

TOP 10 RULES ATHLETES SHOULD KNOW



1



HELMETS

Helmets must be securely fastened at all times when you are in possession of your bike.

3



DRAFT ZONE

In non-draft races, the draft zone is 12 meters (39.3 ft) or six bike lengths. Athletes have 25 seconds to complete a legal pass.

5



RACE NUMBERS

Wear your race number visibly at all times during the run. Numbers may not be altered or obscured.

7



NO COMMUNICATION DEVICES

No calls, texts, music, social media or radio use during competition. Phones may be carried but not used in a distractive manner.

9



NO GLASS CONTAINERS

Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

2



NON-DRAFT RIDING POSITION

Ride right, pass left only. No passing on the right. No drafting. No blocking other athletes.

4



COMPLETE THE ENTIRE COURSE

Athletes must complete the race course in its entirety and as prescribed, including in segment order.

6



NO NUMBER TRANSFERRING

Do not transfer your number to another athlete or accept a number from an athlete not competing.

8



NO UNAUTHORIZED ASSISTANCE

Only race staff, volunteers, officials, and medical personnel may assist athletes. No athlete may physically assist another athlete's forward progress.

10



NO LITTERING / ABANDONED GEAR

Do not leave equipment or trash on the course. Littering may result in time penalties.

For your Health and Safety, if you don't feel well, please let Race Staff know and don't race!