



**BRITISH  
TRIATHLON**

# DRAFTING RULES EXPLAINED

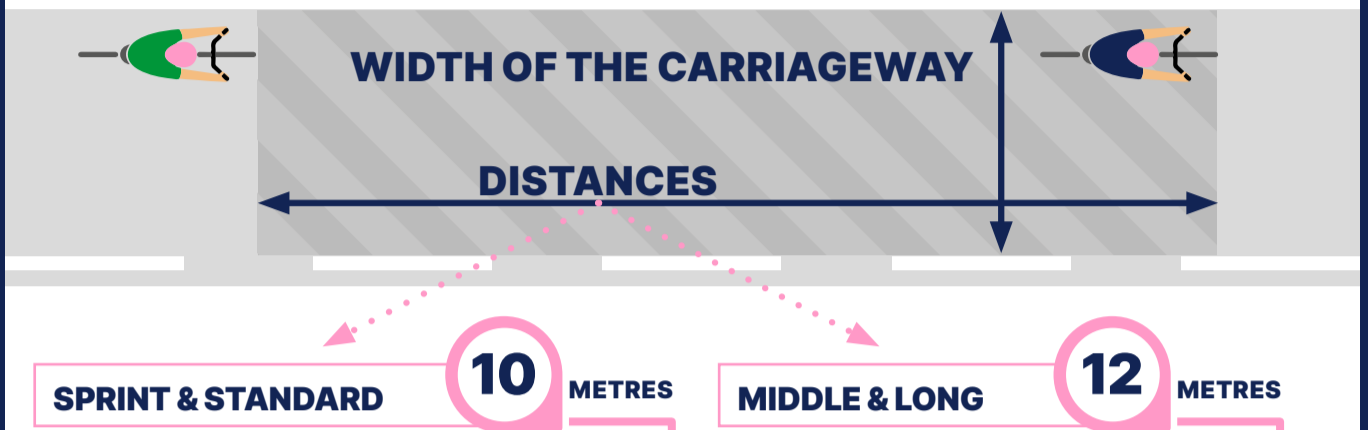
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

**IT'S AGAINST THE RULES**

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE

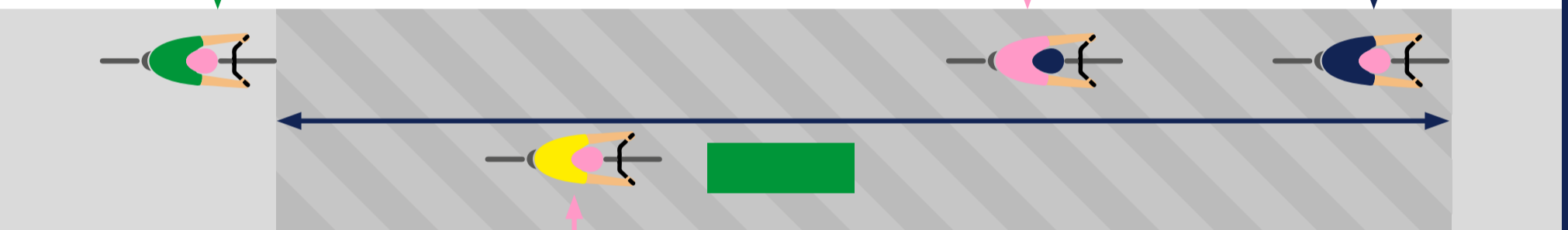


## DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠ DRAFTING BIKE

LEAD BIKE



⚠ BLOCKING

You must keep to the left hand side of the course and not block another competitor trying to pass you.

## MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD

20 SECONDS

MIDDLE & LONG

25 SECONDS

If the pass cannot be made you must drop back.  
Any overtaken cyclist must drop back once passed.



## OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

## PENALTIES

	1st Offence	2nd Offence	3rd Offence
<b>SPRINT</b>	1 MIN PENALTY	DISQUALIFICATION	N/A
<b>STANDARD</b>	2 MINS PENALTY	DISQUALIFICATION	N/A
<b>MIDDLE / LONG</b>	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

This document does not feature all rules regarding drafting.  
A full set of rules can be found at [www.britishtriathlon.org](http://www.britishtriathlon.org)  
- This document is for guidance purposes only.

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