
Kids of Steel Race Rules

With corresponding Triathlon Canada Competition Rule numbers (where applicable):

1. All participants must wear approved helmets (ASTM F-1447 and CPSC-1203) on the bicycle course. (7.3.2.1.1)
2. Chinstraps must be fastened before removing the bike from the bike rack. Chinstraps must remain fastened until the bike has been returned to the bike rack. (7.3.2.3) and (9.1.1)
3. Participants must rack their bikes in the transition area (9.1.2)
4. Boys must wear shirts or singlets during the bike (7.1.4) and run (5.2.4.8)
5. Aero bars and clipless pedal & cycling shoe systems are not permitted for ages 13 & under.

For age divisions where this equipment is not permitted, the only exception is for mountain bikes which have wide based platform pedals with a clip on shoe cleat which may be allowed at the discretion of a qualified Technical Official officiating at the KOS race. If such a pedal system is allowed, the athlete must wear running shoes on the bike segment with the Official's decision as to whether the pedal is suitable for a running shoe being final.

6. Gear ratios RECOMMENDED for ages 13 & under: 45x16 and for 14 & over: 52x16
7. Ages 14 & over MAY use race wheels. Ages 13 & under are required to use standard wheels.

Standard wheels have:

- A minimum of **24** metal spokes
 - Round, oval, or flat spokes which may not exceed a depth of **2.4mm**
 - Metal rims may not exceed a depth of **2.5cm**. Rim depth includes the exclusion of disk wheels.
 - Standard road tires, being no thinner than **23c** type i.e. No racing slicks.
8. Drafting on the bike course is not permitted (7.2.3.1)
 9. Participants and parents must conform to the rules of fair play and good sportsmanship (5.2.4.2)
 10. 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. (5.2.4.5)
 11. The OAT official or Race Director may disqualify a participant who is in direct violation of the rules. (5.0)
 12. There will be NO racing up in any age group except for ages 18 & 19 who may race up to 18-23 ITU.
 13. All participants must belong to OAT (4.4.5.1) or must purchase an OAT One-Day Membership. (4.4.5.2)