

PENALTIES

Helmets:

Only helmets approved by the TUC's official bike shop may be used in the event. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

Headphones: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Disqualification

Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

Drafting: Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. **Position**--keep to the right hand side of the lane of travel unless passing. **Blocking**--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. **Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid white center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Variable time penalty OR Disqualification

Race numbers: All athletes are required to wear race numbers at all times during the race. Numbers must be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification for transferring a number without race director permission.

Wetsuits: Each participant shall be permitted to wear a wetsuit without penalty. When the water temperature is greater than 25 degrees Celsius but less than 27 degrees Celsius, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 27 degrees Celsius, wetsuits are prohibited.

Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

Variable Time Penalties **First offense** 6 minutes **Second Offense** 12 minutes **Third Offense**
Disqualification