

# Sprint Triathlon Rules

Valid through 2025

**Special Olympics**  
New Hampshire



Special Olympics New Hampshire has created this set of rules based on the rules outlined by Special Olympics International as well as the World Triathlon rules for sprint triathlon.

These rules shall be used to govern all Special Olympics New Hampshire Sprint Triathlon competition through the end of 2025 when we next review these 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.
- A team's time is based on the person (athlete or Unified Partner) who crosses the finish line last.

## Divisioning

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

## 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

- 300M Swim
- 20KM 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 to run to not interfere with other competitors entering/exiting the transition area.
- Competition apparel (shoes, socks, shirts, helmets, glasses) 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.
- All participants must have their helmet securely fastened from the time they remove their bikes from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg.
- 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

- Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Swimmers must be able to complete the entire course and may not make forward progress but pulling on lane ropes, swim gutters or other inanimate objects.
- Athletes are allowed to push off the ground at the beginning and the end of every swim lap.
- 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.
- 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 a slower cyclist
  - Riding in a straight line without swerving, veering, or blocking the forward progress of other cyclists
- A cyclist is not permitted to:
  - Block other athletes
  - Cycle with a bare torso
  - Make forward progress without being in possession of their bike
- Dangerous behavior
  - Cyclists must obey the specific traffic regulations for the event.
  - Athletes leaving the course for safety reasons must return to it without gaining an advantage.

## Running Rules

- Participants shall run or walk the entire course. Crawling is not allowed.
- Participants must wear a shirt of some sort and may not have a bare torso.
- Participants must not be accompanied by any non-competing athletes, team members, coaches, or pacemakers on the course or alongside the course.

## Disqualification

- A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, dangerous or unsportsmanlike conduct.
- Disqualification is notified by sounding of a whistle or calling the athlete or Unified Partner's name and saying "disqualified".
- For safety reasons, an official may have to delay issuing a disqualification.