

Lindsay Kids of Steel // Rules

1. Participants aged 3-7 can use a floatation device in the swim
2. All participants must wear approved helmets (ASTM F-1447 and CPSC-1203) on the bicycle course
3. Chinstraps must be fastened before removing the bike from the bike rack. Furthermore, chinstraps must remain fastened until the bike has been returned to the bike rack
4. Participants must rack their bikes in the transition area
5. Boys must wear shirts or singlets during the bike
6. Aero Bars:
 - a. 13 & under: not permitted
 - b. 14 and older:
 - i. Only “draft legal” Aero Bars will be allowed i.e., may not extend beyond the brake levers
 - ii. Aero Bars must be bridged
7. Cages will not be allowed at any age
8. Clipless pedals will be allowed at any age provided the following conditions are met:
 - a. Only SPD’s will be allowed
 - b. Must be double sided (mountain bike pedals)
 - c. Cleats must be recessed in the tread to allow the athlete to walk without slipping
9. Gear Ratios (RECOMMENDED):
 - a. 13 & under: 45x16
 - b. 14 & over: 52x16
10. Race Wheels:
 - a. 14 & over MAY use race wheels
 - b. 13 & under to use standard wheels which have:
 - i. A minimum of 16 metal spokes

- ii. Round, oval, or flat spokes which may not exceed a depth of 2.4mm
 - iii. Metal rims may not exceed a depth of 2.5 mm. Rim depth includes the exclusion of disk wheels.
 - iv. Standard road tires, being no thinner than 23c type i.e., No racing slicks.
11. Drafting on the bike course is not permitted
 12. Participants and parents must conform to the rules of fair play and good sportsmanship
 13. Parental assistance is not permitted on the racecourse or in the transition area once the race has begun ***** any outside assistance may result in immediate disqualification*****
 14. The Triathlon Ontario Official or Race Director may disqualify a participant who is in direct violation of the rules
 15. All participants must belong to Triathlon Ontario or must purchase a Triathlon Ontario One-Day Membership

NOTE: **failure to follow rules is grounds for disqualification**