



USA TRIATHLON DRAFT ZONE



10 METERS: 5 BIKE LENGTHS BETWEEN RIDERS

20 SECONDS TO COMPLETE PASS

Current draft zone: 1minute stop and start for first violation. **BLUE CARD.**

PENALTIES

YELLOW CARD

SPRINT: 10 SECONDS

OLYMPIC: 15 SECONDS

MID: 30 SECONDS

LONG: 1b MINUTE

BLUE CARD

SPRINT: 1 MINUTE

OLYMPIC: 2 MINUTES

MID-LONG: 5 MINUTES

Multiple **BLUE** card penalties may result in Disqualification. Bike legs of 80 km or less, two violations. Bike legs of 80 km or greater, three violations.