

August 2010 Rule Update:

PENALTY BOX

Rule
Changes
for 2010



ITU and Triathlon
Canada Competition
Rules Have Changed
in 2010

CHANGES IN EFFECT IN KELOWNA

If you are assessed a penalty on the bike course, you will now serve it in a penalty box tent located at the entrance to T2. Please be aware of how this will affect you on race day

The new Triathlon Canada Competition Rules came into effect on June 7th 2010, and are consistent with changes to the ITU Competition Rules. There are two changes that will affect the manner in which penalties are served by Age Group and Elite athletes, and the equipment used by Age Groupers. This update is to help you clarify what this may mean for you.

Violations of the Competition Rules on the bike course will result in a penalty being assessed. Age Group athletes will hear a whistle, and be given a yellow card and informed that they are to serve time in the Penalty Box as they enter T2. It is the

responsibility of the athlete to report to the Penalty Box with their bicycle and to remain there for the designated amount of time (sprint distance - 1 minute, olympic distance - 2 minutes). Athletes must remain upright with their bike, and remain in the cycling attire with their helmet on and fastened. If an athlete fails to serve a penalty they will be disqualified.

For complete details, please see **Appendices L and M** of the Triathlon Canada Competition Rules which can be found at triathloncanada.com.



Elite athletes will serve their penalties in a tent on the run course, about 250 meters from the Finish Line, and they may stop on any of their four run laps to serve their 15 second penalty.

BRIDGING BARS



Extension Bar Bridges

The top image shows a rule-compliant “home-made” solution, while the middle image is an example of non-compliant bars. They are made compliant in the bottom image with the addition of a solid bridge between them.

Equipment Changes are coming

The Triathlon Canada Competition Rules have been updated to be consistent with the ITU Competition Rules. Changes to equipment used by many age group athletes are included in the 2010 update. We recognize that this may have a significant impact on many age group athletes and the equipment they choose to use in races.

Section 5.2.C.iii says that, in draft illegal races, “straight forward clip-on handlebars must be bridged with a solid material, and must not carry forward facing brake levers.”

This means that if you use extension aerobars, which are in two pieces, they must be joined, connected or bridged at the end using a solid material - not simply electrical tape. At left and below there are images of correct and incorrect set-ups for aerobars.

Officials will be conducting inspections of age group athletes’ bikes on Saturday afternoon as athletes bring their bikes into

the Transition Area. **For the Canadian championships in 2010, athletes whose bikes are non-compliant will be given a warning, and informed of the need to be rule-compliant in 2011.**

There are a number of after market products available to assist with bridging bar extensions. An internet search of “bridging aerobars” will turn up a number of product images that can be found for sale at reasonable cost.

The purpose of the rule requiring bridged bar extensions is to ensure safety. In an accident, an unbridged bar extension may impale, pierce or stab the rider or another competitor. Even if bar extension does not penetrate the skin, damage can be done. This has been the rule for elite competitors for a number of years.

If you have questions about this rule or about whether or not your equipment is compliant with the rules, please see a technical official.



An example of how straight forward bars can be bridged with a solid material