



The Official Special Olympics Sports Rules for Sprint Triathlon shall govern all Special Olympics competitions. As an international sports program, Special Olympics New Hampshire has created these rules based on the governing body rules, the Team USA Triathlon (USAT) rules for sprint triathlon, that can be found at

<https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

Events Offered

- Unified Sports® Sprint Triathlon

Registration

- Must submit qualifying scores for each of the three stages: swimming, cycling, and running.
- Updated times may be provided up to the close of the scratch period to provide the most accurate score for each athlete and Unified partner.
- Each athlete has a Unified partner that competes with them during each stage of the competition.
- The time is based on the person (athlete or partner) who crosses the finish line last.

Divisioning

- Divisioning is based on the qualifying score (the sum of three scores) provided for each athlete/partner.

Equipment

- Goggles or face masks may be worn but are not required.
- The bicycle may be on-road, off-road or youth style. No recumbent style bicycles are allowed.
- Cyclists must wear a helmet approved by the US Consumer Product Safety Commission for road cyclists.
- Cyclists must wear shoes at all times while on the bike.
- Participants must wear shoes at all times while on the running portion of the course.

Uniform

- Race numbers must be displayed at all times. Each team member must have their race number on their upper shoulder for swimming, displayed on their bike for cycling, and wear their bib numbers on their front while running.
- Proper swimwear must be worn.
- Proper athletic attire and shoes must be worn. No jeans allowed.

Competition

COURSE LAYOUT

- 250M Swim
- 10.1KM Bike Ride
- 5KM Run

GENERAL RULES

- Participants must complete the prescribed course in its entirety.
- No personal audio devices or headsets may be used or carried during any portion of the event.
- No unauthorized assistance of any kind is allowed. Parents or other non-participants may not run or ride a bicycle with a participant nor may they provide participants any food, fluid, or equipment aid during competition.

Transition Rules

- The transition area is open to participants, their coaches and their parent/guardian only. When transition closes for competition to begin, only participants and race officials may enter transition. Finishers may not retrieve gear until all participants have finished the cycling portion and have begun the run to not interfere with other competitors entering/exiting the transition area.
- Competition apparel (shoes, socks, shirts) must be placed next to the bicycle at the rack and may not be taken to the pool or swim start area.
- Bicycles must be placed in the rack according to the directions given by race officials. Bicycles may be racked in the assigned area, by the handlebars, the seat or by using the kickstand. Bikes placed on kickstands must be in the designated area, in line with other bikes, and may not extend out into the lane of travel.
- Participants may not interfere with other participants' gear.
- After completing the cycling portion, participants must return bicycles to an upright position in the same assigned location before beginning the run portion.
- No riding bicycles in transition. Participants must walk or run with their bicycles and may not mount until out of transition and in the designated mount zone.

Swimming Rules

- No flotation devices of any kind may be used during the swim.
- No artificial propulsive devices such as fins, paddles, or gloves may be used.
- Swimmers must be able to complete the entire course using any stroke. Swimmers may not make forward progress by pulling on lane ropes, swim gutters or any other inanimate object.
- If provided by the event, swimmers must wear the assigned swim cap throughout the swim.
- Participants must follow instructions given by lifeguards and officials including prohibitions against running on the pool deck or diving in restricted areas.

Cycling Rules

- Cyclists shall ride in a safe manner, which includes:

- Riding on the right side of the lane;
- Riding no closer than two bike lengths distance behind a leading cyclist;
- Passing on the left of the slower cyclist;
- Riding in a straight line without swerving, veering, or blocking the forward progress of other cyclists.

Running Rules

- Participants shall run or walk the entire course.

Disqualification

- You can be disqualified for breaking any of the rules. It is at the discretion of the officials.