

Triathlon BC welcomes you to the 2018 Youth Junior SuperSeries. Before you compete, please be sure to be familiar with the rules and regulations of draft legal competition.

Triathlon BC's SuperSeries is an entry point into the Performance Stream of draft legal competitive events. These events use ITU rules, with several Triathlon BC specific accommodations. It is important to note the following;

- Youth athletes (13-15 year olds) and Junior athletes (16-19 year olds) compete at a Super Sprint distance, consisting of a 400k swim, 10k bike and 2.5k run.
- Race Series events emphasize draft competition opportunities over performance outcomes for less experienced athletes that are new to draft legal racing.
- Events are open to all age eligible athletes showing proof of draft legal competency. Eligible participants must show a draft legal certificate, and/or appear on Triathlon BC's master Draft List.
- **NEW FOR 2018:** At select events, competitions may be open to U23 racers. Where applicable, U23 racers will compete directly with Junior athletes.
- **NEW FOR 2018:** U23 is a demonstration-only category in 2018. Series points will not be awarded to U23 competitors.
- **NEW FOR 2018:** Athlete now have an option of applying up to 3 results in a provincially sanctioned, singular sport (Swim/Bike/Run). Four points will be awarded for each supplied result.

Where possible, prior to each Series event, a local draft legal clinic will be offered to develop skills, and to help certify athletes. Please check with the event's Race Director or Triathlon BC for upcoming opportunities in each community.

The rules of competition are easy to follow. To ensure you have a positive race experience, familiarize yourself with the Rules and Regulations of the sport, and ensure you:

- Attend the pre-race briefing or race day check-in.
- Arrive with the correct bike.
- Don't make a false start – Start when the starter tells you and no sooner.
- Mount your bike *AFTER* the mount line.
- Carefully count your laps, completing the appropriate number of laps on the bike or run.
- Dismount your bike *BEFORE* the dismount line.
- Always behave in a sportsmanlike manner.
- Always wear a helmet when you are on the bike – regardless of whether in competition or not.
- Do not receive outside assistance when you are on course!

Please review the summary that follows to ensure you have a safe and successful racing experience.

BIKE EQUIPMENT SPECIFICS

A. Frames

Only traditional, 'double triangle' road racing-style bicycles are eligible for draft legal competition. Time Trial or Triathlon-specific bikes are not permitted.



B. Handlebars

Handlebar rules for draft legal races are very different to non-drafting events. Competitors must ensure their bikes comply with the draft legal rules:

Only traditional road bike style drop handlebars are permitted.

Handlebar ends must be plugged.



Aerobars may not extend beyond the handlebar brake levers.

Aerobars must be touching or bridged, and plugged.

Brake levers or gear levers must not be attached to the clip-ons.

Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.

C. Wheels

ITU wheel regulations fall into two general categories; standard wheels and non-standard wheels. In summary, they are defined as follows:

Standard Wheels (often described as box section or regular wheelsets):

Have at least 16 spokes

- Have a maximum rim depth of 25mm A diameter of 55cm minimum, 70cm maximum. Both wheels should be equal diameter.
- Spokes width cannot exceed 2.4mm

If wheels comply with these two criteria, they are legal, and you do *NOT* need to refer to UCI rules.

Non-Standard Wheels (wheels that do not meet the standard wheelset criteria above):

- Non-standard wheels must be listed in the UCI's List of non-standard wheels in conformity with Article 1.3.018. The UCI update this list regularly. Competitors must ensure they are referencing the latest list.
- An example of the UCI wheel list, as of December 21, 2015, [can be found HERE](#).

Competitors with "Non Standard" wheels are advised to print the most recent UCI list, highlight their wheel make and model, and take it with them to their race (and bike check-in).

Note: Both wheels must be of equal diameter. No disc wheels are permitted.

D. Helmet

All participants must wear a helmet, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC).

Note: Traditional "aero" helmets are not permitted.

Note: Athletes must wear a buckled helmet while touching their bike before, during or after the event.

UNIFORMS

A one piece uniform is preferred, but not mandatory. If a two piece uniform is used, the space between the top and the bottom may be not visible, so the two pieces overlap. The athlete must cover the torso during the entire race. A women's one-piece swimsuit is acceptable.

If the suit has a zipper it will be located at the back and will not be longer than 40 cm.

If a front zipper exists, it must remain closed (up).



Note: Athletes must wear their uniform during the entire competition and award ceremony.

PRE-RACE

Where pre-race meetings are offered, attendance is mandatory.

All athletes are required to pick up their race packet in person, displaying a Triathlon BC membership card and confirmation of draft skills.

Note: To confirm athlete eligibility, an athlete may be asked to produce a Draft Legal certificate at package pick up.

Transition (pre-race)

Only registered athletes will be allowed in the transition area.

No glass is allowed in the transition area.

Athletes must rack their own bike and equipment.

Bikes must remain in transition once racked.

All equipment (shoes, helmet, etc.) must be contained directly on, under the bike, or in a transition bin. No towels are permitted in transition.

Swim to Bike Transition

Athletes may not ride their bike in the transition area.

A wheel pit may be located on the bike course. Please mark wheels with name. Water-proof labels are ideal, and may reduce confusion in the event of rain.

Athletes are responsible for replacing their own (spare) wheel on their bikes during competition.

Bike to Run Transition:

After completing the bike course, bikes must be racked securely.

All equipment/gear that will not be used on the run must be placed neatly in the athlete's transition area or bin (if provided).

Note, athletes may not ride their bikes in the transition area.

RUN

Water and sports drinks may be provided at an aid station(s) on the course

PENALTIES

Failure to follow the competition rules will result in a warning, time penalty or disqualification.

WARNINGS

Warnings alert an athlete to a possible rule violation. They may be given with or without a time penalty. Warnings are issued by an Official by sounding a whistle; showing a yellow card to the athlete; and identifying the athlete's number. When given a yellow card, athletes will follow the instructions of the Official.

TIME PENALTIES

Time penalty in Transition - The Official will hold a yellow card up as the penalized athlete arrives at their position in Transition. The athlete will be ordered to stop in his/her transition space without touching any of their equipment. Once the athlete stops the Official starts to time the penalty. If the athlete touches or removes any of their equipment the count will stop. When the penalty time is completed the Official will say "Go" and the athlete can continue with the competition.

Time penalty at the Penalty Box - Penalized athlete's numbers will be clearly displayed on a board at the Penalty Box. Penalized athletes will proceed into the Penalty Box and inform the Official of their identity. The penalty time starts when the athlete enters the Penalty Box. When the penalty time is finished, the Technical Official will say "Go" and the athlete can continue with the competition.

DISQUALIFICATION

Disqualification - is a penalty appropriate for severe rule violations, or dangerous or unsportsmanlike conduct. If time and conditions permit, Officials will sound a whistle; show a red card to the athlete; and call the athlete's bib number and say "Disqualified".

It is not necessary for an Official to give a warning prior to issuing a more serious penalty. An athlete may finish the race if an Official calls a disqualification, except for athletes lapped out by the race leader.

PROTESTS OR APPEALS PROCEDURE

1. The intention to submit a Protest/Appeal must be made to the Head Official within 5 minutes of the athlete's finish time.
2. A deposit of \$50.00 must accompany the Protest/Appeal form. Protest/Appeal forms may be obtained from the Head Official and must include:

Alleged rule violation; location and approximate time of alleged violation; Persons involved in the alleged violation; statement, including a diagram of the alleged violation, if necessary; the names of witnesses who observed the alleged violation/

3. The formal Protest/Appeal must be submitted to the Head Official within 15 minutes of the athlete's finish time.
4. The \$50.00 deposit will be refunded if the Protest/Appeal is successful. If it is denied, there will be no refund.

NOTE 1: Competitors are reminded that it is their responsibility to know the competition rules of the race they are taking part in, this extends to ensuring bike setup conforms to the rules. The official rules of competition are located within the ITU Competition Rules and can be found at www.triathlon.org.

NOTE 2: Compliance with the bike setup rules should be checked well in advance of competition, and not left to the day of the race.

Disclaimer: Every effort has been made to ensure the accuracy of the information. The rules referenced within this document were correct at the time of publication, however Triathlon BC cannot guarantee that the rules published by the ITU or UCI will not change without notice and potentially affect the accuracy of the guidance of provided by this document.

SERIES POINTS ALLOCATION

Triathlon BC SuperSeries points are provided to the top 20 male and female athletes in the Youth and Junior categories. The best 3 of 4 finishes will be calculated, with an overall male and female champion being awarded in the Youth and Junior category. Finish Points are distributed according to the following breakdown:

1st - 25pts, 2nd - 20pts, 3rd - 18pts, 4th - 16 pts, 5th - 14pts, 6th - 12pts, 7th -10pts, 8th - 8pts, 9th - 7pts, 10th - 6pts, 11th - 5pts, 12th - 4 pts, 13th - 3pts, 14th - 2pts, 15th through 20th - 1pt.

NEW FOR 2018: NOTE 1: Effective with the 2018 season, increased Series weighting will be issued at the Provincial Championships accordingly:

1st - 30pts, 2nd - 25pts, 3rd - 23pts, 4th - 21pts, 5th - 19pts, 6th - 17pts, 7th -15pts, 8th - 13pts, 9th - 12pts, 10th - 11pts, 11th - 10pts, 12th - 9pts, 13th - 8pts, 14th - 7pts, 15th through 20th - 6pt.

NEW FOR 2018 Note 2: In the event of a Series tie, results from the Provincial Championships will take precedents in determining the overall finishing order.

NEW FOR 2018 Note 3: The U23 Category is a demonstration category only in 2018. As such, no points will be issued.

In collaboration with Triathlon Canada's High Performance program, Triathlon BC will be piloting an inter-sport initiative in 2018. Through encouraging athletes to compete in provincially sanctioned, single-sport events, athletes will be able to increase their foundational skills in all three disciplines, a requirement in today's highly competitive multisport environment, and common system gaps identified by Triathlon Canada across the country.

NEW FOR 2018: EXTERNAL SINGLE SPORT POINTS ALLOCATION

Triathlon BC will be awarding SuperSeries points to athletes that compete in discipline specific competitions. These points will be issued in addition to those awarded at SuperSeries events.

A maximum of twelve (12) Series points will be awarded for 2018 swim, bike, or run specific events. Four (4) points will be allotted per event, up to a maximum of 3 events, if an athlete achieves;

- Top 16 at a Swim BC sanctioned event (Top 20 if A finals and B finals are 10 lanes each)
- Top 10 at a Cycling BC sanctioned event (road, cyclocross, mountain bike, XC or track only)
- Top 5 at an BC Athletics sanctioned event (400m, 800m, 1500m and 3000m only for track; all XC events)

From January 1 through to September 1, 2018, athletes can submit up to three (3) results to Triathlon BC for approval. Results must be verifiable online.

Results can be in any combination or in a singular sport (ie all swimming, 2 swim and 1 bike, etc).

NOTE: Athletes must supply evidence, by way of official online results, to Triathlon BC on or before September 1, 2018 to apply external points to the Series.