



# 2022 RULES BOOK





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# RULES SUMMARY

Safety and fairness remain paramount to Life Time Triathlon events and portions of the Officiating Program were redesigned to better educate the entire field of athletes while also applying better global standards across the sport. A highlight of these rules is noted below, with a full set of rules and descriptions identified in the Rules Book available on the rules page of the event website. Athletes are highly encouraged to review these in detail to ensure a successful race experience.

## ON-SITE PRESENCE

A full team of Race Officials will be on-site and integrated with athletes throughout the entire weekend - from Packet Pick-Up to Transition and through the Awards Ceremony. If you ever have any questions about the rules or your race, please come and chat with us. We'd love to talk with you.

## DRAFT ZONE



Moving toward the global short course standard, Life Time Tri will move to a 10m draft zone. Athletes must keep **five (5) bike lengths** of space between them, or complete their pass in 20 seconds, to avoid a **blue card** for drafting.

## VARIABLE PENALTIES



When a penalty is being issued (and when deemed safe along the course), the Official will call out the athlete's race number and present them with either a blue or a yellow penalty card. **A BLUE CARD** for drafting has a time penalty of **TWO (2) MINUTES** for an international distance race and **ONE (1) MINUTE** for a sprint distance race. **A YELLOW CARD** for all other penalties is sometimes known as a "Stop & Go" penalty. Athletes receiving this card must check-in at the penalty tent and once the race official says, "Go," they may continue their race.

## PENALTY TENT

Athletes receiving a penalty will be instructed to stop at a Penalty Tent, located on the Run Course. Athletes receiving a penalty must check-in here to serve their penalty, or risk disqualification.

## OTHER COMMON RULES

- Be a good sportsman. Always.
- Don't endanger anyone, including yourself.
- Cell phones, headphones and cameras are not allowed during the race.
- Participants may not receive assistance, in any way, from anyone other than active racers, volunteers or official Race Staff.
- Keep it clean. Please don't litter.
- Flotation devices are not allowed in the swim.
- Wear a helmet before, during and after the race.
- Walk your bike to the Mount Line and be sure you are completely off your bike before the Dismount Line.
- Always ride on the right and pass on the left (with exception of a portion of the Chicago Triathlon course).
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant a variable time penalty in the Penalty Tent
- Don't forget to celebrate. We'll help you with that!



## QUESTIONS?

Contact **Nic Ruley**, Life Time Tri Head Official at [coachnic@teambrightside.com](mailto:coachnic@teambrightside.com)

# TRIATHLON RULES



The conduct and rules set forth here are directed toward all athletes who participate in Life Time Tri events. It is intended to be a guide for athletes on appropriate and unacceptable conduct at events. It is intended to provide fair play, encourage safety and show respect for all participating. Life Time Triathlon wishes to emphasize our continued quest to develop well-educated athletes within the sport of triathlon.

## GENERAL ATHLETE CONDUCT

- Athletes not adhering to any of these rules may incur a variable time penalty per infraction, a possible DISQUALIFICATION, or even a suspension from Life Time Tri events.
- Athletes are expected to treat other athletes, volunteers, race staff, officials, and spectators with respect. Any unsportsmanlike conduct may result in a DISQUALIFICATION.
- Unsportsmanlike conduct on behalf of an athlete towards another athlete, volunteer, race staff, official, or spectator, including but not limited to tampering with equipment, will not be tolerated. The athlete on whose behalf they are acting will be DISQUALIFIED and may also be banned from future Life Time Tri events.
- Knowledge of the entire prescribed swim, bike, and run course is the responsibility of each athlete. No adjustments in time or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. An athlete who departs from the course must re-enter at the same point. Any athlete not completing the prescribed course in its entirety will be DISQUALIFIED.
- Athletes must obey all applicable traffic and local laws unless otherwise instructed by race staff or Law Enforcement Officers. Failure to do so may result in a DISQUALIFICATION.
- No athlete shall endanger themselves, other athletes, volunteers, race staff, officials, or spectators. Athletes who intentionally present a danger to anyone may result in a DISQUALIFICATION.
- Athletes are required to have race-appropriate body markings and helmet and bike frame numbers visible. Athletes who fail to comply will receive a YELLOW CARD and may be subject to DISQUALIFICATION.
- Littering or abandoning any personal equipment or gear outside of transition or a designated aid station, intentional or otherwise, will not be tolerated. Athletes doing this will receive a YELLOW CARD, and a gross infraction may result in a DISQUALIFICATION.
- Listening devices, such as headphones, earbuds, Bluetooth products, bone-conducting headphones, and the like, are not allowed at ANY time during the race. Athletes using these items during the race will receive a YELLOW CARD, risk their audio device(s) being confiscated for the duration of the race, and a gross infraction may result in a DISQUALIFICATION. Life Time Tri events is not responsible for any lost or damaged items; confiscated items will be available to the athlete once the race is complete.



- Athletes may not use communication devices of any type in a distracting manner during the race. Communication devices consist of but are not limited to cell phones, smartwatches, and two-way radios. A “distracting manner” includes but is not limited to: making and receiving phone calls, sending and receiving texts messages, playing music, using social media, taking photographs, and mounting the device to a bike for the purpose of using the device like a bike computer. Athletes using a communication device during the race in a distracting manner are subject to a YELLOW CARD, risk their communication device(s) being confiscated for the duration of the race, and are subject to a DISQUALIFICATION. Life Time Tri events is not responsible for any lost or damaged items; confiscated items will be available to the athlete once the race is complete. Athletes may possess a cell phone as long as it is out of sight, used for emergency situations only, and is used safely, which does not present a hazard to themselves or others.
  - Cameras, phone cameras, video cameras, GoPros, and the like are prohibited unless permission is given by Life Time. Athletes wishing to use these items need to contact the Head Official at [coachnic@teambrightside.com](mailto:coachnic@teambrightside.com) at least five (5) days prior to the event. Athletes using these items without prior approval will be DISQUALIFIED.
  - Signage, flag poles longer than two (2) feet, selfie sticks, balloons, or other items that could be deemed a distraction or safety hazard in transition or carried on the course will not be permitted. Such items need to be removed/discarded immediately or may result in a DISQUALIFICATION.
  - Athletes are not allowed to accept outside assistance from anyone other than volunteers, race staff, and other athletes still actively racing. Examples of outside assistance include non-participants supplying nutritional items, providing or receiving gear, escorting an athlete along the race course, pacing or supplying any other aid not available to all other athletes at the event. Athletes using outside assistance will receive a YELLOW CARD, and a gross infraction may result in a DISQUALIFICATION.
  - Athletes may not provide any equipment to a fellow athlete competing if it results in the donor athlete being unable to continue with their own race. Such equipment includes but is not restricted to complete bicycles, frames, wheels, helmets, and shoes. Should this occur, both athletes will be DISQUALIFIED.
- Please Note: This rule is not applicable to Paratri participants. Paratri Rules can be found on pg. 13.*
- Athletes shall not work together to improve their performance or efficiency.
  - Athletes who begin the race in an incorrect starting wave may be DISQUALIFIED.
  - Offensive language spoken or written is not allowed; offensive language written on a sign, clothing, or body will need to be removed or may result in a DISQUALIFICATION at the discretion of the Head Official
  - Public nudity and public urination/defecation are not allowed. Athletes who violate this will be DISQUALIFIED and may also be fined by local law enforcement. Local decency laws apply.
  - Any athlete who appears to be intoxicated or under the influence of drugs will be immediately pulled from the race and DISQUALIFIED.
  - Course officials and Medical Personnel reserve the right to remove any athlete from the course if determined medically necessary.
  - Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. Life Time Tri events supports TrueSport, and random testing may occur at any of its events. For more information, visit the WADA Prohibited List.
  - Unauthorized bib selling or cheating in any form is not allowed. Should you witness this, please report the activity with as many details as possible to [coachnic@teambrightside.com](mailto:coachnic@teambrightside.com). Situations will be investigated to the best of our ability.





## TRANSITION AREA CONDUCT

- Glass items are a hazard and not allowed in transition. Glass items need to be removed immediately, or the athlete possessing these items may be DISQUALIFIED.
- Race appropriate bike frame stickers must be unaltered and properly affixed to the athlete's bike before entering transition. Race numbers from other races must be removed or securely covered.
- Athletes must rack their bike in a way that does not block or interfere with the progress of another athlete.
- If an event uses bike racks labeled with individual bike numbers, the wheel down must be on the side of the rack where the athlete's bib number is labeled. Athletes may rack their bikes either by the seat or the handlebars, although the bike must be placed in the rack area specified by the race. Athletes are required to use this rack space for the entire race. Athletes who do not rack their bikes in the proper location may receive a YELLOW CARD, and a gross infraction may result in a DISQUALIFICATION.
- Gear must be placed under the athlete's bicycle or the bicycle tire next to them and not be in the general walkway, bike rack ends, or along the transition area fence. Items in these areas will be removed.
- Athletes are not to interfere with another athlete's equipment in the transition area. Athletes found tampering with another athlete's or event equipment will be DISQUALIFIED.
- Riding a bike in transition before, during, or after the race is not allowed and may result in a DISQUALIFICATION.
- Athletes who arrive late or remain in transition after race staff has officially deemed it "closed" for the race may be DISQUALIFIED.
- Helmet requirements – needed at all times in the race venue pre- and post-race, see HELMET REQUIREMENTS on pg. 8

## SWIMMING CONDUCT

- Paper race bib numbers are not to be worn during the swim.
- Athletes may use any stroke to self-propel themselves through the water, including treading water and floating. Athletes may use inanimate objects such as course buoys, boats or ropes to rest upon during the swim, as long as no forward progress is made. If forward progress is made aided by those items, a YELLOW CARD will be issued. Should the athlete have received an unfair advantage, the athlete will be DISQUALIFIED.
- Flotation devices, pull buoys, aquatic flotation belts, fins, and webbed gloves are not allowed during the swim portion. Athletes using these or similar items will be DISQUALIFIED. Uninflated personal safety flotation devices (such as the Swim IT®) are allowed. However, should the athlete deploy their device, they must retire from the race and their results will be listed as a DNF (Did Not Finish).
- All athletes must swim to the outside of all swim course buoys on the prescribed course.
- Athletes are required to use the event-issued swim cap as the outermost cap during the swim portion. Failure to do so may result in a DISQUALIFICATION.
- Goggles and face masks are not required but strongly encouraged.
- Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at [coachnic@teambrightside.com](mailto:coachnic@teambrightside.com) at least five (5) days prior to the event with their medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.
- Athletes are allowed to wear wetsuits when the water temperature is 78.0°F (25.5°C) or below.
- Wetsuits, neoprene or rubberized speed suits, lava shorts, neoprene-type pants, and the like are not allowed in water temperatures 78.1°F (25.6°C) or higher.

**60.6°F**  
OR BELOW ▼  
**WETSUITS  
MANDATORY**

**65.0°F**  
OR BELOW ▼  
**BOOTIES & NEOPRENE  
CAPS ALLOWED**

**78.0°F**  
OR BELOW ▼  
**WETSUITS  
ALLOWED**

**78.1°F**  
OR ABOVE ▲  
**WETSUITS &  
RUBBERIZED SUITS  
NOT ALLOWED**

- Neoprene booties and neoprene swim caps are allowed when the water temperature is 65°F or below.
- Wetsuits are mandatory when the water temperature is 60.6°F (15.9°C) or below.
- The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5mm. Athletes not adhering to this will be DISQUALIFIED.
- Official water temperatures will be taken at least two hours prior to the race start on race day.
- Any adjustments to rules regarding wetsuits will be communicated in the Athlete Guide for your event, at the mandatory course talk, and/or in transition on race morning.



## CYCLING CONDUCT

- Race bib numbers are optional while on the bike. If provided, helmet stickers must be unaltered and appropriately affixed to the front of the athlete's helmet. Athletes who fail to comply will receive a YELLOW CARD and may be subject to DISQUALIFICATION.
- Athletes who operate their bike recklessly or present a danger to themselves or any other athlete, whether intentionally or unintentionally, will receive a YELLOW CARD for ENDANGERMENT and may be DISQUALIFIED.
- Unless otherwise prescribed for a specific race venue, athletes must ride their bikes on the right side of the road so as not to block the progress of other athletes. Athletes passing on the right side of other athletes will incur a YELLOW CARD for an ILLEGAL PASS.
- Drafting is when one athlete rides behind another reducing their exerted effort and energy. Drafting is not allowed on the cycling portion of the event. Athletes must keep at least five (5) bike lengths of clear space between themselves and the cyclist ahead of them while maintaining a 10-meter draft zone to avoid a BLUE CARD for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.
- Athletes must keep 35 meters between their bike and moving motorized vehicles to avoid a BLUE CARD for DRAFTING.
- If passing another cyclist, athletes must complete their pass within 20 seconds to also avoid a BLUE CARD for DRAFTING.
- Once an athlete enters into the draft zone, they MUST complete the pass and not back out. Athletes who fail to complete a legal pass within 20 seconds or back out of the draft zone once entered will incur a BLUE CARD for DRAFTING.
- Once an athlete has been passed, they will need to immediately fall back five (5) bike lengths before repassing to avoid a YELLOW CARD for being OVERTAKEN.
- A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.
- Athletes riding to the left without passing another athlete will incur a YELLOW CARD for POSITION.
- Athletes riding to the left and obstructing other athletes from passing will incur a YELLOW CARD for BLOCKING. Side-by-side riding is not allowed.
- Closed-toed shoes are required for the bike portion of the event. Athletes not observing this may be DISQUALIFIED. Barefoot biking is not allowed.
- Athletes are not allowed to mount their bicycles until their entire bicycle has moved beyond the mount line. Athletes need to fully dismount their bicycle prior to crossing the dismount line. Athletes mounting their bikes early or dismounting their bikes late will result in a YELLOW CARD.
- When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED. See the BICYCLE HELMET REQUIREMENTS section for complete helmet specifications.





## BICYCLE REQUIREMENTS

- Only two-wheeled bicycle models will be allowed for competition. All bikes must have a working brake on both wheels and a free-wheeling crankset mechanism. Fixed gear bikes are not allowed and are subject to DISQUALIFICATION. Note: Freewheel systems allow the bicycle to roll forward while the pedals remain stationary. Fixed gear systems do not have the ability to “coast” when pedaled backward and are not allowed.
- Trikes, tandems, and other non-standard bicycles are not allowed. Athletes will not be allowed to race with these bikes and will be DISQUALIFIED.
- For reasons of safety, athletes are responsible for having all handlebar ends on their bike solidly plugged to avoid injury. Once the race has begun, athletes with bikes found to be missing end plugs will not be allowed on the course and will be DISQUALIFIED. If needed, bar end plugs can be acquired from the transition bike tech tent at the race site.
- Bikes and wheels need to be propelled entirely by human power. Bike motors and Ebikes are illegal and subject to DISQUALIFICATION from the event and expulsion from future Life Time Tri events.
- No fairings or other shield intended to reduce air drag is allowed on the bicycle. Anything fitting this description needs to be removed prior to the start of the race, or the athlete will be DISQUALIFIED.
- Any athlete using a bike or cycling equipment deemed to provide an unfair advantage or to be unsafe will need to have the bike replaced or equipment corrected prior to the start of the race, or the athlete will be DISQUALIFIED.
- Recumbent bicycles are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at [coachnic@teambrightside.com](mailto:coachnic@teambrightside.com) at least five (5) days prior to the event with their medical note. Athletes using a recumbent bike are not eligible for awards. Athletes using a recumbent bike without approval will be DISQUALIFIED.

## HELMET REQUIREMENTS

- During the race, the helmet must be securely fastened at all times when athletes are in possession of the bike, from the time they remove their bike 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, or they may be DISQUALIFIED. Athletes riding their bike at the race venue before or after the race are required to wear a helmet with the chin strap fastened, or they may be DISQUALIFIED.
- Helmets must be manufactured for cycling use and have a certification from any of the following agencies: CPSC, Snell B-90, Snell B-95, CEN, EN1078, ASTM 1447-12, Canadian Standards Association (CSA), Standard Australia/Standards New Zealand (AS/NZS), or Japanese Industrial Standard (JIS). Athletes using helmets from an agency other than those listed above will not be allowed to race and will be DISQUALIFIED.
- Helmets are not to be altered from their manufactured state or the athlete may be DISQUALIFIED.

## RUNNING CONDUCT

- Bib numbers are mandatory and must be visible on the run course. Athletes who fail to comply will receive a YELLOW CARD and may be subject to DISQUALIFICATION.
- Running, walking, or crawling is allowed.
- Rules pertaining to Outside Assistance and communication and listening devices are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for full details.
- Rules pertaining to littering or abandoning equipment or gear outside of a designated aid station are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for full details.

## FINISH LINE POLICY

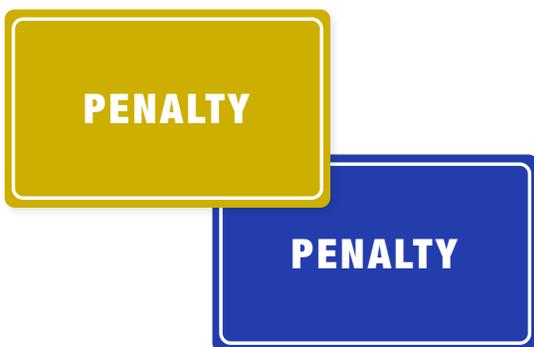
- Only registered athletes who are completing their individual race are allowed to enter the Finish Chute and cross the Finish Line. Athletes may not re-enter the Finish Chute once they have crossed the Finish Line. For relay athletes, only the runner is allowed to cross the Finish Line. Athletes should not bring family, friends, or pets into the Finish Chute or across the Finish Line. Athletes not adhering to this policy will be DISQUALIFIED.





## PENALTY ASSESSMENT

- Athletes who do not comply with the rules will be notified while on the course when safely appropriate if a penalty is being issued.
- When a penalty is being issued, the official will call out the athlete's race number and show them either a yellow or blue PENALTY card illustrated below. It is the athlete's responsibility to stop at the Penalty Tent located on the run course. The exact location of the Penalty Tent will be included in the event Athlete Guide and communicated at the Athlete Briefings. It is the athlete's responsibility to know where the Penalty Tent is located and to serve their penalty time.



- An athlete receiving a YELLOW CARD, otherwise known as a "Stop & Go" penalty, will check in with a race official at the penalty tent. Once check-in is complete, and the race official says "Go," they may continue their race.
  - An athlete receiving a BLUE CARD will check in with a race official at the penalty tent. Once check-in is complete the time penalty will start. Each BLUE CARD received has a time penalty of TWO (2) MINUTES for an international distance race and ONE (1) MINUTE for a sprint distance race. When the race official says "Go", they may continue their race.
  - Any athlete receiving three (3) or more penalties will be DISQUALIFIED.
  - For relay teams, it is the responsibility of the swimmer and biker to inform the runner if a penalty needs to be served, as the Penalty Tent is located on the run course.
  - Any penalty being issued beyond the location of the Penalty Tent will be served directly with the race official at the point of infraction.
  - Assessed time penalties will be included in splits when there are primes or awards for fastest swim, bike or run times. Athletes must complete the race in order to win the prime.
  - Athletes who continually receive multiple penalties at any Life Time Tri event risk the possibility of declined entry to future Life Time Tri events.
  - The Head Official shall have the authority to disqualify any athlete.
- All time penalties are additive and require the athlete to check-in with a race official at the Penalty Tent, where they will remain for the prescribed time, depending on which penalty card was shown and how many penalties were issued. If an athlete is issued a penalty and does not stop at the Penalty Tent, the athlete will be DISQUALIFIED.
  - It is the responsibility of the athlete to know if they have received a penalty, know the color of the card received, and know how many of each penalty they have received. Failure to serve the appropriate penalty(ies) may result in DISQUALIFICATION.
  - An athlete receiving a penalty will enter the penalty tent and inform the race official of their race number and the number and color of the card(s) received. The time penalty starts when the athlete complies with all above and ends when the race official says "Go," at which time the athlete may continue with their race.

## PROTESTS & APPEALS

- Protests against the conduct of an athlete or the legality of their equipment must be formally filed in writing with the Head Official either in person or via e-mail at [coachnic@teambrightside.com](mailto:coachnic@teambrightside.com) within one (1) hour of the athlete crossing the finish line. Protests will require a \$75 USD deposit and will be refunded only if the protest is successful. If needed, a Competition Panel will be formed, and a judgment will be rendered as soon as possible.
- Appeals requesting a review to a decision already made must be formally filed in writing with the Head Official either in person or via e-mail at [coachnic@teambrightside.com](mailto:coachnic@teambrightside.com) within five (5) days of the event. Appeals will require a \$75 USD deposit and will be refunded only if the appeal is successful. If needed, a Competition Panel will be formed, and a judgment will be rendered as soon as possible.
- Observations and judgment calls made by the race officials cannot be protested or appealed.

## RACE REGISTRATION | RESTRICTIONS, CATEGORIES & SUSPENSIONS

- Athletes will race under the age they are on December 31st of the race year.
- Athletes need to be 18 years or older on race day to register. Athletes ranging in age from 14-18 on race day need the approval of a parent/guardian and Life Time Tri events to register.
- Age Group Athletes who wish to compete at a higher competitive level should be registered in the Premier Category when offered. Approval from Life Time Triathlon is needed to register in this category.
- Athletes racing under someone else's name/registration or providing false information will be suspended from Life Time Tri events for one year from discovery. Athletes racing and not properly registered will not be allowed to race and may be turned over to law enforcement officials.
- Other actions such as blatant disregard for the rules, gross unsportsmanlike conduct, violence, failure to notify race staff when withdrawing from a race are also acts warranting suspension.
- Life Time Tri events has adopted the International Olympic Committee's guidance for transgender athletes based on the IOC Consensus Meeting on Sex Reassignment and Hyperandrogenism.



# PRO RULES



- Professional Athletes must hold a National Triathlon Federation Pro card from the country in which they live and provide the card to Life Time Tri events prior to race weekend.
- Professional Athletes holding a Pro card are prohibited from competing in an Age Group category.
- Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. Life Time Tri supports TrueSport, and random testing may occur at any of its events. For more information, visit the WADA Prohibited List

## PROFESSIONAL ATHLETES WILL FOLLOW ALL THE SAME RULES AS THE AGE GROUP ATHLETES WITH THE FOLLOWING EXCEPTIONS LISTED BELOW:

- Professional Athletes must keep at least six (6) bike lengths of clear space between themselves and the cyclist ahead of them while maintaining a 12-meter draft zone to avoid a BLUE CARD for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.
- If passing another cyclist, Professional Athletes must complete their pass within 25 seconds to also avoid a BLUE CARD for DRAFTING.
- Once a Professional Athlete enters into the draft zone, they MUST complete the pass and not back out. Professional Athletes who fail to complete a legal pass within 25 seconds or back out of the draft zone once entered will incur a BLUE CARD for DRAFTING.
- Once a Professional Athlete has been passed, they will need to immediately fall back 6 bike lengths before repassing to avoid a YELLOW CARD for OVERTAKEN.
- A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.
- Professional Athletes will NOT be allowed to slipstream. Prior to entering the six (6) bike length/ 12-meter draft zone, Professional Athletes must noticeably move to the left prior to beginning the pass to avoid a BLUE CARD for DRAFTING
- Professional Athletes are not allowed to slot-in or pull between two other athletes unless there is more than 8 bike lengths of open space. Professional Athletes failing to comply with this rule will receive a BLUE CARD for DRAFTING.
- Time penalties for professional athletes are identical to age group athletes. For Professional Athletes, a second penalty will result in DISQUALIFICATION.
- Wetsuits are mandatory for Professional athletes when the water temperature is 60.6°F (15.9°C) or below. Professional athletes are allowed to wear wetsuits when the water temperature is 68.0°F (20.0°C) or below. Wetsuits are illegal when the water temperature is 68.1°F (20.1°C)

# PC RULES



Para triathletes will follow all the same rules as the Age Group athletes with the following exceptions listed below. Athletes not complying with these rules will be **DISQUALIFIED** unless otherwise indicated.

## PARATRI CLASSIFICATIONS

FOR EASE OF REGISTERING AND RACING, PARA TRIATHLETES WILL BE CLASSIFIED INTO **ONE** OF THE FOLLOWING THREE CATEGORIES:

### **1** | **PTWC** WHEEL CHAIR/SIT

Athletes require the use of a recumbent handcycle for the bike portion and a racing wheelchair for the run portion. PTWC athletes are allowed up to two (2) handlers, and wetsuits are allowed at any water temperature.

### **2** | **PTS** STAND

Athletes may use an approved prosthesis or support device for the bike and run portions. PTS athletes are allowed one (1) handler, and wetsuits are only allowed in water temperatures 78.0°F and below.

### **3** | **PTVI** VISUALLY IMPAIRED

Athletes with partial or total blindness must use a tethered guide for the swim portion, must ride a tandem bicycle for the bike portion, and must have a tethered guide for the run portion. PTVI athletes are required to have one (1) Guide of the same sex as the athlete who does not currently hold a Pro/Elite triathlon license, and wetsuits are only allowed in water temperatures 78.0°F and below.

- Athletes with miscellaneous conditions such as but not limited to intolerance to extreme temperatures, organ & tissue transplantations, joint replacements, kidney dialysis, hearing impairments, and/or cognitive impairments are not eligible for paratriathlon competition.
- Athletes can be reclassified in the paratri division or placed into the able body Age Group category at the discretion of the Head Official.

## PARATRI GENERAL ATHLETE CONDUCT

- Handlers may aid their athlete by assisting or carrying the athlete from the swim exit to the transition area, assisting with prosthetic or support devices, lifting athletes in and out of handcycles and wheelchairs, help with clothing and wetsuits as well as repair flats and other equipment while in transition only. Handlers may not take action to propel an athlete forward unless there is an unusual circumstance and the additional assistance is approved by the Head Official.
- Handler and Guides are subject to all competition rules and conduct.
- Aside from transition, no guide dogs or therapy animals are allowed on the course at any time.
- Any request for an impairment adaption to any piece of equipment must be submitted to [coachnic@teambrightside.com](mailto:coachnic@teambrightside.com) at least 20 days prior to the event with clear photos and an explanation. Decisions will be rendered 10 days prior to the event.
- Para triathletes who use catheters or urinary diversions devices must use a catheter bag at all times.

## PARATRI TRANSITION AREA CONDUCT

- PTWC athletes may only use a wheelchair or day chair to get from the swim exit to the transition area as well as while in transition. No handcycles are allowed from the swim exit to the transition area.
- PTS athletes may only use crutches or prosthetic devices to get from the swim exit to the transition area as well as while in transition. One handler may accompany the athlete to and from the mount/dismount line as long as they do not impede the progress of any other participant.
- Bicycles, tandem bicycles, and tricycles cannot be used from the swim exit to the transition area.
- All PC athletes must come to a complete stop at the mount and dismount line before proceeding.





## PARATRI SWIMMING CONDUCT

- When there is a multiple loop swim course, para triathletes are not required to exit the water before completing additional loops.
- Prosthetic and orthotic devices are not allowed for any para triathlete during the swim, as these are considered propulsive devices.
- PTWC athletes shall have both legs bound together during the swim portion. The athlete may use a brace as long as it does not provide flotation. The binding or brace must remain in place until the athlete exits the swim.
- PTVI athletes must be tethered to their guide with an elastic tether at any point on the body for the entire swim portion. At no time may the guide lead the athlete or move them forward by pulling or pushing. Guides must swim next to the PTVI athlete with no more than a 60 inch (1.5m) separation between them. When a violation occurs, the PTVI athlete and the guide will both receive a YELLOW CARD.
- Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at [coachnic@teambrightside.com](mailto:coachnic@teambrightside.com) at least 5 days prior to the event with their medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.

## PARATRI CYCLING CONDUCT

- Athletes are only allowed to be supported on the bike by pedals, the saddle, and handlebars.
- Ridged prosthetic devices are not allowed to be mounted to any part of the bicycle except for the two situations described below:
  1. Athletes not wearing a prosthesis may use support for their thigh, if their thigh is not affixed to the bicycle.
  2. Athletes are allowed to mount Ankle Foot Orthosis (AFO) as leg braces to the footplate area.

- If using a recumbent handcycle:
  - The recumbent handcycle must be arm-powered with three wheels and an open frame of tubular construction conforming to the general principles of the International Cycling Union (UCI) construction for bicycles with the exception that the chassis frame is not required to be straight.
  - The recumbent handcycle cannot measure more than 98.4 inches (250cm) in length or 27.6 inches (70cm) in width.
  - Maximum frame tube dimension is 31.5 inches (80mm) with any ribs or insertions between the tubes be for strengthening purposes only.
  - The single wheel is not required to be the same diameter as the double wheels, but all wheel diameters must be a minimum of 16 inches (406mm) and a maximum of 24.5 inches (622mm). The front wheel(s) must be steerable. The distance between the double wheels must be between 21.7 inches (55cm) and 27.6 inches (70cm). The single wheel shall be driven through a system comprising of handgrips and a conventional cycle drivetrain with handgrips replacing foot pedals and force exerted by the upper body only. Modified hub attachments are allowed. Wheels must be of spoke construction as solid disc wheels, and wheel covers are not allowed.
  - If the recumbent handcycle has two rear wheels, it must be fitted with a safety bar between the two wheels that prevents another athlete's bike from entering this space. The safety bar must be a round tube with a minimum diameter of 0.70 inches (18mm) and cannot extend outside the width of the two rear wheels while having solidly plugged bar ends. The safety bar should be fitted to be 0.50 inch (13mm) to 0.70 inches (17mm) behind the rear wheels and be positioned 10.6 inches (270mm) to 11.4 inches (290mm) from the ground while ensuring that safe functioning is not affected by normal road conditions.
  - All recumbent handcycles must have a braking system on the front wheel(s) and a separate braking system on the back wheel(s). The braking system on the double wheel must act upon both wheels.
  - The shifting device on the recumbent handcycle may be located within the extremities of the handlebars or to the side of the athlete's body.
  - The athlete's eye line must be above the crank housing when the rider's hands are on the handgrips, the shoulder blades are touching the backrest, and the head is touching the headrest.
  - To protect the athlete, the largest chainring must have a solid guard securely fitted and covering over half of the ring circumference (>180°) and which faces the rider.
  - The rider shall remain seated in the recumbent position with their body weight supported through the seat and backrest. The angle of the back must be a minimum of 30° and a maximum of 45°.
  - To ensure rear-view vision, all recumbent handcycle athletes must have a mirror fixed to their helmet or the front of the handcycle.
  - A para triathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.
  - Athletes must wear an approved bicycle helmet at all times while seated in the recumbent handcycle. See HELMET REQUIREMENTS for more details.
  - Handcycles may be measured in transition and are subject to re-examination at any time.
- If using a tandem bicycle:
  - The tandem bicycle must only have two wheels of equal diameter which conforms to the principles of UCI construction for bicycles and is built for only two riders with a system comprised of pedals and chains. The tandem bike must measure no longer than 8.9 feet (2.70m) and be no wider than 20 inches (0.5m).
  - The guide or 'pilot' will ride in front while the PTVI athlete will be seated behind the guide. Both athletes shall face forward in the traditional cycling position. The front wheel of the tandem bike must be steerable by the guide.

## PARATRI RUNNING CONDUCT

- Running shoes or approved prosthesis on affected limbs are allowed and recommended but not required.
- If using a racing wheelchair:
  - The racing wheelchair must have one small wheel with a brake attached on the front and two larger wheels in the back.
  - No part of the actual chair can extend past the hub of the front wheel and must not extend into the hubs of the two rear wheels. No part of the chair is allowed to protrude past the vertical plane of the back edge of the rear tires. The maximum height the main body of the chair can be from the ground is 19.7 inches (50cm).
  - The maximum diameter of the small front wheel when inflated cannot be larger than 19.7 inches (50cm), and the maximum diameter of the two large rear wheels cannot be larger than 27.6 inches (70cm) when inflated.
  - Only one round hand rim is allowed on each large wheel unless a special exemption is requested.
  - Only hand-operated mechanical steering devices are allowed. Athletes must be able to turn the wheel manually from side to side.
  - No mechanical gears or levers are allowed that may be used to propel the chair. Propulsion by any other method than pushing on the wheels or push-rims is a DISQUALIFICATION.
  - Mirrors are allowed but not required.
  - Competitors must ensure that no part of their limbs can fall to the ground during the event.
  - Athletes must wear an approved bicycle helmet at all times while seated in a racing wheelchair. See HELMET REQUIREMENTS for more details.
  - A para triathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.
  - Racing wheelchairs may be measured in transition and are subject to re-examination at any time.
  - Guides are not allowed to lead or propel the PTVI athlete by pushing or pulling. Para triathlete and guide partners displaying this behavior will both receive a YELLOW CARD.
  - PTVI athlete and guides must be tethered during the run with a non-elastic tether or an elbow lead. Para triathletes and guides must not be separated more than 20 inches (0.5m) at any time. The guide may not lead the athlete or move them forward by pulling or pushing. Athlete and guide partners displaying this behavior will both incur a YELLOW CARD.

## PARATRI FINISH LINE POLICY

- PTWC para triathletes are considered finished when the center of the axle of the leading wheel crosses the vertical plane of the finish line.
- For PTVI athletes, guides shall be no more than 20 inches (0.5m) away from the athlete they are guiding and may not precede the athlete across the finish line.

**These rules and expected code of conduct can be amended at the discretion of the Head Official for any unforeseen reason or situations due to weather or course conditions and will be communicated prior to the start of the race. Life Time Events reserve the right to remove any athlete at any time from the race course.**

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