



Penalty Notifications



Bike penalties are served in a designated area others as stand downs on the course.

Helmet Rules

Helmet must be worn and fastened.



DQ or Time Penalty

Drafting Rules

6 Bike lengths



Time Penalty

Course Compliance

Stay on course; no crossing solid yellow lines.



Time / DQ

No Unauthorized Aid

No giving essential equipment to other athletes.



Time / DQ for Both

Headphones & Phones

No audio devices or phone use.



Time / DQ

Race Numbers



Numbers must be visible and unaltered.

Time / DQ

Littering & Conduct

Discard in bins; no unsportsmanlike conduct.



Time / DQ

For the complete rulebook, visit:

<https://www.usatriathlon.org/multisport/rules>



Scan for USA Triathlon's full rules and officiating updates.