



## RACES

Applies to all British Super Series events AND the School Games

## 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 Rule 5.2.f.).
- There is no limit on handlebar width.

## 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.

## FRAMES

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

## 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 until the sound of the horn.

## GEAR RESTRICTIONS

Gear Restrictions will always apply to Youth races. More information can be found at [Gear Restrictions - British Triathlon](#)

## WHEEL REGULATIONS

Youth athletes may race using either:

<p>A standard or traditional wheel defined as:</p> <ul style="list-style-type: none"> <li>• a rim made of aluminium</li> <li>• A maximum rim depth of 40mm on each side</li> <li>• a minimum of 16 spokes which can be round, flattened or oval</li> <li>• spokes which do not exceed 3mm in width</li> </ul>	<p>Or:</p> <ul style="list-style-type: none"> <li>• Wheels that are found on the UCI non-standard approved wheel lists</li> <li>• If using a wheel on the UCI non-standard approved list please either remember the page/point on the list or take a photo of it to help TO's find it.</li> </ul>
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Junior athletes may race using either:

<p>A standard or traditional wheel defined by the UCI as:</p> <ul style="list-style-type: none"> <li>• a rim made of aluminium</li> <li>• a maximum rim depth of 65mm on each side</li> <li>• a minimum number of 20 steel spokes which are detachable</li> <li>• all components must be identifiable and commercially available</li> </ul>	<p>Or:</p> <ul style="list-style-type: none"> <li>• Wheels that are found on the UCI non-standard approved wheel lists</li> <li>• If using a wheel on the UCI non-standard approved list please either remember the page/point on the list or take a photo of it to help TO's find it.</li> </ul>
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More information can be found in the Wheel Regulations booklet found online [www.bit.ly/wheel-regs](http://www.bit.ly/wheel-regs)