

Rules Around Drafting And Handlebars

TT (Time Trial) Bikes & Aero/Tri Bars

- TT bikes & aero/tri bars may be used in the standard distance triathlon and standard distance duathlon races
- Time trial bikes or aero/tri bars may not be used in any other races

Drafting

- Standard distance races = drafting illegal
- All other races = drafting legal

Handlebars including clip-on bars (tri bars)

- The tube ends of all handlebars MUST be plugged
- Clip-on bars (tri bars), as well as integrated tri bars, are allowed in standard distances races ONLY.