



PROVINCIAL CONTROLLING BODY FOR TRIATHLON, DUATHLON & AQUATHLON
AFFILIATED TO TRIATHLON SOUTH AFRICA & SASCOC

Basic Rules @ Triathlon & Duathlon Events in Free State

TRANSITION AND CYCLING

TRANSITION AREA

1. Before entry the Transition Area to Rack your Bike.

- Helmet on the head before entry.
- Swim cap in hand (Not a black, navy blue or grey).
- Helmet must not have any crack inside and outside.
- ***Please go and have a look at the ICU wheel list at the entries, still list is very important to deep section wheels and Technical Officials will be very strict on the list at the SA's (Triathlon and Duathlon)***
- Transition will close 15min prior to the start of the race.

2. Racking of bike in the designated area.

- Area's will be clearly marked (Olympic, Sprint and Super Sprint)
- Rack the bike by the back wheel in T1 and by front wheel by T2
- Please rack your bike in the same rack in T2 as T1 if not a penalty of 15sec will be giving.
- Please remove all the unnecessary items for the transition area.

3. Rules inside the transition and Mount/Dismount

- Only athletes will be allowed inside this area at all times.
- The following ruling is important
 - Helmet first (Clip's must clipped) (15sec penalty)
 - Then athletes can unrack their bikes

FREE STATE TRIATHLON (FST)

President: Christa Roestoff Vice President: De la Harpe le Roux Secretary: Wilna Potgieter
Treasurer: Schalk Roestoff
PO Box 12261 Brandhof Bloemfontein





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- No riding your bike before the mount line
- No riding after the dismount line
- Rack your bike before unclipping your helmet (15sec penalty)

4. After the race

- The public announcer will announce one the transition area is open for athletes to go and collect to the bike.
- This is normally 15 min after the last did finish the race.

CYCLING

1. Helmets must be clipped at all times during the cycling leg
2. No rider can at any time cross the white line in the middle of road
3. In Non-drafting events the drafting zone is as follow
 - 12m – 3m
 - If the second rider front wheel crossed the first rider the first rider must leave the draft zone.
 - The second rider have 20sec to make the move.
4. In Draft legal event the following rules need to know
 - No TT/Time Trial Bikes will be allowed
 - Tri-bars must not exceed the foremost line of the brake levers
 - Tri-bars must be manufactory bridge
 - Please be safe when draft

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