



# Triathlon BC

Youth and Junior Rules and Regulations

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## Introduction

This information and rule guide has been prepared for use by parents, Coaches, Technical Officials and Race Directors who are directly involved with young athletes from 4 to 19 years of age. This document includes the essential competition rules and details of their application, in each age category, during the 2016 season. As usual the foundations of these rules are: first – Safety; and second – Fairness.

In general, the following groups and ages are addressed:

- **Recreational children and youth** : Ages 4 to 15;
- **Competitive youth – with or without drafting** : Ages 13 to 15;
- **Draft Legal:** Junior (ages 16 to 19), U23 and Elite;
- **Recreational and Competitive – Non-drafting** : Age Group ages 16 and older.

## 1. Maximum Distances

- a) In order to ensure a constant progression in the sport of Triathlon in accordance with the approved Long Term Athlete Development Model, the race distances must NOT exceed the limits shown in the table below:

Age Category	Swim	Bike	Run
( age as of 31 December in the year of the race )			
4 - 5 years	25m	1km	250m
6 - 7 years	50m	1.5km	500m
8 – 9 years	100m	3km	1km
10 – 11 years	200m	5km	1,5km
12 – 13 years	375m	10km	2,5km
14 – 15 years	500m	10km	4km
16 – 17 years	750m	20km	5km
<b>18 years and older</b>		<b>All Distances allowed</b>	

## 2. Age Categories:

- a) Age is determined as of 31 December in the year of the race

## 3. Racing Up:

- a) An athlete may NOT compete in a higher category under any circumstances, unless the distances in the higher category are equal to or less than those in the athlete's proper category.

## 4. General Rules For All Youth:

- All participants MUST wear an approved cycling helmet;
- The helmet must be fastened at all times the athlete is in possession of the bicycle;
- In the transition area, all athletes must rack their bike in the space assigned/first chosen;
- A bare torso is forbidden on both the bike and run course;
- Drafting is not allowed, except in Triathlon BC races specifically designated as development races;
- Outside Assistance or external aid is allowed for ages 4 to 9 years. The assistance may only be provided by volunteers or officials assigned by the race organiser;

- g) For athletes 10 to 15 years, all outside assistance or external aid, in any form, may result in disqualification;
- h) Equipment must conform to the rules specific to the age category of the athlete;
- i) A wetsuit may only be worn when the adjusted temperature of the water is less than or equal to 20°C;
- j) A wetsuit **MUST** be worn when the adjusted temperature of the water is less than or equal to 16°C

## 5. Bike, Handle Bars and Aerobars

- a) The bike **MUST** have a brake on each wheel;
- b) For draft legal races (13 – 15 and Junior (16 – 19) categories) traditional drop handle bars are mandatory;
- c) Draft legal aerobars are allowed only in the Junior (16 – 19) category;
- d) Aerobars must not extend past the forward end of the brake levers and must have a solid bridge in accordance with the ITU rules;
- e) Triathlon specific (or time trial) handlebars are **NOT** permitted in any category, except for non-drafting races in age 16 and up.

## 6. Pedals

- a) Platform pedals (without a clip or a cage) are permitted in all categories;
- b) Pedal Cages are **NOT** permitted for ages 15 or under, nor in draft legal races;
- c) All pedal system types (road and mountain) are allowed starting with category 12 – 13 and higher;
- d) For athletes 11 and under, only SPD type pedals are permitted. The cleat must be recessed into the sole of the shoe such that the sole has direct contact with the ground (See ANNEX 1).

## 7. Wheels

### a) **For all Categories age 15 and under:**

Athletes must use standard wheels meeting the following criteria:

- Have at least 16 spokes
- Rims must be metal and their depth shall not exceed 25mm;

### b) **Junior Draft Legal**

- Athletes must use standard wheel that correspond to the criteria listed above **OR** the wheel must be included in the list of Approved Non-Standard Wheels published by l'Union Cycliste International (UCI). Note: the list is subject to change and update without notice.

[www.uci.ch/mm/Document/News/Rulesandregulation/16/51/87/Non-standardwheelsinconformitywithArticle13018\\_English.pdf](http://www.uci.ch/mm/Document/News/Rulesandregulation/16/51/87/Non-standardwheelsinconformitywithArticle13018_English.pdf)

### c) **Category Age 16 and above – Non-Drafting**

- No restrictions concerning wheels.

## 8. Gearing

- a) The gearing shown below are the **MAXIMUM** recommended for Long-Term Athlete Development. The recommendations apply to both training and racing! The recommendations emanate from Cycling BC, Cycling Canada and the UCI:

- **Under Age 9:** 42-16
- **Age 10 - 11:** 46-16

- **Age 12 - 13:** 46-14
- **Age 14 - 15:** 50-14
- **Junior:** 52-14

**9. Bib Number**

- a) Wearing a bib number is mandatory for all athletes while on the run course. The only exception is for athletes in draft legal races who have their name inscribed on their race uniform as per ITU standards.

**10. Organising Youth Beginner and Recreation Events;**

For reasons of safety all events offering “children beginner” or “recreational youth” categories must follow the standards and practices below.

- a) The chart below suggests the colours for the different categories, no matter the sex of the child. Other colours may be selected. No matter what colour used, the colours shall apply to the swim cap, the bib number and the different placards, notices or directions on the course.

Youth Cap Colours	
Category	Colour
4-5	Pink
6-7	Orange
8-9	Light Blue
10-11	Red
12-13	Yellow / Light Green
14-15	Light Green / Yellow

- b) For starts in a pool, swim caps of different colours can be used in a category to facilitate lap counting
- c) No motorcycles are allowed on a course with athletes age 11 and under
- d) In order to promote participation and a sense of accomplishment, **NO PODIUM POSITIONS ARE ALLOWED FOR ALL CATEGORIES AGE 11 AND UNDER.** Participation awards may be offered (e.g. ribbons, medals, etc.).

## **ANNEXE 1: Authorised Pedal Systems for Ages 11 and under.**

Most manufacturers produce a pedal system that clips in and is usually used for mountain biking or cyclocross. The principle characteristics of these systems are:

1. A Clip set into the sole of the shoe to facilitate walking.
2. A pedal that can be clipped into from both sides of the pedal

These systems are also frequently used in road bike races and are the only ones authorised for ages 11 and under in triathlon. Triathlon BC favours no one company over another, the photos are used for example only.



**Photo 1**

**Photo:** Note that the cleat is recessed into the shoe so that the sole will come into contact with the ground as if the clip as not there.



**Photo 2**

**Photo 2:** An example of a pedal system where the cleat can be clipped into the pedal from either side.