



TRIATHLON
SCOTLAND

RACE RULES

JUST TO HELP YOU AVOID THEM, HERE ARE THE MOST COMMON RULE INFRINGEMENTS:



Abusive conduct is forbidden. You are not permitted to use foul, abusive or threatening language/conduct. If you abuse competitors, event staff, officials, volunteers or members of the public, you will be disqualified.



Arriving late and entering a closed transition should be avoided. Events run to timetables and transition is a secure area for competitors, officials and race crew only. When the race is live, transition is closed for safety and security.



Littering will not be tolerated. If you drop litter on the course, and do not pick it up, it will result in a disqualification. You should also keep transition areas tidy, not discard kit recklessly.



Boxes are not allowed in transition. Only a small soft-sided rucksack bag is permitted, but it must not impede the progress of other competitors.



Race numbers must be worn so that the full number is visible. You cannot cut, fold or alter it. The number identifies you as a participant and event sponsors have paid to have their name on it.



MP3 player / mobile phone / iPod use is not permitted in transition or during any part of the race.



Helmets are compulsory and you won't be allowed in transition without one. For safety, your helmet must be properly fitted and securely fastened. You must fasten your helmet before you unrack your bike, and it must remain on and fastened until you rack your bike again.



Riding in transition is forbidden. You can only ride your bike once you have passed the mount line, and you must dismount at the dismount line, before proceeding back to your place in transition.



Blocking is when you impede the progress of other road users, motor vehicles or competitors, and can result in disqualification.



Drafting is taking shelter behind or beside another competitor or motor vehicle during the bike phase. Drafting can result in disqualification and is not allowed during draft illegal races. Please refer to the drafting poster for more guidance.



Road traffic violations including dangerous riding will be monitored and can result in disqualification. Please obey the Highway Code, and do not take risks with your safety, or the safety of others.



An appeal is a request for a review of a decision made by an official. Appeals must be made in writing to the Chief Technical Official within 15 minutes of finishing, or the posting of the infraction. A fee of £30 is charged, and refunded if the appeal is upheld. For the full appeals process, please refer to BTF Rule 3.7, and seek guidance from the Chief Technical Official.

This document does not feature all race rules. A full set of rules can be found at: www.triathlonscotland.org/events/rule-book