

### ***Rules: A Message from the Head Referee:***

All competitors please read. It is your responsibility to know the rules!!! Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the Competitive Rules in its entirety. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations, which you probably know as the drafting rules. We have reduced the Position Rules to the following concepts, which everyone can remember:

- RIDE ON THE RIGHT SIDE OF YOUR LANE
- NO DRAFTING! KEEP THREE BIKE LENGTHS BETWEEN YOURSELF AND THE CYCLIST IN FRONT OF YOU
  - PASS ON THE LEFT OF THE CYCLIST IN FRONT, NEVER ON THE RIGHT
  - COMPLETE YOUR PASS WITHIN 15 SECONDS
- IF PASSED, YOU MUST DROP COMPLETELY OUT OF THE ZONE, TO THE REAR, BEFORE ATTEMPTING TO REPASS
  - ALWAYS HAVE YOUR CHINSTRAP FASTENED
  - NO IPODS ALLOWED ON THE COURSE

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be no warnings if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. We hope you have a great race, lots of fun, and achieve all of your goals.