

Top 10 Frequently Violated Rules

(with corresponding ITU Competition Rules)

1. **Swim Caps:** A competitor must wear the swim cap provided by the race organization. (4.8 a.(ii))
2. **Helmets:**
 - a) helmets are compulsory and must be approved by a nationally accredited testing authority (5.2 e.(i))
 - b) chin straps must be fastened anytime the athlete is in possession of the bicycle which means the helmet must be securely fastened at all times the athlete is in possession of the bike, which means from the rack at the start of the bike leg until after they have placed their bike on the rack at the finish of the bike leg. (5.2 e. (iv)) and (7.1.a)
3. **Bicycles:** Riding in the transition zone is strictly prohibited at all times. (7.1 g.)
4. **Assistance:** Competitors may not receive assistance at any time during the race, or in the transition zone. (This excludes medical or safety assistance given by designated race volunteers, officials or medical staff.) (2.1 a. (viii))
5. **Drafting:** Drafting of another competitor or motor vehicle is prohibited on the bike course. (5.5 c. (i.)) The draft zone surrounding each competitor measures 10 meters from the front edge of the front wheel. (5.5 c. (iv)) Age Group competitors have 20 seconds to pass through this zone when overtaking another athlete.
6. **Blocking:** Cyclists should keep to the right at all times, unless passing. Alert fellow cyclists of your intention to pass by saying, "on your left". (5.5 c. (vi))
7. **Race Course:** Competitors must follow the prescribed course route in all segments of the race as defined by the race organization. (2.1 (xii))
8. **Race Instructions:** It is important to follow the instructions provided to you by the Race organizers and officials at the pre-race briefing (important last minute changes/updates are often provided) and while on the race course (2.1 a. (iv)). It is recommended that each competitor read all supplied information given in the race kits and posted at the race site.
9. **Unsportsmanlike Conduct:** Verbal or physical abuse of officials, volunteers, other athletes and spectators is not acceptable. (2.1 a. (i) and 2.1 a. (v)).
10. **Torsos:** All athletes must have their torsos covered on the bike (5.1 a. (ii)) and run segments (6.1.a (iv)) of the event. Bib numbers must be visible on the bike and run courses. (5.1 a. (ii) and 6.1 a. (ii))