

HA Junior Duathlon Rules of Competition

Saturday 26th May 2018



- Drafting is not permitted.
- Where cycling on tarmac, athletes only over the age of 13 years can use aero bars. These cannot extend further than the break levers. Age taken as of 31st December 2018.
- Your helmet MUST be securely fastened before you touch your bike.
- Helmet strap must not come over the chin.
- No pacing support from family members either on the run or the cycle element.
- Mounting your bike – both wheels have to be over the line before getting onto your bike.
- Discounting – you must be off your bike before the dismount line.
- No cycling in transition.
- Your bike has to be racked before taking your helmet off.
- Numbers – these have to be visible on your back for the bike and the front for the run.
- Numbers cannot be cut down or made smaller.
- Race belts can be used.
- Parents are not allowed in transition.
- Any verbal abuse from parents towards officials/ other athletes will cause their child to be disqualified.