



Summer Games - Triathlon

TRADITIONAL EVENTS

Individual Triathlon

Traditional Triathlon Relay

UNIFIED EVENT

Unified Triathlon Relay

The Official Special Olympics Sports Rules for Triathlon shall govern all Special Olympics competitions. Special Olympics has created these rules based on USA Triathlon rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules.

RULES OF COMPETITION

UNIFORM SPECIFICATIONS

1. Swimming portion
 - a. All participants must wear swimsuits or triathlon suits that are non-transparent and conform to the current concept of an appropriate swimsuit.
 - b. The Swimming Sport Management Team or sport official shall have the authority to bar offenders from competition, until they comply with this rule.
2. Biking portion
 - a. Shoes must be worn at all times while on the cycling course.
 - b. The following is the approved uniform/equipment list and is required for cycling competition:
 - i. Running shorts, basketball shorts, cycling shorts, triathlon suite, sweatpants, jogging pants, t-shirts, tank-tops, sweatshirts, athletic shoes, cycling shoes, tennis shoes, basketball shoes, running shoes, and cross-trainers.
 - b. The following uniform/equipment list will disqualify the individual from competition if worn:
 - i. Denim slacks or shorts, casual wear, dress slacks or shorts, tennis shorts, button-down casual shirts, golf shirts, shirts with collars, ads for alcohol or tobacco products, hard-soled shoes, sandals, and hiking boots.
 - c. Competitors must wear helmets which meet the safety standards of the U.S. Consumer Product Safety Commission.
 - i. Competitors are responsible for providing their own helmet and wearing it through the cycling portion. See Page 76.
3. Running portion
 - a. Shoes must be worn at all times while on the run course.
 - b. The following is the approved uniform/equipment list and is required for athletic competition:
 - i. Running shorts, basketball shorts, biker shorts, triathlon suite, sweatpants, jogging pants, t-shirts, tank tops, sweatshirts, athletic shoes, tennis shoes, basketball shoes, running shoes, and cross-trainers.
 - b. The following uniform/equipment list will disqualify the individual from athletic competition if worn:
 - i. Denim, slacks or shorts, casual wear, dress slacks or shorts, tennis shorts, button-down casual shirts, golf shirts, shirts with collars, ads for alcohol or tobacco products, hard-sole shoes, sandals, and hiking boots.

GENERAL RULES

1. Discipline distances & order: 100m swim, 4-mile bike, 1-mile run.
2. Competitors or relay teams must complete the course in its entirety.
3. No unauthorized assistance of any kind is allowed.
4. Swimming Rules
 - a. No flotation devices of any kind may be used during the swim.
 - b. No artificial propulsive devices such as fins, paddles, or gloves may be used.
 - c. All swimmers will start on the deck of the pool and enter the pool feet first (no diving).
 - d. Swimmers must be able to complete the entire course using any stroke.
 - e. Swimmers may not make forward progress by walking, pulling on lane ropes, swim gutters or any other inanimate object.
 - f. Goggles or face masks may be worn but are not required.
 - g. If provided by the event, swimmers must wear the assigned swim cap throughout the swim.
 - h. Participants must follow instructions given by lifeguards and officials including prohibitions against running on the pool deck or diving in restricted areas.
2. Transition Rules
 - a. The transition area is open to participants and their coaches only. When the transition closes for competition to begin, only participants and race officials may enter the transition.
 - b. 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.
 - c. 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.
 - d. Participants may not interfere with other participants' gear.
 - e. After completing the cycling portion, participants must return bicycles to an upright position in the same assigned location before beginning the run portion.
 - f. No riding bicycles in transition area. Participants must walk or run with their bicycles and may not mount until out of transition and in the designated mount / dismount zone.
3. Bicycle Equipment Rules
 - a. The bicycle must be road worthy and in safe operating condition.
 - b. The bicycle shall have two (2) wheels. No training wheels are allowed.
 - c. There must be at least one (1) working brake on each of the two (2) wheels unless the bicycle was manufactured with only one (1) brake, in which case, the working brake shall be on the rear wheel.
 - d. The bicycle may be on-road, off-road or youth style. No recumbent style bicycles are allowed.
 - e. Only standard drop, straight, or curved handlebars are allowed. No aero or time trial bars may be attached to the bike or used during competition. All handlebars ends shall be solidly plugged.
 - f. No disk wheels or wheel covers are allowed.
 - g. Race officials reserve the right to disallow any bicycle deemed unsafe. Any unusual bicycle must be approved by race officials prior to competition.
4. Cycling Conduct - cyclists shall ride in a safe manner, which includes:
 - a. Riding on the right side of the lane
 - b. Riding no closer than two (2) bike lengths behind a leading cyclist
 - c. Passing on the left of a slower cyclist
 - d. Riding in a straight line without swerving, veering, or blocking the forward progress of other cyclists

RELAY RULES

1. A traditional relay team may be comprised of two (2) or three (3) athletes.
2. A Unified relay team may be comprised of one (1) or two (2) athletes and only one (1) Unified partner.
3. The Unified partner may compete in only one (1) leg of the relay.
4. Traditional & Unified relay teams will be divisioned together.