

Drafting Rules for draft illegal races

Most age group races in Manitoba are draft illegal. The following summarizes the ITU Rules regarding draft illegal racing. Triathlon is an individual sport so it is therefore the responsibility of each competitor to adhere to the rules. Be aware that officials may be on motorcycles **or** in vehicles at the races, so please obey anyone who approaches you as an official. It is recommended that you read the rules fully, as this is only a summary of the rules as they apply to drafting and blocking. The complete set of ITU Competition Rules can be found on the ITU website [here](#).

DRAFTING

In draft illegal races:

- a) Drafting of another competitor or motor vehicle is forbidden. Competitors must reject attempts by others to draft.
- b) A competitor is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, a competitor must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing.
- c) A competitor who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.

To draft is to enter the bicycle or vehicle draft zone. The age group bicycle draft zone is 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete.

ITU Rule 5.5 c. (v) Entry into the bicycle draft zone

. Athletes may enter the bike draft zone (10m) in the following circumstances:

- If athlete enters draft zone, and progresses through it within 20 seconds in the overtaking maneuver
- For safety reasons
- 100 meters before and after an aid station or transition area
- At an acute turn
- If the Technical Delegate or Race Referee includes a section of the course because of narrow lanes, construction, detours or for other safety reason

ITU Rule 5.5 c. (vi) Overtaking/Passing

- An athlete is passed when another athlete's front wheel is ahead of theirs

- Once overtaken, an athlete must move out of the draft zone of the leading athlete within 5 seconds
- Athletes must keep to the side of the course and not create a **blocking** incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly positioned on the course

You can be disqualified for a **Yellow Line Violation** in which you cross over the yellow centre line on the road while passing someone. This is particularly dangerous due to the potential for a collision with oncoming traffic or other competitors. If people are blocking you from passing, yell at them to move over to the side of the road before risking a pass which involves a yellow line violation.

The draft zone behind a motorcycle is 12 meters and the draft zone behind a vehicle is 35 meters. These draft zones apply to draft legal races as well. Competitors may not pass through this zone. The responsibility for ensuring that this zone is upheld lies with the driver of the vehicle and the officials.

PENALTIES (ITU 5.6)

Drafting is forbidden in draft illegal races. If you are assessed a **Penalty for Drafting** by an official, here is what will happen:

- The technical official will notify the athlete who drafts of a time penalty by calling the athlete's number and showing a blue card. This notification must be clear and unambiguous.
- The sanctioned athlete has to stop in the next penalty box (this may be on the bike in middle or long distance races or on the run in standard or shorter distance races) and must stay there for a specified time depending on race distance. One minute for sprint distance, 2 minutes for standard distance and 5 minutes for middle or long distance.
- The athlete must tell the official in the penalty box their race number and the violation – what race distance so the official can time the appropriate penalty. Once the penalty is served the official will tell the athlete they can continue on.
- It is the athlete's responsibility to stop at the penalty box. Failure to serve a time penalty will result in a disqualification.
- A second drafting offense will result in disqualification in standard distance and shorter races.
- A third drafting offense will result in disqualification in middle or long distance races.

Please read the following [ITU rules](#) for complete details.