

Some of the key rules that are applicable to 7Oaks Triathlon and a couple of other reminders

Boxes in transition – whilst boxes can be used to bring necessary items into transition, **only a small soft-sided bag or rucksack can remain**. It is the responsibility of the competitor to ensure that any bag used in transition does not impede other competitors.

Transition - Items of clothing hung over racking is classed as marking and may be penalised if not corrected. Nothing must extend in front of the front wheel of the bike or interfere with the placement of another competitor's kit. **NO BEACH TOWELS ETC**

No Calf guards in the pool. Can wear wear Swimskins but they can't be removed after the swim in a race of our distance.

Tri suits with front zips **ARE** allowed BUT they must remain done up at all times. Appropriate clothing and no bare midribs other than in pool.

Overtaking in the swimming pool should only take place at the end of the lane, unless it is safe to do so otherwise.

Personal video recording devices are not permitted. No GoPro or other recording devices on helmets, bikes or bodies.

Draft zones in draft illegal races such as 7Oaks Tri – 10 metre (increased from 7m) zone must be maintained, with 20 seconds allowed for one competitor to pass through the draft zone of another. The 10 metres is Front Wheel to Front Wheel. Drafting violations cannot be appealed.

Bike **disc brakes** are now permitted.

Helmets must not be worn in relay exchange zones; instead they must remain on the bike before and after relay tagging. We will set up a small changeover box for our relay teams.

As for 2017 there will be a **compulsory foot down** spot on the bike course. At approximately 8 miles at the junction of Hildenborough Road and A227 at Shipbourne, riders will be asked to stop and put one foot on the ground before turning left on A227. Please make sure you are in an appropriate gear when you restart as you start climbing almost immediately. There will be two marshals at this point and warning signs in advance so please do put a foot down otherwise you risk **disqualification**.

Please ensure you attend the **race briefing** before you start your swim.

Competitors are not allowed to assist other competitors

Competitors must not be accompanied on the course by non-competitors, team members, managers or supporters.