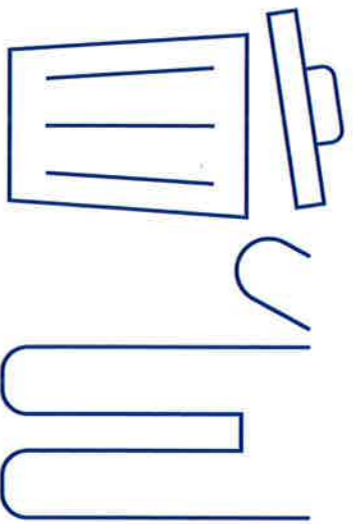


# KNOW THE RULES

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

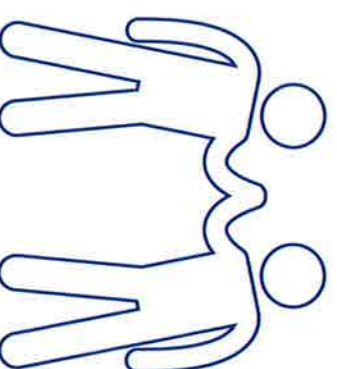
**RULE  
2.1** **Littering**



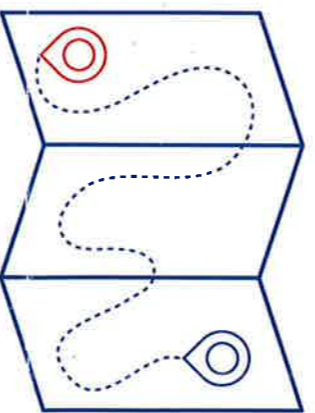
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

**RULE  
2.1** **Racing Conduct**

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



**RULE  
2.1** **Know the Course**



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

**RULE  
2.9** **Race Numbers**

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



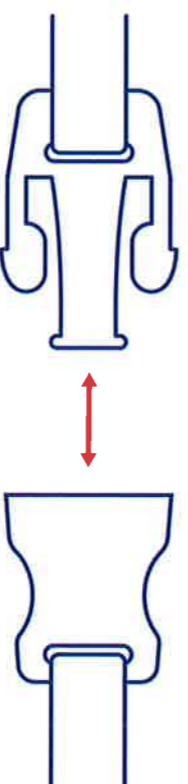
**RULES  
4.9|5.2|6.4** **Illegal Equipment**

Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



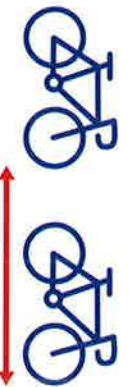
**RULE  
5.2** **Helmets**

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



**RULE  
5.5** **Drafting**

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone. In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

**RULE  
7.1** **Transition**

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.

