

2026 USAT Rules Variances and Equipment Clarifications

Competition Level and Buoyancy Shorts*	Allowed?
Elite	No
U23	No
Development	No
USA Triathlon National Championship Age Group Races	No
World Triathlon Qualifiers	No
USAT Sanctioned Local Races and Waves	Yes
USAT Sanctioned Adaptive Triathlon (AT) Races and Waves	Yes
USAT Sanctioned Events That Prohibit by Amendment	No

*Buoyancy shorts must not extend below the top of the knees with the topline of the shorts no higher than the top of the hips and no more than 5mm thick.

Competition Level and Snorkels	Allowed?
Elite	No
U23	No
Development	No
USA Triathlon National Championship Age Group Races	No
World Triathlon Qualifiers	No
USAT Sanctioned Local Events	No
USAT Sanctioned Local Non-Competitive Races and Waves	Yes*
USAT Sanctioned Adaptive Triathlon (AT) Races and Waves	Yes
USAT Sanctioned Events That Prohibit by Amendment	No

*Athletes must confirm with race management and lead official prior to the race.

Competition Level and Swim Buoys	Allowed?
Elite	NA
U23	NA
Development	NA
USA Triathlon National Championship Age Group Races	Yes*
World Triathlon Qualifiers	Yes*
USAT Sanctioned Local Events	Yes*
USAT Sanctioned Local Non-Competitive Races and Waves	Yes*
USAT Sanctioned Adaptive Triathlon (AT) Races and Waves	Yes*
USAT Sanctioned Events That Prohibit by Amendment	No

*For competitive races and waves the buoy must remain undeployed. For Non-Competitive Races and Waves the buoy may be deployed and the athlete must begin at the back of the final wave.

Other Prohibited Equipment

- Fins
- Mirrors without prior approval for verified medical condition
- Aero bars and TT bikes in Draft Legal Events

Note: Cell phones are allowed unless used in a distractive manner.