



BRITISH Senior SUPER SERIES 2026

TRIATHLON *Technical Guidance for Athletes*

RACES

Applies to all British Super Series events

HANDLEBARS

- Only traditional drop handlebars are permitted. The handlebars must be plugged.
- It must be possible to operate the brakes by pulling on the levers with the hands on the lever supports in a safe manner, in accordance with the maximum inclination of 10 degrees of the brake levers. A diagram of this is available in World Triathlon Competition Rules (Rule 5.2.f.).
- There is no limit on handlebar width.

FRAMES

Frames must comply with World Triathlon Competition Rule 5.2.c.) (i)

UNIFORM

- All uniform regulations as set out in British Triathlon Competition Rules 2.8 apply.
- Race suits do not need to conform to World Triathlon guidelines, however, it is preferred that trisuits include the competitor's surname where possible.
- Should athletes go onto race at any World or Europe Triathlon event then full World Triathlon Competition Rules and Guidelines Regarding Authorised Identification will apply.

UNDERSTANDING THE RULES

Competitors are reminded that it is their responsibility to know the rules of the race they are taking part in, and this extends to ensuring that bike setup conforms to the rules. Compliance with the bike setup rules should be checked well in advance of competition, and not left to the day of the race.

WETSUITS

- World Triathlon Competition Rules 4.2 and 4.4 will be adopted. Athletes must always be prepared for a wetsuit mandatory (<15.9°C) or wetsuit banned swim (≥20°C), this decision being made on the day.
- Between 16°C and 19.9°C athletes may opt to wear a wetsuit should they wish.

Start Procedure

Competitors should familiarise themselves with changes in the start procedure set out in World Triathlon Competition Rules 4.7 & 4.8. Following the announcement of "athletes, you are now in the hands of the starter", athletes must stay in their starting position. Any time after the announcement, the start signal will be given by blasting a horn.

Transition

Marking positions in the transition area is forbidden. Marks, towels and objects used for marking purposes will be removed and the athletes will not be notified.

WHEEL REGULATIONS

Athletes may race using either:

A wheel as defined below:

- A diameter between 70cm maximum and 55cm minimum;
- A maximum rim depth of 65mm on each side;
- Both wheels must be of equal diameter;
- Wheels shall have at least 20 metal spokes;
- The rim must be alloy;
- All components must be identifiable and commercially available.

Or:

- Wheels that are found on the UCI non-standard approved wheel lists. Both lists are applicable, the one containing wheels approved prior to 1 January 2016 and the other after this date.
- The UCI wheel lists can be found at <https://www.uci.org/inside-uci/constitutions-regulations/equipment>

The above are in addition to World Triathlon Competition Rules 5.2.e.)(i) to 5.2.e.)(iv).