

# LIFE TIME TRI

## 2019 RULES SUMMARY

A variety of changes were introduced to the Life Time Tri Officiating Program in 2018. While safety and fairness remain paramount, portions of the Officiating Program were redesigned to better educate the entire field of athletes while also applying better global standards across the sport. A highlight of these rules is noted below, with a full set of rules and descriptions identified under separate cover. Athletes are highly encouraged to review these in detail to ensure a successful race experience.

### On-site Presence

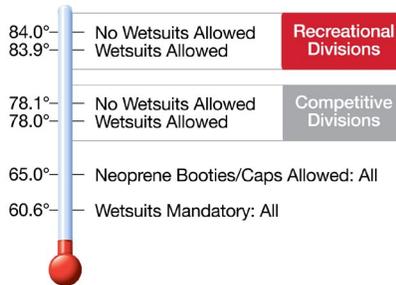
A full team of Race Officials will be on-site and integrated with athletes throughout the entire weekend - from Packet Pick-Up to Transition and through the Awards Ceremony.

### Wetsuit Temperatures

Legal wetsuit temperatures are now relative to one of two athlete “divisions,” originally selected during registration.

“Recreational” division participants may wear wetsuits in waters up to and including 83.9°F.

“Competitive” athletes (those competing for awards) are able to wear wetsuits in waters up to and including 78.0°F, in line with global standards. If approaching weekend water temperatures are of concern, athletes may elect to change divisions at Packet Pick-Up. Full details are listed on page IV of the Rules Book.



### Draft Zone



Moving toward the global short course standard, Life Time Tri will move to a 9m draft zone. Athletes must keep four (4) bike lengths of space between them, or complete their pass in 20 seconds, to avoid a “drafting” penalty.

### Penalty Card

When a penalty is being issued (and when deemed safe along the course), the Official will call out the athlete’s race number and present this black and white penalty card.



### Penalty Tent

Athletes receiving a penalty will be directed to a Penalty Tent, located on the Run Course. Athletes must check-in here to serve their 3-minute time penalty.



### Other Common Rules

- Be a good sportsman. Always.
- Don't endanger anyone, including yourself.
- Cell phones, headphones and cameras are not allowed during the race.
- Participants may not receive assistance, in any way, from anyone other than active racers, volunteers or official Race Staff.
- Keep it clean. Please don't litter.
- Flotation devices are not allowed in the swim.
- Wear a helmet before, during and after the race.
- Walk your bike to the Mount Line and be sure you are completely off your bike before the Dismount Line.
- Always ride on the right and pass on the left (with exception of a portion of the Chicago Triathlon course).
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate. We'll help you with that!



**QUESTIONS?** Contact Rosalyn Popham, Life Time Tri Head Official at [rpopham@lt.life](mailto:rpopham@lt.life) or Athlete Services: [events@lt.life](mailto:events@lt.life)

## 2019 RULES BOOK

The conduct and rules set forth here are directed toward all athletes who participate in Life Time Tri events. The following is intended to be a guide for athletes on appropriate and unacceptable conduct at events. It is intended to provide fair play, encourage safety and show respect for all participating. Life Time Tri wishes to emphasize a continued quest to develop well-educated athletes within the sport of triathlon. *Note: An abbreviated Rules Summary is listed on p12.*

### What's New?

Life Time's Officiating Program is designed to properly educate the field while also applying better global standards across the sport. Athletes may experience some differences, including:

#### NEW FOR 2019!

Smart helmets have been added to the list of communication devices not acceptable for use in a distracting manner during competition. Full reference in General Athlete Conduct (I.10).

#### WETSUIT TEMPERATURES

The maximum legal wetsuit temperatures are relative to athlete "Divisions." *Competitive* athletes may wear wetsuits up to 78.0°F. *Recreational* athletes may wear wetsuits up to 83.9°F.

#### ON-COURSE DIALOGUE

While experiencing a rule infraction, Officials will communicate (when safe) with the athlete in the moment, identifying the penalty and advising on how to serve it.

#### DRAFT ZONE

Moving toward global short course standards, Life Time will move to a 9m draft zone, where athletes keep 4 bike lengths of space between them and make a pass within 20 seconds.

#### PENALTY TENT

Athletes receiving penalties will be directed to a Penalty Tent (located on the Run Course) where they will check-in and must serve a 3-minute stand down.

#### QUESTIONS?

Ask the Officiating Team while at the race venue, or email Rosalyn Popham, Head Official at: [rpopham@lt.life](mailto:rpopham@lt.life)

## I. General Athlete Conduct

1. Athletes not adhering to any of these rules may incur a three (3) minute time penalty per infraction, a possible DISQUALIFICATION or even a suspension from Life Time Tri events.
2. Athletes are expected to treat other athletes, volunteers, race staff, officials and spectators with respect. Any unsportsmanlike conduct may result in a DISQUALIFICATION.
3. Unsportsmanlike conduct on behalf of an athlete towards another athlete, volunteer, race staff, official or spectator, including but not limited to tampering with equipment, will not be tolerated. The athlete on whose behalf they are acting will be DISQUALIFIED and may also be banned from future Life Time Tri events.
4. Knowledge of the entire prescribed swim, bike and run course is the responsibility of each athlete. No adjustments in time or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. An athlete who departs from the course must re-enter at the same point. Any athlete not completing the course in its entirety will be DISQUALIFIED.
5. Athletes must obey all applicable traffic and local laws unless otherwise instructed by race staff or Law Enforcement Officers. Failure to do so may result in a DISQUALIFICATION.
6. No athlete shall endanger themselves, other athletes, volunteers, race staff, officials or spectators. Athletes who intentionally present a danger to anyone may result in a DISQUALIFICATION.
7. Athletes are required to have the race-appropriate body markings, as well as helmet and bike frame numbers visible.
8. Littering or abandoning any personal equipment or gear outside of transition or a designated aid station, intentional or otherwise, will not be tolerated. Athletes doing this will receive a 3-minute time penalty and a gross infraction may result in a DISQUALIFICATION.

9. Listening devices, head phones, ear buds, Bluetooth products and the like are not allowed at ANY time during the race. Athletes using these items during the race are subject to a 3-minute time penalty, risk their audio device(s) being confiscated for the duration of the



race and are subject to a DISQUALIFICATION. Life Time Tri is not responsible for any lost or damaged items. Confiscated items will be available to the athlete once the race is complete.

10. Athletes may not use communication devices of any type in a distractive manner during the race. Communication devices consist of, but are not limited to: cell phones, smart watches, smart helmets (helmets with Bluetooth technology) and two-way radios. A “distractive manner” includes but is not limited to: making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for the purpose of using the device like a bike computer. Athletes using a communication device during the race in a distractive manner are subject to a 3-minute time penalty, risk their communication device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION.

11. Life Time Tri is not responsible for any lost or damaged items. Confiscated items will be available to the athlete once the race is complete. Athletes may possess a cell phone as long as it is out of sight, used for emergency situations only and is used in a safe manner which does not present a hazard to themselves or others.

12. Cameras, phone cameras, video cameras, GoPros™ and the like are prohibited unless permission is given by Life Time. Athletes wishing to use these items need to contact the Head Official at least five (5) days prior to the event. Athletes using these items without prior approval will be DISQUALIFIED.

13. Signage, flag poles longer than 2', selfie sticks, balloons or other items that could be deemed a distraction or safety hazard in transition or carried on the course will not be permitted. Such items need to be removed/discarded immediately or may result in a DISQUALIFICATION.

14. Athletes are not allowed to accept outside assistance from anyone other than volunteers, race staff and other athletes still actively racing. Examples of outside assistance include: non-participants supplying nutritional items, providing or receiving gear,

escorting an athlete along the race course, pacing or supplying any aid not available to all other athletes at the event. Athletes using outside assistance will receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.

15. Athletes may not provide any equipment to a fellow competing athlete if it results in the donor athlete being unable to continue with his/her own race. Such equipment includes but is not restricted to: complete bicycles, frame, wheels, helmet and shoes. Should this occur, both athletes will be DISQUALIFIED.

16. Athletes shall not work together to improve their performance or efficiency.

17. Athletes who begin the race in an incorrect starting wave may be DISQUALIFIED.

18. Offensive language spoken or written is not allowed. Offensive language written on a sign, clothing or body will need to be removed or may result in a DISQUALIFICATION at the discretion of the Head Official.

19. Public nudity and public urination/defecation are not allowed. Athletes who violate this will be DISQUALIFIED and may also be fined by local law enforcement. Local decency laws apply.

20. Any athlete who appears to be intoxicated or under the influence of drugs will be immediately pulled from the race and DISQUALIFIED.

21. Course officials and medical personnel reserve the right to remove any athlete from the course if determined medically necessary.

22. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. Life Time Tri supports TrueSport and random testing may occur at any of its events. For more information visit: <https://www.usada.org/substances/prohibited-list/>

23. Unauthorized bib selling or cheating in any form is not allowed. Should you witness this, please report the activity with as many details as possible to events@lt.life or any Race Official. Situations will be investigated as thoroughly as possible.

## II. Transition Area Conduct

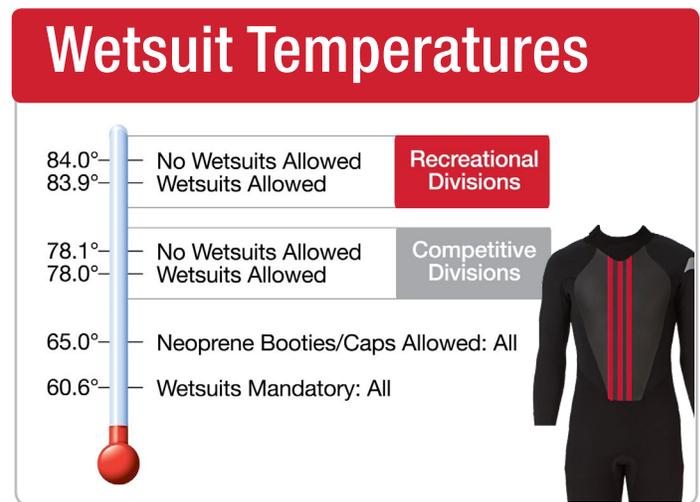
1. Glass items are a hazard and not allowed in transition. Glass items need to be removed immediately or the athlete possessing these items may be DISQUALIFIED.
2. Athletes must rack their bike in a way that does not block or interfere with the progress of another athlete.
3. If an event uses bike racks labeled with individual bike numbers, the wheel down must be on the side of the rack where the athlete's bib number is labeled. Athletes may rack their bikes either by the seat or the handle bars, and the bike must be placed in the rack area specified by the race. Athletes are required to use this rack space for the entire race. Athletes who do not rack their bikes in the proper location may receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.
4. Gear must be placed under the athlete's bicycle or the bicycle tire next to them, and not be in the general walkway, bike rack ends or along the transition area fence. Items in these areas will be removed.
5. Athletes are not to interfere with another athlete's equipment in the transition area. Athlete's found tampering with another athlete or event equipment will be DISQUALIFIED.
6. Riding a bike in transition before, during or after the race is not allowed and may result in a DISQUALIFICATION.
7. Athletes who arrive late or remain in transition after race staff have officially deemed it "closed" for the race may be DISQUALIFIED.

## III. Swimming Conduct

1. Race bib numbers are not to be worn during the swim.
2. Athletes may use any stroke to self-propel themselves through the water, including treading water and floating. Athletes may use inanimate objects such as course buoys, boats or ropes to rest upon during the swim, as long as no forward progress is made. If forward progress is made aided by those items, a 3-minute time penalty will

be issued. Should the athlete have received an unfair advantage, the athlete will be DISQUALIFIED.

3. Flotation devices, pull buoys, aquatic flotation belts, fins and webbed gloves are not allowed during the swim portion. Athletes using these or similar items will be DISQUALIFIED.
4. All athletes must swim to the outside of all swim course buoys on the prescribed course.
5. Athletes are required to use the event issued swim cap as the outermost cap during the swim portion. Failure to wear it or altering the event-given swim cap may result in a DISQUALIFICATION.
6. Goggles and face masks are not required, but strongly encouraged.
7. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with a medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.



8. Legal wetsuit temperatures are now relative to one of two athlete divisions, originally selected during event registration:

A. "Recreational" division participants are those opting into non-competitive waves (ie. First-Timers', Friends & Family, Early Bird, Charity Waves, etc.). *Recreational* participants may wear wetsuits when the water temperature measures 83.9°F (28.8°C) or below.

B. “*Competitive*” division athletes are those competing for awards (ie. Age Groups, Paratri, Athena/Clydesdale, First Responders, Relays, etc.). *Competitive* participants are able to wear wetsuits when the water temperature is 78.0°F (25.5°C) or below.

9. Wetsuits, neoprene or rubberized speed suits, lava shorts, neoprene-type pants and the like are not allowed in water temperatures of 78.1°F (25.6°C) or higher for *Competitive* athletes, or temperatures of 84.0°F (28.9°C) or higher for *Recreational* athletes.

10. Should approaching water temperatures be of concern to those registered in *Competitive* divisions, athletes may elect to move into a *Recreational* division, subject to availability. Requests must be submitted before the close of Packet Pick Up.

11. Wetsuits are forbidden for all athletes when water temperatures reach 84.0°F (28.9°C) or above.

12. Neoprene booties and neoprene swim caps are allowed when the water temperature is 65.0°F or below.

13. Wetsuits are mandatory for all participants when the water temperature is 60.6°F (15.9°C) or below.

14. The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces, then the combined thickness of the overlapping pieces may not exceed 5mm. Athletes not adhering to this will be DISQUALIFIED.

15. Official water temperatures will be taken at least two hours prior to the race start on event day.

16. Uninflated personal safety flotation devices (such as the Swim IT®) are allowed. However, should the athlete deploy their device, they must retire from the race and their results will be listed as a DNF (Did Not Finish).

## IV. Cycling Conduct

1. Race bib numbers are optional while on the bike.
2. Unless otherwise prescribed for a specific race venue, athletes

must ride their bikes on the right side of the road so as not to block the progress of others. Athletes passing on the right side of other athletes will incur a 3-minute time penalty for an ILLEGAL PASS.

3. Athletes are not to cross-over the roadway’s center line while on the bike course. Athletes riding over the center line and endangering themselves or others may be DISQUALIFIED.



4. Drafting occurs when one athlete rides closely behind another, reducing their exerted effort and energy. Drafting is not allowed on the cycling portion of the event. Athletes must keep at least four (4) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 9 meter draft zone, to avoid a 3-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

5. Athletes must keep 35 meters between them and moving motorized vehicles to avoid a 3-minute time penalty for DRAFTING.

6. If passing another cyclist, athletes must complete their pass within 20 seconds to avoid a 3-minute time penalty for DRAFTING.

7. Once an athlete enters into the draft zone, they MUST complete the pass and not back out. Athletes who fail to complete a legal pass within 20 seconds or back out of the draft zone once entered will incur a 3-minute time penalty for DRAFTING.

8. Once an athlete has been passed, they will need to immediately fall back four (4) bike lengths before repassing to avoid a 3-minute time penalty for being OVERTAKEN.

9. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

10. Athletes riding to the left without passing another athlete will incur a 3-minute time penalty for POSITION.

11. Athletes riding to the left and obstructing other athletes from passing will incur a 3-minute time penalty for BLOCKING. Side-by-side riding is not allowed.

12. The bike position rules are in effect at all times during the race with the exception of the immediate area around Aid Stations, the mount/dismount line, sharp turns or U-turns, extreme inclines and descents and in times where athletes need to proceed with caution due to unforeseen events.

13. Closed-toed shoes are required for the bike portion of the event. Athletes not observing this may be DISQUALIFIED. Barefoot biking is not allowed.

14. Athletes are not allowed to mount their bicycles until their entire bicycle has moved beyond the mount line. Athletes need to fully dismount their bicycle prior to crossing the dismount line. Athletes mounting their bikes early or dismounting their bikes late will result in a 3-minute time penalty.

15. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED. See the BICYCLE HELMET REQUIREMENTS section for complete helmet specifications.

## V. Cycling Requirements

1. Only two-wheeled bicycle models will be allowed for competition. All bikes must have a working brake on both wheels, as well as a free-wheeling crankset mechanism. Fixed gear bikes are not allowed and subject to DISQUALIFICATION. Note: Freewheel systems allow the bicycle to roll forward while the pedals remain stationary. Fixed-gear systems do not have the ability to “coast” when pedaled backwards and are not allowed.

2. Trikes, tandems and other non-standard bicycles are not allowed. Athletes will not be allowed to race with these bikes and will be DISQUALIFIED.

3. For reasons of safety, athletes are responsible for having all handlebar ends on their bike solidly plugged to avoid injury. Once the race has begun, athletes with bikes found to be missing end plugs will not be allowed on the course and will be DISQUALIFIED. If needed, bar end plugs can be acquired from the transition bike tech tent at race site.

4. Bikes and wheels need to be propelled entirely by human power. Bike motors and Ebikes are illegal and subject to DISQUALIFICATION from the event and expulsion from future Life Time Tri events.

5. No fairings or other shield intended to reduce air drag is allowed on the bicycle. Anything fitting this description needs to be removed prior to the start of the race or the athlete will be DISQUALIFIED.

6. Any athlete using a bike or cycling equipment deemed to provide an unfair advantage or to be unsafe will need to have the bike replaced or equipment corrected prior to the start of the race or the athlete will be DISQUALIFIED.

7. Recumbent bicycles are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a recumbent bike are not eligible for awards. Athletes using a recumbent bike without approval will be DISQUALIFIED.

## VI. Helmet Requirements

1. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED.

2. Helmets must be manufactured for cycling use and have a certification from any of the following agencies: CPSC, Snell B-90, Snell B-95, CEN, EN1078, ASTM 1447-12, Canadian Standards Association (CSA), Standard Australia/Standards New Zealand (AS/NZS), or Japanese Industrial Standard (JIS). Athletes using helmets from an agency other than those listed above will not be allowed to race and will be DISQUALIFIED.

3. No skateboard or other non-cycling helmets are allowed. Athletes

using these types of helmets will not be allowed to race and will be DISQUALIFIED.

4. Helmets are not to be altered from its manufactured state or the athlete may be DISQUALIFIED.

## VII. Running Conduct

1. Bib numbers are mandatory and must be visible on the run course.
2. Running, walking or crawling is allowed.
3. Rules pertaining to Outside Assistance and communication and listening devices are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for full details.
4. Rules pertaining to littering or abandoning equipment or gear outside of a designated aid station are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for details.

## VIII. Finish Line Policy

1. Only registered athletes are allowed to enter the Finish Chute and cross the Finish Line. For the safety of all, and so each participant can celebrate their accomplishment, athletes should not bring family or friends in the Finish Chute or across the Finish Line. Athletes not following this policy will be DISQUALIFIED.

## IX. Penalty Assessment

1. Athletes who do not comply with the rules will be notified while on the course, when safely appropriate, if a penalty is being issued.
2. When a penalty is being issued, the official will call out the athlete's race number and show them the black and white PENALTY card illustrated above. It is the athlete's responsibility to stop at the Penalty Tent located on the run course. The exact location of the Penalty Tent will be included in the event Athlete Guide and communicated at the Athlete Briefings. It is the athlete's responsibility to know where the Penalty Tent is located and to serve their penalty time.



3. All time penalties are additive and require the athlete to check-in with a race official at the Penalty Tent, where they will remain for 3 or more minutes, depending on how many penalties were issued. If an athlete was issued a penalty and does not stop at the Penalty Tent, the athlete will be DISQUALIFIED.
4. Any athlete receiving three (3) or more penalties will be DISQUALIFIED.
5. For relay teams, it is the responsibility of the swimmer and biker to inform the runner if a penalty needs to be served, as the Penalty Tent is located on the run course.
6. Any penalty being issued beyond the location of the Penalty Tent will be served directly with the race official at the point of infraction.
7. Assessed time penalties will be included in splits when there are primes or awards for fastest swim, bike or run times. Athletes must complete the race in order to win the prime.
8. Athletes who continually receive multiple penalties at any Life Time Tri event risk the possibility of declined entry to future Life Time Tri events.
9. The Head Official shall have the authority to disqualify any athlete.

## X. Protests & Appeals

1. Protests against the conduct of an athlete or the legality of their equipment must be formally filed in writing with the Head Official either in person or via e-mail within one (1) hour of the athlete crossing

the finish line. Protests will require a \$75 USD deposit and will be refunded only if the protest is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

2. Appeals requesting a review to a decision already made must be formally filed in writing with the Head Official either in person or via e-mail within 5 days of the event. Appeals will require a \$75 USD deposit and will be refunded only if the appeal is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

3. Observations and judgment calls made by the race officials cannot be protested or appealed.

## XI. Registration Restrictions, Categories and Suspensions

1. Athletes will race under their age as of December 31st of the race year.

2. Athletes need to be 18 years or older on race day to register. Athletes under the age of 18 on race day need approval of a parent/guardian and Life Time Events to register.

3. Age Group Athletes who wish to compete at a higher competitive level should be registered in the Premier Category when offered. Approval from Life Time Triathlon is needed to register in this category.

4. Athletes racing under someone else's name/registration, or providing false information will be suspended from Life Time Tri for one year from discovery. Athletes racing and not properly registered will not be allowed to race and may be turned over to law enforcement officials.

5. Other actions such as blatant disregard for the rules, gross unsportsmanlike conduct, violence and failure to notify race staff when withdrawing from a race are also acts warranting suspension.

6. Life Time Tri has adopted the International Olympic Committee's guidelines for transgender and sex reassignment athletes.

## PARATRIATHLETE RULES

Paratriathletes will follow all the same rules as the Age Group athletes with the following exceptions listed below. Athletes not complying with these rules will be DISQUALIFIED unless otherwise indicated.

### I. Paratri Classifications

1. For ease of registering and racing, paratriathletes will be classified into one of these three categories:

A. PTWC/Wheel Chair/Sit: Athletes require the use of a recumbent handcycle for the bike portion and a racing wheelchair for the run portion. PTWC athletes are allowed up to 2 handlers and wetsuits are allowed at any water temperature.

B. PTS/Stand: Athletes may use an approved prosthesis or support device for the bike and run portions. PTS athletes are allowed one (1) handler and wetsuits are only allowed in water temperatures 78.0°F and below.

C. PTVI/Visually Impaired: Athletes with partial or total blindness must use a tethered guide for the swim portion, must ride a tandem bicycle for the bike portion and must have a tethered guide for the run portion. PTVI athletes are required to have one (1) guide of the same sex as the athlete who does not currently hold a Pro/Elite triathlon license and wetsuits are only allowed in water temperatures 78.0°F and below.

2. Athletes with miscellaneous conditions such as, but not limited to: intolerance to extreme temperatures, organ & tissue transplantations, joint replacements, kidney dialysis, hearing impairments and/or cognitive impairments are not eligible for paratriathlon competition.

3. Athletes can be reclassified in the paratri division or placed into the able body Age Group category at the discretion of the Head Official.

### II. Paratriathlete Conduct

1. Handlers may aid their athlete by assisting or carrying the athlete

from the swim exit to the transition area, assist with prosthetic or support devices, lift athletes in and out of handcycles and wheelchairs, help with clothing and wetsuits as well as repair flats and other equipment while in transition only. Handlers may not take action to propel an athlete forward unless there is an unusual circumstance and the additional assistance is approved by the Head Official.

2. Handlers and guides are subject to all competition rules and conduct.

3. Aside from transition, no guide dogs or therapy animals are allowed on the course at any time.

4. Any request for an impairment adaption to any piece of equipment must be submitted to the Head Official at least 20 days prior to the event with clear photos and an explanation. Decisions will be rendered 10 days prior to the event.

5. Paratriathletes who use catheters or urinary diversions devices must use a catheter bag at all times.

## III. Paratri Transition Conduct

1. PTWC athletes may only use a wheelchair or day chair to get from the swim exit to the transition area, as well as while in transition. No hand cycles are allowed from the swim exit to the transition area.

2. PTS athletes may only use crutches or prosthetic devices to get from the swim exit to the transition area, as well as while in transition. One handler may accompany the athlete to and from the mount/dismount line as long as they do not impede the progress of any other participant.

3. Bicycles, tandem bicycles and tricycles cannot be used from the swim exit to the transition area.

4. All PC athletes must come to a complete stop at the mount and dismount line before proceeding.

## IV. Paratri Swimming Conduct

1. When there is a multiple loop swim course, paratriathletes are not required to exit the water before completing additional loops.

2. Prosthetic and orthotic devices are not allowed for any paratriathlete during the swim, as these are considered propulsive devices.

3. PTWC athletes shall have both legs bound together during the swim portion. The athlete may use a brace as long as it does not provide flotation. The binding or brace must remain in place until the athlete exits the swim.

4. PTVI athletes must be tethered to their guide with an elastic tether at any point on the body for the entire swim portion. At no time may the guide lead the athlete or move them forward by pulling or pushing. Guides must swim next to the PTVI athlete with no more than a 60-inch (1.5m) separation between them. When a violation of these rules occur the PTVI athlete and the guide will both incur a 3-minute time penalty.

5. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.

## V. Paratri Cycling Conduct

1. Athletes are only allowed to be supported on the bike by pedals, the saddle and handlebars.

2. Ridged prosthetic devices are not allowed to be mounted to any part of the bicycle except for the two situations described below:

A. Athletes not wearing a prosthesis may use support for the thigh if the thigh is not affixed to the bicycle.

B. Athletes are allowed to mount Ankle Foot Orthosis (AFO) as leg braces to the foot plate area.

3. If using a recumbent handcycle:

The recumbent handcycle should be arm powered with three wheels and an open frame of tubular construction, conforming to the general principles of the International Cycling Union (UCI) construction for bicycles (with the exception that the chassis frame is not required to be straight).

The recumbent handcycle cannot measure more than 98.4 inches (250cm) in length or 27.6 inches (70cm) in width. Maximum frame tube dimension is 31.5 inches (80mm) with any ribs or insertions between the tubes to be for strengthening purposes only.

The single wheel is not required to be the same diameter as the double wheels, but all wheel diameters must be a minimum of 16 inches (406mm) and a maximum of 24.5 inches (622mm). The front wheel(s) must be steerable. The distance between the double wheels must be between 21.7 inches (55cm) and 27.6 inches (70cm). The single wheel shall be driven through a system comprising of handgrips and a conventional cycle drive train with hand grips replacing foot pedals and force exerted by the upper body only. Modified hub attachments are allowed. Wheels must be of spoke construction. Solid disc wheels and wheel covers are not allowed.

If the recumbent handcycle has two rear wheels, it must be fitted with a safety bar between the two wheels that prevents another athlete's bike from entering this space. The safety bar must be a round tube with a minimum diameter of 0.70 inches (18mm) and cannot extend outside the width of the two rear wheels while having solidly plugged bar ends. The safety bar should be fitted to be 0.50 inch (13mm) to 0.70 inches (17mm) behind the rear wheels and be positioned 10.6 inches (270mm) to 11.4 inches (290mm) from the ground while ensuring that safe functioning is not affected by normal road conditions.

All recumbent handcycles must have a braking system on the front wheel(s) and a separate breaking system on the back wheel(s). The braking system on the double wheel must act upon both wheels.

The shifting device on the recumbent handcycle may be located within the extremities of the handlebars or to the side of the athlete's body.

The athlete's eye line must be above the crank housing when the rider's hands are on the handgrips, the shoulder blades are touching the backrest, and the head is touching the headrest.

To protect the athlete, the largest chain ring must have a solid guard securely fitted and covering over half of the ring circumference (>180°) and must face the rider.

The rider shall remain seated in the recumbent position with their body weight supported through the seat and backrest. The angle of the back must be a minimum of 30° and a maximum of 45°.

To ensure rear-view vision, all recumbent handcycle athletes must have a mirror fixed to their helmet or the front of the handcycle.

Handcycles may be measured in transition and are subject to re-examination at any time.

4. If using a tandem bicycle:

- The tandem bicycle shall only have two wheels of equal diameter which conforms to the principles of UCI construction for bicycles and is built for only two riders with a system comprised of pedals and chains. The tandem bike must measure no longer than 8.9 feet (2.70m) and be no wider than 20 inches (0.5m).
- The guide or 'pilot' will ride in front while the PTVI athlete will be seated behind the guide. Both athletes shall face forward in the traditional cycling position. The front wheel of the tandem bike must be steerable by the guide.
- A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.
- Athletes must wear an approved bicycle helmet at all times while seated in the recumbent handcycle. See HELMET REQUIREMENTS for more details.

## VI. Paratri Running Conduct

1. Running shoes or approved prosthetics on affected limbs are allowed and recommended, but not required.

2. If using a racing wheelchair:

- The racing wheelchair must have one small wheel with a brake attached on the front and two larger wheels in the back.

- No part of the actual chair can extend past the hub of the front wheel and must not extend into the hubs of the two rear wheels. No part of the chair is allowed to protrude past the vertical plane of the back edge of the rear tires. The maximum height the main body of the chair can be from the ground is 19.7 inches (50cm).
- The maximum diameter of the small front wheel when inflated cannot be larger than 19.7 inches (50cm), and the maximum diameter of the two large rear wheels cannot be larger than 27.6 inches (70cm) when inflated.
- Only one round hand rim is allowed on each large wheel unless special exemption is requested.
- Only hand operated, mechanical steering devices are allowed. Athletes must be able to turn the wheel manually side to side.
- No mechanical gears or levers are allowed that may be used to propel the chair. Propulsion by any other method than pushing on the wheels or push-rims is a DISQUALIFICATION.
- Mirrors are allowed, but not required.

Competitors must ensure that no part of their limbs can fall to the ground during the event.

- Athletes must wear an approved bicycle helmet at all times while seated in a racing wheelchair. See HELMET REQUIREMENTS for more details.
- A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.
- Racing wheelchairs may be measured in transition and are subject to re-examination at any time.

3. Guides are not allowed to lead or propel the PTVI athlete by pushing or pulling. Paratriathletes and guide partners displaying this behavior will both incur a 3-minute time penalty.

4. PTVI athletes and guides must be tethered during the run with a non-elastic tether or an elbow lead. Paratriathletes and guides must not be separated more than 20 inches (0.5m) at any times. The guide may not lead the athlete or move them forward by pulling or pushing.

Athlete and guide partners displaying this behavior will both incur a 3-minute time penalty.

## VII. Paratri Finish Line Policy

1. PTWC Paratriathletes are considered finished when the center of the axle of the leading wheel crosses the vertical plane of the finish line.

2. For PTVI athletes, guides shall be no more than 20 inches (0.5m) away from the athlete they are guiding and may not precede the athlete across the finish line.

## PROFESSIONAL RULES

1. Professional athletes must hold a National Triathlon Federation Pro card from the country in which they live and provide the card to Life Time Tri prior to race weekend.

2. Professional athletes holding a Pro card are prohibited from competing in an age group category.

3. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. The Life Time Tri Series supports TrueSport and random testing may occur at any of its events. For more information visit: <https://www.usada.org/substances/prohibited-list/>

4. Professional athletes will follow all the same rules as the Age Group athletes with the following exceptions listed below:

5. Professional athletes must keep at least six (6) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 12 meter draft zone, to avoid a 1-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

6. Professional athletes must keep 35 meters between them and moving motorized vehicles to avoid a 1-minute time penalty for DRAFTING.

7. If passing another cyclist, professional athletes must complete their pass within 25 seconds to also avoid a 1-minute time penalty for DRAFTING.

8. Once a professional athlete enters into the draft zone, they MUST complete the pass and not back out. Professional athletes who fail to complete a legal pass within 25 seconds or back out of the draft zone once entered will incur a 1-minute time penalty for DRAFTING.

9. Once a professional athlete has been passed, they will need to immediately fall back six (6) bike lengths before re-passing to avoid a 1-minute time penalty for being OVERTAKEN.

10. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

11. Professional athletes will NOT be allowed to slipstream. Prior to entering the six (6) bike length (12 meter) draft zone, Professional athletes must noticeably move to the left prior to beginning the pass.

12. Professional athletes are not allowed to slot-in or pull between two other athletes unless there is more than eight (8) bike lengths of open space.

13. There is no "Stagger Rule" in use at Life Time Tri events.

14. All professional athlete penalties will be one (1) minute. A second penalty will result in DISQUALIFICATION.

15. Wetsuits are mandatory for professional athletes when the water temperature is 60.6°F (15.9°C) or below. Professional athletes are allowed to wear wetsuits when the water temperature is 68.0°F (20.0°C) or below. Wetsuits are illegal when the water temperature is 68.1°F (20.1°C) or above.

## Rules Summary

Don't feel like reading all that? Try this abbreviated version:

- Always promote good sportsmanship.
- Don't endanger anyone.
- Cell phones, headphones and cameras are not allowed. Triathlon requires all five of your senses.
- You may not receive assistance, in any way, from anyone other than other active racers, volunteers or race staff.
- Keep it clean. Don't litter.
- If water temperatures are 78.0°F or below, wetsuits are legal for *Competitive* division participants.
- If water temperatures are 83.9°F or below, wetsuits are legal for *Recreational* division participants.
- Flotation devices are not allowed during the swim.
- Wear a helmet - before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Don't draft. Keep four bike lengths between cyclists while riding, or complete a pass within 20 seconds.
- Always ride on the right and pass on the left.
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate!
- Have questions? Ask the Race Official team. They'll be happy to chat throughout race weekend.

## Disclaimer

These rules and expected code of conduct can be amended at the discretion of the Head Official for any unforeseen reason or situations due to weather or course conditions and will be communicated prior to the start of the race. Life Time Tri reserves the right to remove any athlete at any time from the race course.

Please contact Life Time staff with questions or comments:

- **Rosalyn Popham, Head Official:** rpopham@lt.life
- **Life Time Tri Athlete Services:** events@lt.life