

EVENT PROTOCOL / RULES / RACE PROTESTS – ALL ATHLETES MUST READ THIS SECTION

NOTE – all athletes are required to understand and abide to all rules and regulations as laid down by –THE EVENT ORGANISER / TSA / CGT AND ITU.

- **COMPETITION AND UNIFORM RULES** – can be down loaded as follows.
 - o ITU RULES - See Competition Rules - [Click here](#) and
 - o Kit Rules - [Click here](#)
 - o and also be aware of Event specific Rules for the event being competed in and specified at race briefing.
- **RACE TIME LIMITATIONS** – applicable to each leg of each race taking place on the day,- Time limitations will be enforced and should the Chief Race Referee determine that any athlete has not completed any leg of the event in a time which would compromise the race schedules advertised and/or the safety of the other competitors, such athlete will be removed from the event and not allowed to compete further.
- **PROTESTS AND APPEALS** -(chapters 12 and 13). All protests and appeals have to be undertaken and accompanied by the required documentation / fee. note - time limits apply see chapters 12 and 13. athletes are advised to be aware of their responsibility in terms of checking the results and lodging any protests or appeals within the **required time period**.
- **DRAFTING** – Please be sure that you all understand the rules in terms of your event, be it a draft legal or non-drafting event
- **EQUIPMENT** – All members to take note of the specific rules as detailed in the Protocol Document Attached. Juniors are also again reminded to please take note of the following requirement - standard frame construction, drop handle bars, both wheels of normal spoke construction, clip-on tri bars permitted provided they do not extend beyond the brake levers and 15cm ahead of the front axle. Tri Bars must be bridged.
- All handle bar ends must be properly plugged. Mountain Bikes are acceptable
- Brightly coloured swim caps are compulsory as well as uncracked/undamaged functional cycling helmets that can be properly clipped and fit snugly on the athlete's head.
- Remember new athletes competing should remember that the body cannot be uncovered on the cycle and run and that barefoot running or cycling is not allowed. all bikes have to be If you are unsure of any of the rules you can also check on the following websites.

LAST NOTE:- At the event on race day - See our CGT Gazebos which will be up and available for all queries. This will be our main contact point. Be sure to pop in or see us should there be issues that need to be dealt with, in particular with any issues relating to protests and so on.