2024 USA TRIATHLON WOMEN'S COLLEGIATE DRAFT-LEGAL TRIATHLON ATHLETE CHECKLIST

Dear Athlete, Coach, Athletic Administrator,

We're looking forward to seeing you compete at the upcoming USAT Women's Collegiate draft-legal triathlon. Before you arrive to put your hard work to the test there are several things I'd like to bring to your attention.

The rules of competition are not difficult to follow. However, there are several ways you can change the outcome of your competition in a negative way.

- Arrive with the incorrect bike gear. (Not allowed to start if not corrected)
- Helmet does not meet established standards and labeling from a National Federation associated with World Triathlon. (Not allowed to start if not corrected)
- Uniforms with sleeves are not allowed. (Not allowed to start if not corrected)
- Early start. (:10 seconds)
- Leave gear outside the Transition basket after the swim. (:10 seconds)
- Mount your bike prior to the mount line. (:10 seconds)
- Athletes who have been lapped on the bike course (this includes not making it out of Transition before the lead athlete completes her first bike lap) when the lap out rule is in effect. (LAPPED/DSQ)
- Not completing the appropriate number of laps on the bike or run. (DSQ)
- Dismount your bike after the dismount line. (:10 seconds)
- Leave gear outside the Transition basket after the bike. (:10 seconds)
- Behaving in an unsportsmanlike manner. (DSQ)
- Athletes who miss the athlete's meeting without an excused absence. (:10 penalty in T1.)

Please take some time to read through the following pages so you can be best prepared to have a successful competition. The information contained within these pages points out important competition details, however, it is not a complete listing of the rules. I encourage you to familiarize yourself with all the rules of competition that are contained in the USA Triathlon Multisport Rules of Competitions at www.usatriathlon.org.

All questions should be emailed to paul.brandt@usatriathlon.org.

Best of luck to you!

Paul Brandt
USA Triathlon Draft Legal Coordinator
618.719.9287

PLEASE NOTE:
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Update 3/26/2024

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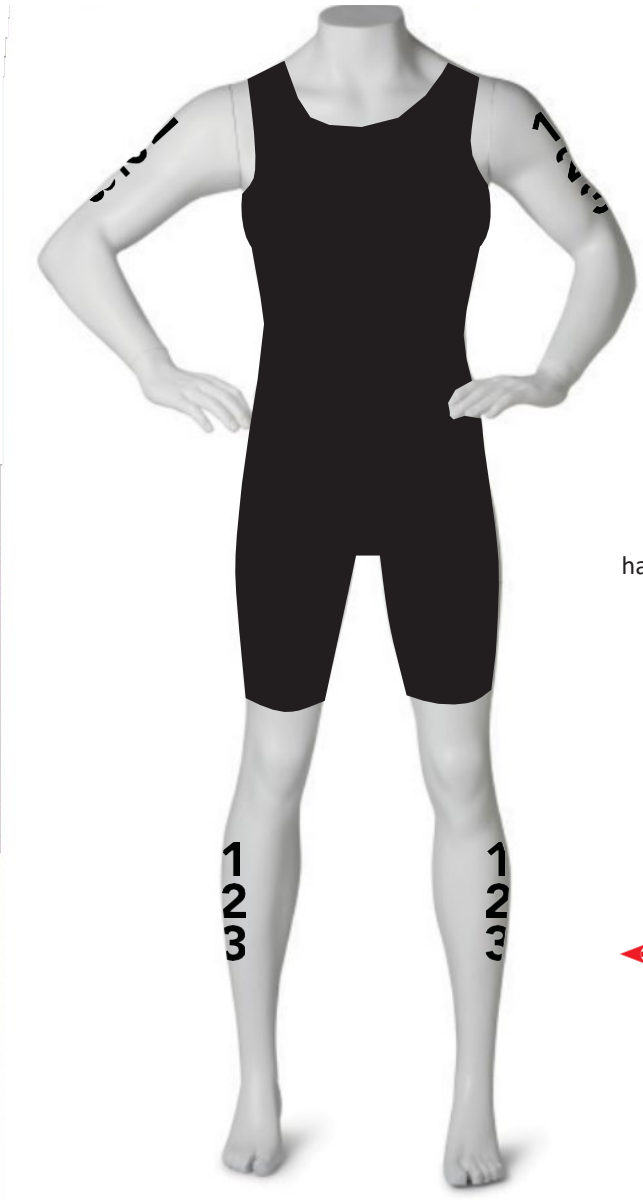
UNIFORM & BODY MARKING

NOTE:
Race numbers on left and right arm between shoulder and elbow.



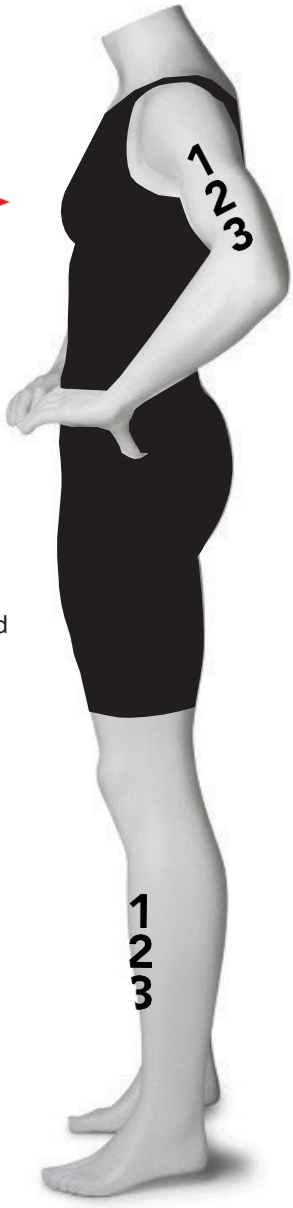
NOTE:
One-piece uniform must fully cover the front of the torso.

Women's one-piece swimsuit also acceptable.

Front zippers are not allowed. Rear zippers or open-backs are approved.

An institution logo or name that has been officially approved by the institution's athletic department must be included on the suit.

Uniforms with sleeves are not allowed.



NOTE:
Race numbers on left and right leg between knee and ankle.

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BIKE EQUIPMENT

NOTE:
Place bike number on the seat post or on top tube of the frame.

NOTE:
Only traditional drop-style handlebars and brake levers are allowed.

NOTE:
Aerobars are no longer allowed in draft-legal racing. If you have aerobars attached to your bike, have them removed from your bike or your bike will not be allowed in transition.

NOTE:
Wheels must have atleast 20 spokes, or be included in the current UCI approved non-standard wheels lists

NOTE:
The ends of both handle bars must be securely covered with bar-end plugs.

NOTE:
Disc brakes ARE allowed.

NOT ALLOWED!
Handlebars with built in aerobars are not allowed.

NOTE:
Helmet must be free from defects and within standards described on page 5. Place helmet number sticker on front. Helmets that cover the ears are not allowed in Draft-Legal racing.

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PRE-RACE

- An athlete pre-race briefing will be held the day before the competition date. The meeting will not start earlier than 5:00 pm or end after 7:00 pm. USA Triathlon will communicate with all programs if the aforementioned time frame is not able to be met.
- Attendance at the pre-race meeting by all athletes is mandatory.
- All athletes are required to pick up their race packet in person. Each athlete will need to show her valid passport/government issued ID, and USAT membership card.
- Athletes with extenuating circumstances that prevent them from attending the pre-race meeting should contact Paul Brandt (paul.brandt@usatriathlon.org) immediately upon notification of start time.
- Athletes who miss the Athlete Meeting without an excused absence will receive a :10 penalty in T1.

ATHLETE IDENTIFICATION & BODY MARKING (SEE PAGE 2 & 3)

- Each athlete is assigned a race number. Numbers are assigned in random order. Collegiate Club athletes will be numbered after all Varsity program athletes' allocations have been made.
- A bike frame number and helmet number will be provided in the athlete's race packet at packet pick-up. Athletes will be body marked with markers or temporary tattoo numbers. (Swim caps will be provided at athlete check-in on race morning.)
- Race numbers should be on the left and right arm and left and right leg.
- Bike race numbers, provided by the Race Director, must be placed on the bike as instructed, without any alteration.
- The bike helmet number sticker should be applied to the front of your bike helmet.
- Every athlete must wear a timing chip/strap. The timing chip/strap will be distributed on race morning only. Athletes are required to wear the timing chip strap on their ankle throughout the race.
- No race number or race number belt will be required.

RACE UNIFORM

- All athletes must wear a uniform that includes the institution's name and/or logo that has been officially approved by the institution's athletic department.
- **Note: It is highly recommended any specific NCAA uniform guidelines are followed (e.g. the use and size requirements of manufacturer's logo.) Please refer to the NCAA bylaws and consult with your compliance department.**
- Family name and/or country code is not required.
- The recommended race suit for women is either a one-piece swimsuit or one piece "tri suit." Uniforms with sleeves are not allowed.
- Front zippers are not allowed.
- Rear zippers or open-back uniforms are allowed.
- Non-compliant uniforms will receive a verbal warning at Regional Qualifiers. All uniforms must be compliant by the National Championship. If the uniform is not corrected by the National Championship, athletes will be put to the end of the swim staging line.

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ATHLETE CHECK-IN

- Athletes must attend a pre-race check-in at their assigned time on race morning prior to entering Transition.
- Athlete must arrive to this check with body, bike and helmet numbering, properly applied and visible. (See page 2 & 3)
- During the pre-race check-in Officials will review each athlete's body marking, bike and bike helmet.
  - Only traditional road bike drop handlebars are permitted. (See page 3)
  - Handlebar ends must be plugged. (See page 3)
  - Aerobars will no longer be allowed in Draft-Legal racing.
  - All participants shall wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety standards a National Federation associated with World Triathlon, and which is clearly labeled by the manufacturer as satisfying such standards, may be used in USAT sanctioned events.
  - Helmets that cover the ears are not allowed in Draft-Legal racing.
  - Note: Athletes must have the helmet chin strap buckled in place while touching the bike during the event. Let's get in the practice of doing this before and after the event as well. The chin strap must be snug against the athlete's chin.
  - Wheels must have the following characteristics:
    - Wheels shall have at least 20 spokes or be included in the current UCI approved non-standard wheels lists.
    - Disc wheels are not allowed.
    - Disc brakes ARE allowed.

TRANSITION (PRE-RACE)

- Only registered athletes will be allowed in the Transition area.
- No glass is allowed in the Transition area.
- Athletes must rack their bike and equipment at their assigned position.
- Bikes must remain in Transition once racked.
- Bikes must be racked by the front of seat on the Transition rack at the start of the race, facing toward the field of play/flow of traffic.
- All equipment (shoes, helmet, etc.) must be contained directly on, under or behind the bike.
- Marking a Transition position by the athlete is not allowed.
- Only equipment to be used during the competition can be left in Transition.

THE START/SWIM

- Swim caps will be distributed on race day.
- All athletes will be provided an assigned time for a swim warm up.
- Athletes will report to the swim staging area approximately 10 minutes prior to the scheduled start of the race.
- Athletes will be called to the start line by race number/name.
- Once called to the start line, athletes must quickly select their start position and stand directly behind it until the race begins. Athletes may not change their starting position once selected.
- An Official will start the race by announcing "ON YOUR MARKS" at which timeathletes should move into the starting position. Any time after the announcement, the start signal will be given by blasting a horn.
- Athletes must make forward motion to the water once the race start signal is sounded.

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- Blocking or interfering with the forward progress of another competitor is not allowed.
- False starts involving more than two athletes will be recalled to the start line, while an early start of one to two athletes will not. Penalties from the swim will be enforced by Officials in Transition.
- Wetsuits are forbidden if the water temperature is 68° F (20° C) or higher. If the water temperature is 60.62° F (15.9° C) or below wetsuits will be mandatory.
- If the water temperature is lower than 71.6° F (22° C) and the air temperature is lowerthan 50° F (15° C) an adjusted value will be used to decrease the measured water temperature according to USA Triathlon Multisport Competition Rules.
- The official water temperature will be announced 1 hour prior tothe race start.
- The swim distance can be shortened or even cancelled due to extremely high or low water temperatures according to USA Triathlon Multisport Competition Rules.

SWIM TO BIKE TRANSITION

- Swim gear (e.g., swim cap and goggles) must be placed in the athlete's assigned bin/basket in Transition, if provided.

BIKE

- Athletes may not ride their bike in the Transition area.
- A Wheel Stop, if provided will be located on the bike course or in the transition area. Please mark wheels with name/ team name and leave them with Officials at Transition 30-45 minutes prior to your race so they may be transported to the Wheel Stop. Wheels will not be accepted at the WheelStop under any circumstances. Athletes must replace their own wheel on their bikes during competition.

BIKE TO RUN TRANSITION:

- Bikes must be racked by both handlebars/brake levers, or front of seat (facing either direction), after completing the bike course at their assigned rack location.
- All used equipment/gear must be placed in the athlete's assigned Transition bin/basket, if provided.

THE RUN

- There will be a run course bike leader for the first runner.
- Water and/or sports drinks will be provided at an aid station(s) on the course.

PENALTIES

- Failure to follow the competition rules will result in a warning, time penalty or disqualification.
- Verbal Warning (and Amend):
  - Warnings alert an athlete to a possible rule violation and allow the athlete to correct the issue. They may be given with or without a time penalty.
  - Warnings may be issued by an Official by sounding a whistle; showing a yellow card to the athlete; and identifying the athlete's number. When given a yellow card, athletes will follow the instructions of the Official.
- Time penalty in Transition:
  - Time penalties will be :10 per violation.
  - The Official will hold a yellow card up as the penalized athlete arrives at their position in Transition. The athlete will be ordered to stop at their Transition space without touching any of their equipment.

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NOTE: ALL QUESTIONS ABOUT PROTESTS OR APPEALS SHOULD BE EMAILED TO PAUL.BRANDT@USATRIATHLON.ORG, NOT WORLD TRIATHLON.

Once the athlete stops the Official starts to time the penalty. If the athlete touches or removes any of their equipment the counting will stop. When the penalty time has been served the Official will say "Go" and the athlete can continue with the competition.

- Time penalty at the Penalty Box:
  - Time penalties will be :10 per violation.
  - Penalties not served in Transition will be served in the Penalty Box during the run.
  - Penalized athlete's numbers will be clearly displayed on a board at the Penalty Box. Penalized athletes will proceed into the Penalty Box and inform the Official of their identity. The penalty time starts when the athlete enters the Penalty Box. When the penalty time is finished, the Technical Official will say "Go" and the athlete can continue with the competition.
  - **IMPORTANT! It is the athlete's responsibility to review the Penalty Board fortheir race number. If their number is present and they do not serve their penalty, then the athlete may be disqualified.**
- Disqualification is a penalty appropriate for severe rule violations, or dangerous or unsportsmanlike conduct. If time and conditions permit, Officials will sound a whistle; show a red card to the athlete; and call the athlete's race number and say "Disqualified."
- An athlete may finish the race if an Official calls a disqualification.
- A disqualified athlete may appeal the decision according to the Protest/ Appeals procedure listed below.
- It is not necessary for an Official to give a warning prior to issuing a more serious penalty.

PROTESTS

- A Protest is against the conduct of an athlete, Official, or the conditions of the competition. It may also be against an athlete's equipment.
- An Appeal is a request by an athlete for a review of a decision made by Protest Committee.
- An athlete may file a Protest with the Head Referee provided the Protest has not been previously observed by Officials and ruled upon.
- Protests concerning athlete eligibility or course safety must be made in advance of the competition. Please refer to the USA Triathlon Multisport Competition Rules for exact details.

GENERALLY, PROTESTS OR MUST FOLLOW THE STEPS LISTED BELOW:

1. The intention to submit a Protest must be made to the Head Referee within 5 minutes of the athlete's finish time at the Finish Line.
2. A deposit of $50 USD (cash, check or credit/debit card) must accompany the Protest form. Forms may be obtained from the Head Referee and must include: alleged rule violation; location and approximate time of alleged violation; persons involved in the alleged violation; statement, including a diagram of the alleged violation, if necessary; the names of witnesses who observed the alleged violation.
3. The formal Protest must be submitted to the Head Referee nomore than 15 minutes after the athlete's finish time.

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4. The $50 USD deposit will be refunded if the Protest is successful. If it is denied, there will be no refund.
5. Protests are reviewed by Head Referee and the Protest Committee.

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TIMING, RESULTS AND AWARDS

- The competition will be won by the athlete who has the shortest time from the start signal to the moment when the athlete's torso crosses the Finish Line.
- Time splits to be included in the results are: Swim (or first segment); Transition 1; Bike (or second segment); Transition 2; Run (or third segment); Overall Finish Time.
- The following results will be provided: NCAA varsity results and collegiate club program results.
- Please reference the Women's Collegiate Triathlon Scoring and Invitation Criteria document for additional details regarding awards and distribution.

EXCEPTIONAL CONDITIONS

- The following competition formats may be considered due to exceptional conditions or inclement weather:
  - A triathlon may be modified to a duathlon, aquathlon, or even as a two-segment competition: swim-run, bike-run or run-bike. Time trial starts may be allowed. The preferred option will be a duathlon with the shorter run first.
  - A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts may be allowed.
  - The race director and USAT staff may consider other alterations of theoptions listed above are not possible.
  - If the triathlon is modified, the rules for the replacement event will be followed.

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