



TRIATHLON
SCOTLAND

DRAFTING RULES

WHAT IS DRAFTING?

Drafting is taking shelter behind or beside another competitor or motor vehicle during the bike phase of a race. It is against the rules in races where drafting is determined as being 'illegal'.



THE DRAFTING ZONE

Up to standard distance = 10m
Middle and long distance = 12m



DRAFTING AND NOT DRAFTING (Sprint triathlon example)

A & **B** are maintaining adequate separation.
C is drafting **B** as **C** is not attempting to pass **B**.



MAKING A PASS

A competitor may enter the draft zone if they are making a pass.

They have a maximum of 20 seconds (25 seconds middle and long distance) within the draft zone to make the passing manoeuvre.

Once the pass is complete it is the overtaken cyclist's responsibility to drop back.



PENALTIES

Up to standard distance = 2 min penalty
Middle and long distance = 5 min penalty



DISQUALIFICATION

Up to standard distance – 2 drafting violations
Middle and long distance – 3 drafting violations
* Violations noted by motorcycle official



PLEASE NOTE:

MOTORCYCLE OFFICIALS **DO NOT** HAVE TO PROVIDE AN AUDIBLE OR VISIBLE WARNING ABOUT DRAFTING VIOLATIONS FOR SAFETY REASONS.