



Gravel Multisport Rules and Recommendations

Rules

GM 1. General

Gravel Triathlon consists of swimming, biking, and running. Gravel Duathlon consists of running, biking, and running.

GM 2. Distances and Courses

The distances for gravel multisport events shall be determined by race management with a fair competition and athlete safety as the primary considerations. When possible, courses should have demanding hills and challenging technical aspects.

GM 3. Illegal and Legal Equipment

GM3.1 Time trial bicycles and aero bars of any type are prohibited.

GM 3.2 Fixed gear bicycles and recumbent bicycles are prohibited.

GM 3.3 All other bicycles currently allowed under the competitive rules are allowed.

GM 3.4 Bar ends must be plugged.

GM 4. Course Progress

GM 4.1 Drafting is allowed. (See Race your own race in Recommendations)

GM 4.2 Athletes are allowed to push or carry the bike over the course.

GM 4.3 For safety reasons race management may establish no passing zones on the course.

GM 4.4 Lapped athletes will not be removed from the competition.

Recommendations

Race your own race: While gravel multisport is a draft legal sport, athletes found to be intentionally abandoning their own ambitions to advance the position of another athlete may be barred from future gravel multisport events. Such a determination is solely a race management decision.

Race Starts: At the sole discretion of race management races may be started as mass starts, wave starts, or time trial starts.

Note: Where the above rules do not supersede, the standard USA Triathlon Competition Rules will apply.