

BASIC RULES

In the interest of safety and fairness, there are rules for Triathlon, Duathlon and Aquathlon. We have listed some basic rules so that you can compete at our events.

- Your helmet and cycle will be checked for safety reasons prior to entering transition area
- No kit bags etc can remain in the transition area during the race. They must be removed prior to the start.
- You must wear a helmet for the cycle section
- You must wear a top/vest for the cycle and run sections, bare torsos are not permitted
- You must wear shoes for the cycle and run sections
- BEFORE you touch your bike, you must put on your helmet. It must be clipped prior to leaving transition
- You must rack your bike in your space and not someone else's. You must not lie it on the ground and your helmet etc must be stored in YOUR SPACE
- You must un-clip and remove your helmet ONLY once you have re-racked your bike after the cycle section
- It is the Athlete's responsibility to attend race briefing and know the course and if not certain, ask an Official
- Obey ALL instructions from Traffic and Course officials
- Do not verbally abuse or swear at Officials – this is an IMMEDIATE DISQUALIFICATION
- Headphones, Mobile phones and glass containers are NOT permitted in any section of the Races
- You must not block or impede the progress of other athletes.
- You cannot be accompanied by a non-competing person or other on the run course or accept any outside assistance
- Should you be unable to finish the event, you **MUST** notify an official or the Finish Table Officials

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WORLD TRIATHLON COMPETITION RULES:

https://www.triathlon.org/about/downloads/category/competition_rules