



1.5 km Swim 44 km Cycle 10km Run



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ANTI-DRAFTING POLICY



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Drafting is defined in the Triathlon Ireland Manual of Guidance as;

- a. Drafting is the term to describe the act of taking shelter behind or beside another competitor or vehicle, within the “Draft Zone” during the cycling segment.
- b. Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft.
- c. Drafting is allowed, by exception to the normal rule, in certain ITU, ETU and Championship events. In such circumstances the Rules of the ITU, ETU will be applied.
- d. A competitor who does not clearly avoid violating the drafting rules may receive a penalty.
- e. In Sprint and Standard Distance events the “Draft Zone” is a rectangle surrounding every competitor that is 3 metres wide and extends to 7 metres behind the front wheel of the competitor's bicycle. The front edge of the front bicycle wheel will define the centre of the leading 3-metre edge of the rectangle. A competitor may enter the draft zone but must be seen to be making forward progress. A maximum of 15 seconds will be allowed for a competitor to pass through the draft zone. (ITU/ETU RULE 2005)
- f. The draft zone of one competitor may not overlap the draft zone of another competitor.
- g. A competitor is overtaken when the front wheel of another competitor's bicycle is ahead of theirs. It is then his/her responsibility to drop out of the draft zone, either sideways, or by dropping back.
- h. Side by side riding is only allowed on courses that are fully closed to traffic. Single file riding will apply to all open or semi-open courses.
- i. It is not allowed to gain unfair advantage by drafting on officials' escort vehicles or vehicles being used by media etc. Minimum bicycle/vehicle separation will be 35 metres long by 5 metres wide.
- j. A competitor may enter a bicycle draft zone (subject to the official's judgment) in the following circumstances:
 - If the competitor enters the draft zone, and progresses through it within 15 seconds
 - For safety reasons
 - At an aid station
 - At the exit or entrance of a transition area
 - At an acute turn
 - If race officials exclude a section of the course because of narrow lanes, construction works, detours, or for other safety reasons.



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- 'Hell of the West' is a Non-Drafting race. Drafting is not permitted on any part of the cycle route at any time.
- The organisers of 'Hell of the West' view Drafting as a major violation of the event rules. Athletes deliberately involved in drafting are not welcome as their actions cast a negative shadow on the event that we have put a lot of time and effort into organising for the benefit of 700 competitors, the vast majority of whom want to compete in a challenging and fair event.
- A number of procedures have been put in place to Prevent, Eliminate and Penalise against the act of Drafting. These will include but are not limited to.
 1. Draft Marshals will be located at various points on the cycle route. These will include static, car based and motorbike based officials.
 2. Internal 'Draft Busters' will also be adopted for the event. This involves a number of carefully pre-selected experienced participating athletes who are trained race officials and acting as draft marshals, deployed throughout the various abilities. These will act in conjunction with the regular officials but will not be visible to other competitors.
 3. The Draft Marshals reserve the right to take following actions deemed most suitable at the time and in the interests of Health and Safety. These include;
 - Demand any cyclist/cyclists deemed to be drafting to either move through ahead of, or pull back behind the lead cyclist.
 - To apply time penalties of 4 minutes to athletes deemed to be drafting. This time penalty will be added to the athletes overall time at the end of the race. Anyone receiving two 4 min drafting penalties will be automatically disqualified.
 - To apply immediate time penalties by stopping a cyclist or group of cyclists at the road-side. Those involved in "group" or "bunch" drafting will all be pulled over to a safe off- course location and each then let off again in 30 second intervals. The Bigger the group the longer the penalty. Group/bunch cycling is not permitted and every last effort should be made by each athlete to avoid groups at all costs.
 4. Any athlete deemed to breach the rules in relation to drafting will have the rule violation recorded on the official results sheet where applicable – stand down and release penalties on the course may or may not be recorded.
 5. Any athlete who protests or argues with the decision of a race marshal will be immediately disqualified: "Abuse of marshals". Athletes are offered an appeals process after the race- see 3.16 manual of guidance on TI website for details. However please note that Appeals/protests cannot be made against "judgment calls" made by officials. This includes, but is not limited to, drafting, dangerous riding, safety issues and unsporting conduct.



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- The Race organisers are concerned with creating an enjoyable and fair race for all. We endeavor to do this by taking harsh but fair action against those who breach the rules and cheat by introducing Drafting into the event.