or traditional wheels only. In addition the wheel rims will be limited to aluminium. Carbon fibre rims will not be allowed at these ages. To improve accessibility British Triathlon is re-defining what a standard wheel is defined as at this age group. The current UCI definition we believe is too narrow and will lead to too many athletes needing to buy new wheels. The British Triathlon broader standard wheel definition is:

- a rim made of aluminium (carbon rims are not permitted)
- 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

A lot of TriStar athletes will also ride in British Cycling events as well. The above definition aligns to British Cycling's regulations for athletes at this level where riders are only allowed to race on standard wheels too. This will ensure athletes are able to race across both sports on one set of wheels. It is important to note that British Cycling do not specify that the rim has to be made of aluminium only.

# WHY?

At TriStar level there are four main reasons for the changes we are making.

## TO IMPROVE ATHLETE SAFETY

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Younger, lighter athletes do not have either the experience or the weight/mass to manage deep rim wheels (that are found on the UCI wheel list) in cross winds

## TO MAKE THE SPORT MORE ACCESSIBLE

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Triathlon is expensive and British Triathlon believes all efforts should be made to keep costs down. The new standard or traditional wheel definition is far broader than the current UCI definition. This allows both older second hand and wheels that come as standard on a new bike to be used and we hope means buying new wheels specifically to fit rules is avoided

## TO LEVEL THE PLAYING FIELD

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Regulating wheels will reduce the impact equipment has on athlete performance. Athletes at such ages should not be supported in looking to benefit from marginal equipment gains. In turn this will mean closer racing; closer racing promotes better decision making and technical abilities which in turn develops better athletes. This aligns to one of the key reasons behind restricting gears for younger athletes too and supports the fifth pillar of British Triathlon's Athlete Development Framework Intelligent Racing

## TO SIMPLIFY THE SPORT AT THIS AGE/STAGE OF DEVELOPMENT

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Having one straightforward rule for all that works across these ages removes the relatively complicated UCI wheel lists and will make restrictions much easier to understand



# YOUTH

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## THE CHANGES

Youth age groups have been racing on the UCI wheel regulations for the past number of years. The age group has been using the relatively narrow UCI standard/traditional wheel definition as well as using the UCI wheel list.

**For 2018 Youth athletes will use:**

### EITHER

The new broader British Triathlon TriStar and Youth standard wheel definition:

- a rim made of aluminium (carbon rims are not permitted)
- 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

Use any wheel that is included in the UCI wheel lists. It is important to note that there are two UCI lists in use – please refer to final section in this booklet for more information on this and for links to both wheel lists.



# WHY?

## STANDARD WHEELS

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### **Accessibility and smoother transition -**

Given one of the key reasons for using a broader standard wheel definition is to make the sport more accessible it makes sense to soften the transition to Youth racing and allow the same definition to be used at this age group

## UCI WHEEL LISTS

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**It makes sense -** Current Youths have been racing on UCI wheel lists so a good proportion of athletes in the age group will already be racing on wheels that are on the list. Given this for 2018 it makes sense to allow Youth athletes to retain access to the wheel lists and continue to use wheels that have already been purchased.

## 2018 CONSULTATION ON YOUTH REGULATIONS

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Athletes at Youth level are still very much developing and will benefit technically and tactically from closer racing – one of the main reasons why Youths are also subject to Gear Restrictions. Removing the option for Youths to race on more expensive wheels will help support this and level the playing field. Like the current changes to TriStar it will also make the sport at this age more accessible. With this in mind we will consult widely through 2018 with a view to allowing Youths to only race on aluminium ‘standard’ wheels only in 2019.



## JUNIORS

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Juniors are currently subject to the ITU draft-legal regulations and there will be no changes here. There are a small number of elite draft-legal domestic races where Juniors and Seniors race together. Senior elite athletes are also subject to ITU draft-legal regulations. Along with the fact that a number of our Juniors will race internationally each year, also under ITU draft-legal regulations. For these reasons we feel it makes perfect sense for Juniors to continue as they are and in so doing operate in alignment with the ITU rulings.

**Juniors will subject to the following restrictions:**

### EITHER

The UCI standard wheel definition:

- 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

Any wheel included in the UCI wheel lists – please refer to the section below for more information on this and for links to each wheel list.



# THE UCI WHEEL LISTS

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There are currently 2 UCI wheel lists in use, this can make using the lists complicated. The reason for this is that in 2016 the UCI redefined the standard or traditional wheel. If you are not using a standard wheel and instead intending to use a more expensive wheel it will help you to know which year that wheel was made. Please read the below so as you are clear on which list to check. If you are unsure of the year of make you should check both lists.

- All wheels approved prior to 31/12/2015 are still legal and can be used in competition. Please [check here](#) for that list.
- All wheels that are either new or produced since 01/01/2016 or produced prior to 01/01/2016 but not approved on the pre-2016 lists are subject to this list - please note that new wheels are added all the time so if buying/checking new wheels please check the date (in red) in the top left hand corner of the first page of the document to ensure you have a current up to date copy. Please [check here](#) that list.

While most all major manufacturers have wheels on the list now and again inexplicably a particular model will not appear, this may be because testing has been held up. It is vital that if you are purchasing new wheels that you first check that they are on the lists.

Whilst we at British Triathlon are always keen to help and support all young athletes and their parents with any questions the number of wheels on these lists is vast. Given this no one in the organisation has an exhaustive knowledge of every wheel on the lists. Neither, we are afraid, are we privy to when new wheels will be made legal.

It is up to each athlete to take responsibility for their wheels and check to see if they are legal. Very simply put if you are using a non-standard non-traditional wheel and it is not on the list it is illegal, it is that black and white. To reiterate if checking for very new wheels please check the date (in red) in the top left hand corner of the first page of the document to ensure you have a current up to date copy.



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