

HEAD REFEREE PRE-RACE BRIEFING – ADULT

- Welcome to the (name the event)_____. Thank you to the LOC_____ for organizing.
- Please listen as we review some of the basic guidelines and rules of triathlon to ensure safety, fairness and a great experience for everyone involved.

General Conduct of Athletes

- Please practice good sportsmanship at all times – treat other athletes, officials, volunteers and spectators with respect and courtesy
- Avoid abusive language
- Know the course
- Obey traffic regulations and instructions from officials
- If you should have to retire from the race, it is very important that you notify an official that you are not continuing and return your timing chip. If you do not, the officials and race organizers will be sending out search parties to find you.

Rule Changes for 2018

- On the swim, making contact and continuing to impede the progress of the other athlete, without making an effort to move apart; will result in a time penalty. Deliberately targeting another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in a disqualification.
- Safety inflatable tubes are allowed on the swim but if deployed, the athlete must retire from race.
- Smart helmets are not allowed.
- Dangerous riding may result in a penalty. This includes but is not limited to, passing another athlete on the wrong side.
- Athletes will not be accompanied by any non-competing athletes or person on the course or alongside the course, including when crossing the finish line.
- Any videos, including GoPro use, must be approved by the Race Director and are the property of the event.

SWIM

- The current water temperature is_____. “Wetsuits will (or will not) be allowed” to be announced 1 hour prior to race start, to be written on the white board.
1. Athletes must wear the numbered swim caps (if provided by the LOC).
 2. Athletes can use any stroke.
 3. An athlete can rest by holding an inanimate object such as a swim buoy.
 4. In an emergency the athlete should raise an arm or call for assistance. Once official assistance is rendered the athlete must withdraw from the race.

TRANSITION

1. Helmets are required when in possession of your bike – put your helmet on and fasten it before removing your bike from the rack. Keep it on and fastened until you rack your bike after completing the cycle. Helmets are required to be on and fastened while warming up on the course.
2. Athletes must rack their bike in the same place after completing the cycle.
3. Handlebars must be plugged. If there is duct tape on your bars, do not remove it as an official has placed it there for safety reasons.
4. Do not ride your bike in transition. Mount your bike after the mount line and dismount before the dismount line.
5. Please keep your equipment within your own transition area.
6. There is no nudity allowed in transition. If you are changing clothes during, before or after the race, please use the change rooms or washrooms available.
7. Before leaving transition for the bike or run, your torso must be covered. Two piece tri suits or shirt and shorts must meet at the front to be allowed on the bike and run portions of the course.
8. Marking positions in transition is forbidden. Marks /objects will be removed and you will not be notified.

CYCLE

1. Follow the rules of the road - stay to the right except to pass and do not cross the yellow line.
2. Blocking is not allowed on the bike. Blocking occurs when an athlete cannot pass another athlete due to the position of that athlete on the bike course – for example riding too far to the left or weaving across the lane.
3. NO DRAFTING – the draft zone is 10 meters long (12m for middle/long), measured from the leading edge of each bike.
4. Passing – the only time you may enter a draft zone is to pass. An athlete is allowed 20 seconds to pass (25 seconds if middle/long distance –Hecla). If you are unable to pass in this time you must drop back out of the draft zone. You must make forward progress while in the draft zone. If you are passed, it is your responsibility to drop out of the draft zone within the allotted time before attempting your own pass – you must be seen to be making rearward progress. If possible, give a verbal warning when passing. “On your left”
5. Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation.
6. No glass containers can be used.
7. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the competition.
8. If during the mount or dismount the athlete loses their shoes or equipment, they will be collected by Officials and no penalty will apply.
9. AG Draft Legal races – illegal equipment includes: aero bars, disc brakes, disc wheels, wheels must have minimum of 12 spokes (20 spokes for junior/elite races).

PENALTY BOX

- The athlete will be told by the official to enter the next Penalty Box and to follow the instructions of the Official. (Indicate where the Penalty Box is located)
- It is the athlete’s responsibility to report to the Penalty box and inform the Official of their name, race distance/event, Bib number and the number of Penalties to be served.
- In the Penalty box the Official will say “GO” after the appropriate time has elapsed, at which time the athlete will leave the Penalty box and continue in a safe manner.
- Location of Notice Violation Board

Time served per drafting penalty is as follows:

BHP Duathlon Series/Sprint Triathlon and Sprint Duathlon	1 minute
Standard triathlon and Standard Duathlon	2 minutes
Middle/Long Course Triathlon (Hecla)	5 minutes

RUN

1. Your torso must be covered.
2. You may not bring headphones or portable music on the run course.
3. Athletes cannot have a pacer (who is not participating in triathlon) running with them.
4. Your race bib must be on your front on the run.

HAVE A FUN & SAFE RACE!

Head Referee Information

Water temperature guidelines for **age group athletes:** (2018 ITU Competition Rules)

	Mandatory Below	Forbidden Above
1500 Meters & under	15.9 C and below	22.0 C
1501 Meters and longer	15.9 C and below	24.6 C

Water temperature guidelines for **paratriathletes:**

	Mandatory Below	Forbidden Above
1500 Meters & under	18C and below	28 C

Water temperature guidelines For **Elite, U23, and Junior** races, wetsuits are:

	Mandatory Below	Forbidden Above
1500 Meters and under	15.9 C	20 C
1501 Meters and longer	15.9 C	22 C

Modifications to swim course should be made as follows:

First adjust measured water temperature according to this chart if applicable:

		Air temperature									7 °C	6 °C	5 °C
		15 °C	14 °C	13 °C	12 °C	11 °C	10 °C	9 °C	8 °C				
Water temperature	22 °C	21.0	20.5	20.0	19.5	19.0	18.5	18.0	17.5	14.5	14.0	Cancel	
	21 °C	20.5	20.0	19.5	19.0	18.5	18.0	17.5	17.0	14.0	13.5	Cancel	
	20 °C	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	Cancel	
	19 °C	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	Cancel	
	18 °C	16.5	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	
	17 °C	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.0	12.0	Cancel	Cancel	
	16 °C	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	
	15 °C	15.0	14.5	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	
	14 °C	14.0	14.0	13.5	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel	
13 °C	13.0	13.0	13.0	12.5	12.0	Cancel	Cancel	Cancel	Cancel	Cancel	Cancel		

Then modify distance as follows:

Original swim distance	Temperature of water						
	Above 32.0 °C	31.9 – 31.0 °C	30.9 – 15.0 °C	14.9 – 14.0 °C	13.9 – 13.0 °C	12.9 – 12.0 °C	Below 12.0 °C
750m	Cancel	750m	750m	750m	750m	750m	Cancel
1500m	Cancel	750m	1500m	1500m	1500m	750m	Cancel
3000m	Cancel	750m	3000m	3000m	1500m	750m	Cancel
4000m	Cancel	750m	4000m	3000m	1500m	750m	Cancel

(2018 ITU Competition Rules)