

2008 Big Sky State Games Triathlon Rules & Information

While the Big Sky State Games Triathlon is not a USA Triathlon sanctioned event, it will operate under the guidelines and rules as if it were. In an attempt to minimize the misunderstandings about the rules on race day, please take the time to read the following reminders and summary of the Position Violations, commonly known as the drafting rules.

NOTE:

- Always have your chinstrap securely fastened while on bike. This violation results in a DQ. This rule applies from the time you ARRIVE at the park and UNTIL you leave!
- Treat other competitors, volunteers, & officials with courtesy & consideration. Failure to do so is deemed Unsportsmanlike Conduct as results in a DQ.
- *You are responsible for knowing the ENTIRE, CORRECT race course!*
- Make sure your paper race number is visible when you cross the finish line at the end of the triathlon. **No paper race number in front means no time & no results!**
- No glass in the transition area. This violation results in a DQ.
- No headphones on the bike or run course. This is a safety issue. This will be a DQ. Leave the iPods, MP3 players, & so forth at home.
- Obey all Course Marshals' instructions & directions. If you are told to stop at a traffic signal you must do so! The roads are open to traffic, & the course marshals are trying to ensure your safety.

Summary of Position Violations:

- Ride on the right side of the road.
- Keep 3 bike lengths between yourself & 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 re-pass.

There are NO WARNINGS issued if you commit a foul during competition. You must take personal responsibility to understand these rules & avoid penalties.

Common Violations:

Blocking-riding on the left side of the lane without passing. You are hindering the flow of traffic.

Illegal Pass - passing on the right or failing to drop back before attempting to re-pass.

Drafting - following a leading cyclist closer than 3 bike lengths & failing to pass or exit the draft zone within 15 seconds.

Position Violations carry a 1-minute time penalty for each occurrence & a DQ if you are cited for three violations.

If you compete and participate as a reasonable person would, you will have no difficulties in operating within the rules of the sport. If you have specific questions or concerns please feel free to contact me or check out the USA Triathlon's website at www.usatriathlon.org

See you at the races.