

APPENDIX F – Bike Rules & Regulations

BIKE RULES

Please note the following special rules are in effect for the 2025 Queensland Representative School Sport State Triathlon Championships.

- A “Penalty Box” will be enforced for drafting/blocking penalties. **The time penalty for the 2025 Schools’ Championships is two minutes for all age divisions, and the penalty will take place at the end of the cycle leg.** Athletes who are identified by the draft official must report, with their bike and helmet on, to the “Penalty Box.

Identified athletes who do not report to the “Penalty Box” OR receive multiple penalties will be disqualified, will not be able to compete in the relay event or be eligible for state team selection.

BLOCKING

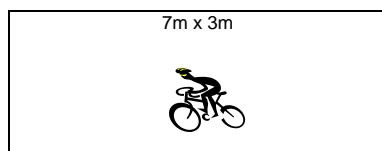
Do not ride beside another rider or ride on the right-hand side of the lane as you will be blocking other faster riders coming through. If you are caught, you will be penalised for blocking. Always stay on the left-hand side unless you are overtaking. After passing another cyclist the athlete passing must move immediately back to the LHS.

DRAFTING

All races in this championship are non-drafting.

Definition: drafting occurs any time the draft zone of a competitor overlaps the draft zone of another competitor on the bicycle course of an event.

- Draft Zone: The draft zone for all competitors and motor cyclists is a rectangle 7 metres long and 3 metres wide which surrounds every bicycle and motor cycle on the bicycle course. The front edge of the front wheel defines the centre of the leading 3 metre edge of the rectangle.



The competitor has 15 seconds to pass through the draft zone and must maintain forward progress. Once passed a competitor must drop back immediately and has 15 seconds to move out of the draft zone.

Athletes need to remember that drafting and blocking on the bike are cheating and must take special note of the rules above. These rules, like all other TA race rules, will be rigorously applied by the technical officials.

BICYCLE SPECIFICATIONS

AusTriathlon Competition Rules 3.14

- a) Road bikes only and ITU approved wheels as per the current Union Cycliste Internationale (UCI) approved wheel list (*if you do not have either please see further down*).

There are 2 UCI wheels lists, one pre-2016 and the current one, see both below. The current list is being continually updated. This link will take you to the UCI web page.

Disc brake race wheels are allowed if the wheel is on the UCI lists. For example the ZIPP 404 with disc brakes is allowed.

<https://www.uci.org/equipment/bh2JJzw1eB0n876rX2iB1>

- b) Only traditional drop handlebars are permitted;
- c) The handlebars must be plugged;

Please note that under World Triathlon rules (commenced on 1/1/23) clip on aero bars are no longer permitted to be used under Draft Legal racing. While the QRSS State Championships is NOT a Draft Legal Race, special rules for our event include that all bikes must meet Draft Legal Specifications.

What if my bike does not meet rule 3.14 in regard to bike and wheels?

- A bicycle can also be used as long as the wheels have at least 16 spokes and the construction of the rim excludes the use of composite fibres.
- The bicycle may be an off-road or youth style bike. No “time trial” style bikes or helmets are allowed. No recumbent style bikes are allowed.

Special Rules for QRSS Triathlon Championships

1. Draft legal bikes (see above)
2. Carbon Wheels permitted for all age groups, including all athletes entered in the junior division
3. Bike Leg Penalty – Drafting or Blocking 2 minutes all age groups.