

# Head Referee Competitor Briefing



**Event and Date :**

**Delivered by:**

This template is a guide only. Head Referee to determine final contents.

	Participation Event	Competitive Event
Length of Briefing	1-2 Mins	2-4 Mins
Introduction & Welcome	✓	✓
Race will be conducted under AUSTRiathlon Race Competition Rules		✓
<b>Rule Reminders - All Rules are for YOUR Safety &amp; Fairness</b>		
SWIM - Wear swim cap if provided for your SAFETY	✓	✓
SWIM - Wetsuit Ruling - Water Temp =                      WETSUITS: YES   NO   OPTION	✓	✓
Wetsuits : YES   NO   OPTION                      Special Ruling Over 65: YES   NO	✓	✓
TRANSITION - Do not touch your bike until you have your helmet on	✓	✓
TRANSITION - Do not get on your bike until you are OVER the mount line	✓	✓
TRANSITION - Dismount your bike BEFORE the dismount line	✓	✓
TRANSITION - DO NOT TOUCH YOUR HELMET until your bike is racked	✓	✓
BIKE COURSE - Stay left at all times - Only pass on the RIGHT	✓	✓
BIKE COURSE - Drafting   NON-Drafting Race - Explain Drafting.	✓	✓
BIKE COURSE - Drafting distance =                      Time to Pass =                      seconds		✓
BIKE COURSE - Blocking - Explain		✓
BIKE COURSE - Littering - Not permitted	✓	✓
BIKE COURSE - PENALTIES - BLUE Card - What to do, explain & demonstrate		✓
PENALTIES - YELLOW Card - What to do	✓	✓
PENALTIES - RED Card - What to do	✓	✓
PENALTY BOX - Explain Location	✓	✓
BE KIND to all volunteers, race personnel and technical officials	✓	✓
RUN COURSE - Must wear shoes and have your torso covered	✓	✓
RUN COURSE - PENALTY - Zip not done up	✓	✓
Stay safe, obey the rules & have Fun!	✓	✓