



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

Rules around drafting and handle bars for races.

TT bikes/Time Trial bikes

No time trial bikes may be used at any race in the Sprint Series.

Drafting

All races in the Sprint Series are draft illegal.

Handle bars including clip-on bars (tri bars)

The tube ends of all handle bars MUST be plugged. Clip-on bars (tri bars) including the bridge must not exceed the foremost line of the brake levers. Tri bars must have a solid factory bridge or be touching each other. Brake levers or gear levers must not be attached to the clip-on bars.

FREE STATE TRIATHLON (FST)

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