



TRIATHLON

Sport Rules

Special Olympics





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1. GOVERNING RULES

The Official Special Olympics Sports Rules for Triathlon shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon World Triathlon rules for Triathlon found at <https://www.triathlon.org/>. ITU or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Triathlon or Article I. In such cases, the Official Special Olympics Sports Rules for Triathlon shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-RulesArticle-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports

2. OFFICAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest. The following is a list of official events available in Special Olympics.

2.1 Sprint Distance 750m (swim) – 20km (cycle) – 5km (run)

2.2 Super Sprint Distance 300m (swim) – 10km (cycle) – 2.5km (run)

2.3 Team Relay 750m (swim) - 20km (cycle) - 5km (run)

Relay teams are formed of 3 competitors that compete as a team to finish the Team Relay competition. Only one person is on the course at a time, all team members must complete one section of the course (swimming, biking and running). In team sports, division assignment is based on the best players on the roster, not the average ability of all players. Team sports must have an adult, non-playing coach. Player-coaches are not allowed in team sports.

2.4 Unified Triathlon 750m (swim) – 20km (cycle) – 5km (run)

The competition will be comprised of 2 athletes and 1 Unified partner. Each member of the team will be responsible for one discipline. Unified Triathlon is designed to contribute further to the mainstreaming of individuals with intellectual disabilities by bringing together individuals with intellectual disabilities and those without on the same team as equal partners. The equality among all teammates is enhanced when the teammates are roughly the same age and ability. The selection of athletes and partners of similar age and ability is essential for Unified Triathlon training and competition.

2.5 Unified Tandem Triathlon (Super Sprint): The competition will be comprised of a Unified pair consisting of 1 athlete and 1 Unified partner. The Unified Tandem completes the whole triathlon together as a pair.

2.6 Unified Triathlon (Sprint Distance): The competition will be comprised of a Unified pair consisting of 1 athlete and 1 Unified partner. The Unified Tandem completes the whole triathlon together as a pair.

2.7 Unified Team Triathlon - Super Sprint & Sprint Distance: The competition will be comprised of 1 athlete and 1 Unified partner. The team completes the whole triathlon alongside each other for each discipline.

3. DISCIPLINES

3.1 SWIMMING:

3.1.1 Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground at the beginning and the end of every swim lap;

3.1.2 Athletes must follow the prescribed swim course;



- 3.1.3 Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat;
- 3.1.4 In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition;
- 3.1.5 Athletes may sportingly maintain their own space in the water:
- 3.1.6 Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- 3.1.7 Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- 3.1.8 Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification.
- 3.1.9 Wetsuit use:

Swim Length	Forbidden	Mandatory
Up to 750m	22°C and above	18°C and below

- 3.1.10 Start procedure:
 - 3.1.10.1 Athletes are grouped at the pre start areas according to the assigned start wave (division);
 - 3.1.10.2 Athletes will be called to the start area and they will occupy the start positions according to the Technical Officials instructions;
 - 3.1.10.3 After all athletes are in position "On your marks!" is announced;
 - 3.1.10.4 Any time after the announcement, the start signal will be given by blasting a horn. Athletes will move forward;

3.2 CYCLING:

- 3.2.1 An athlete is not permitted to:
 - 3.2.1.1 Block other athletes;
 - 3.2.1.2 Cycle with a bare torso;
 - 3.2.1.3 Make forward progress without being in possession of the bike;
 - 3.2.1.4 Use a different bike during the competition than the one checked-in.
- 3.2.2 Dangerous behavior:
 - 3.2.2.1 Athletes must obey the specific traffic regulations for the event, unless a Technical Official advises otherwise;
 - 3.2.2.2 Athletes leaving the field of play for safety reasons have to return to it without gaining any advantage;
 - 3.2.2.3 Dangerous riding may result in a penalty.
- 3.2.3 Equipment: In general, UCI and World Triathlon rules, as of January 1st of the current year, will apply during competition and also during familiarization sessions and official training.
- 3.2.4 Drafting:

Sprint distance (0.75km-20km-5km)	Illegal
Super Sprint distance (0.3km-10km-2.5km)	Illegal
Relay Team (0.75km-20km-5km)	Illegal
Unified Triathlon (0.75km-20km-5km)	Illegal



- 3.2.4.1 The Technical Delegate can make the final decision on the drafting rule based on the number of participants, nature of the bike course and safety of the athletes.
- 3.2.4.2 It is forbidden to draft off another athlete or motor vehicle.
- 3.2.4.3 An athlete who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;
- 3.2.4.4 Bicycle draft zone: the bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete;
- 3.2.4.5 Motorbike draft zone: the draft zone behind a motorbike will be 15 meters long;
- 3.2.4.6 Vehicle draft zone: The draft zone behind a vehicle will be 35 meters long and applies to every vehicle on the bike segment.
- 3.2.4.7 Entry into the bicycle drafting zone: An athlete may enter a bike draft zone in the following circumstances:
 - 3.2.4.7.1 If the athlete enters the draft zone, and progresses through it within the allotted time in the overtaking maneuver; For safety reasons;
 - 3.2.4.7.2 100 meters before and after an aid station or transition area;
 - 3.2.4.7.3 At an acute turn;
 - 3.2.4.7.4 If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.
- 3.2.4.8 Overtaking:
 - 3.2.4.8.1 An athlete is passed when another athlete's front wheel is ahead of theirs;
 - 3.2.4.8.2 An overtaken athlete must drop out of the draft zone of the passing athlete by continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
 - 3.2.4.8.3 Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;
 - 3.2.4.8.4 Athletes must keep to the side of the course and not create a blocking incident;
 - 3.2.4.8.5 Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course; Athletes blocking will receive a yellow card to be served at the next bike penalty box.
- 3.2.4.9 Penalties for drafting:
 - 3.2.4.9.1 It is forbidden to draft in a competition declared as draft-illegal;
 - 3.2.4.9.2 Technical Officials will notify the athletes who draft they are subject to a time penalty. This notification must be clear and unambiguous;
 - 3.2.4.9.3 The athlete sanctioned has to stop in the next penalty box and must stay there for a specific time depending on the competition distance. One minute for the sprint distance and 30 seconds super sprint distance;
 - 3.2.4.9.4 It is the athlete's responsibility to stop in the penalty box. Failing to stop will result in a disqualification;



3.2.4.9.5 A second drafting offence will lead to a disqualification.



Short and super sprint distance 10m

3.3 RUNNING:

- 3.3.1 The Athlete will;
 - 3.3.2 Run or walk;
 - 3.3.3 Wear the official race number
 - 3.3.4 Not crawl;
 - 3.3.5 Not run with a bare torso;
 - 3.3.6 Not be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course.

3.4 TRANSITION AREA:

- 3.4.1 All athletes must have their helmet securely fastened from the time they remove their bike 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;
- 3.4.2 Athletes must use only their designated bike rack;
- 3.4.3 Athletes must place within 0.5m of the bin all equipment to be used at a later stage in the event. If a bin is not provided, the 0.5m will be measured from the point on the ground immediately below the rack number or name plate. Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before competition start;
- 3.4.4 Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike in Transition 1;
- 3.4.5 Cycling is not permitted inside the transition area, except during the cycling segment. Mount and dismount lines are part of the transition area;
- 3.4.6 Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line;
- 3.4.7 Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line;
- 3.4.8 While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands;
- 3.4.9 Nudity or indecent exposure is forbidden;
- 3.4.10 Athletes cannot stop in the flow zones of the transition area;
- 3.4.11 The helmet strap must remain unfastened in the transition area while the athlete is completing the first segment.



4. RULES & MODIFICATIONS

4.1 COMMUNICATION:

- 4.1.1 Athletes may not use communication devices of any type. Using communication device in any distracting manner during the competition will result in disqualification;
- 4.1.2 Cameras, phone cameras, and video cameras are prohibited unless permission is given by the Technical Delegate or the license holder of the event.

4.2 OUTSIDE ASSISTANCE:

- 4.2.1 The assistance provided by event personnel or Technical Officials is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Head Referee. Athletes competing in the same competition may assist each other.
- 4.2.2 Athletes may not provide any item of equipment to an athlete competing in the same competition which results in the donor athlete being unable to continue with their own competition. The penalty for this will be disqualification of both athletes.
- 4.2.3 An athlete cannot physically assist the forward progress of another athlete on any part of the course. This will result in both athletes being disqualified.

4.3 UNIFORM:

All athletes competing in SOI Events are required to wear their uniform recognized by their NF conforming to the World Triathlon/SOI Guidelines Regarding Authorized Identification;

- 4.3.1 Athletes must wear the uniform during the entire competition;
- 4.3.2 The uniform must cover the whole torso in the front. The back may be uncovered from the waist up;
- 4.3.3 In extreme weather conditions the decision rests with Technical Delegate in consultation with the Medical Delegate (if applicable) to allow or make changes.

4.4 RACE NUMBERS:

Mandatory for all in the SO Triathlon events;

- 4.4.1 Mandatory for the bike/run segment;
- 4.4.2 Must be visible on the back during bike segment, front during the run segment.

4.5 BODY MARKINGS:

- 4.5.1 The Local Organizing Committee (LOC) can provide body marking decals, which the athletes must apply prior to the event;
- 4.5.2 Body markings are to be applied to each arm and leg, unless instructed otherwise by the SO Technical Delegate at the briefing;

4.6 PRE-RACE BRIEFINGS:

- 4.6.1 The Technical Delegate will hold the Pre-Race Briefings, and coaches' and athletes' meetings.
- 4.6.2 The agenda will include the announcement of the Competition Jury and all the technical details of the event as well as specific information for coaches.
 - 4.6.2.1 Athletes/ Coaches must attend to the briefing.
 - 4.6.2.2 Athletes missing the briefing due to force majeure needs to inform the Technical Delegate, not information the TD is a DQ.



4.7 TIMING AND RESULTS:

- 4.7.1 A competition will be won by the athlete who has the shortest time from the start signal to the moment when the athlete finishes the competition.
- 4.7.2 The official results will list the athletes according to their finish time and in accordance with the Olympic Results.
- 4.7.3 In the event that two athletes tie for a place, and their performances cannot be separated, they will be awarded the same rank, and the next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing.
- 4.7.4 Time splits to be included are:
 - 4.7.4.1.1 Swim or first segment;
 - 4.7.4.1.2 Transition 1;
 - 4.7.4.1.3 Bike or second segment;
 - 4.7.4.1.4 Transition 2;
 - 4.7.4.1.5 Run or third segment;
 - 4.7.4.1.6 Overall finish time.
- 4.7.5 Results will include the following Invalid Results Markers (IRM) and listed in this order:
 - 4.7.5.1 Athletes or teams who do not finish the competition (DNF);
 - 4.7.5.2 Any lapped athletes or athletes stopped by the last biker – first runner scenario (LAP);
 - 4.7.5.3 Those who are disqualified (DSQ);
 - 4.7.5.4 Athletes or teams which did not start (DNS);
- 4.7.6 Results will be official once the Head Referee signs them. Incomplete results can be declared official at any time. The Head Referee will use all the resources available to decide the final position of every athlete. The information from technology will be used to assist in the decision-making process. The Head Referee may decide, based on the available evidence, that a competition is tied if there is no way of defining which athlete crossed the line first.

4.8 EXCEPTIONAL CONDITIONS:

The following list highlights some of the exceptional situations that may happen. Different scenarios from those indicated may arise, which need to be solved by the Technical Delegate following the same principles.

- 4.8.1 Before the competition a triathlon may be modified to a duathlon or aquathlon.
- 4.8.2 Duathlon is an athletic event that consists of a running leg, followed by a cycling leg and then another running leg in a format similar to triathlons.
- 4.8.3 Aquathlon consists of three legs, running leg, swimming and another running leg.
- 4.8.4 The distance of the duathlon and aquathlon is according to the World Triathlon Competition Rules.
- 4.8.5 Modification of the competition once started:
 - 4.8.5.1 Any segment, but only one, may be shortened during the competition. The Technical Delegate and Technical Officials will take all reasonable actions to ensure the fairness of the event and the safety of the athletes. Otherwise, the competition will be stopped;

4.9 PENALTIES:

- 4.9.1 Failure to comply with the SO Competition Rules may result in an athlete being verbally warned, issued with a time penalty or disqualified
- 4.9.2 The Technical Officials are allowed to determine penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created intentionally.



- 4.9.3 The purpose of a warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of Technical Officials.
- 4.9.4 A warning may be given when:
 - 4.9.4.1 An athlete violates a rule unintentionally;
 - 4.9.4.2 A Technical Official believes a violation is about to occur;
 - 4.9.4.3 No advantage has been gained or if a dangerous situation has been created intentionally.
 - 4.9.4.4 Time penalties will be served in a designated penalty box.
 - 4.9.4.5 Technical Officials will decide when an athlete needs to be penalized with a time penalty;
- 4.9.5 There are two type of infringements penalized with time penalties:
 - 4.9.5.1 Drafting infringements
 - 4.9.5.2 Other infringements.
- 4.9.6 Time penalties vary depending on the type of infringement:
 - 4.9.6.1 Drafting infringements:
 - 4.9.6.1.1 1 minute in sprint distance and 30 seconds super sprint distance.
 - 4.9.6.2 Other infringements:
 - 4.9.6.2.1 10 seconds in sprint distance and shorter events.

4.10 DISQUALIFICATION:

A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, repeated bike draft infringements, and/or dangerous or unsportsmanlike conduct;

- 4.10.1 Disqualification is notified by:
 - 4.10.1.1 Sounding a whistle;
 - 4.10.1.2 Showing a red card;
 - 4.10.1.3 Calling (in English) the athlete's number and saying "Disqualified";
 - 4.10.1.4 For safety reasons, a Technical Official may have to delay issuing a disqualification.

4.11 PROTESTS:

A protest is against the conduct of an athlete, Technical Official, or the conditions of the competition. A Head Coach or a registered Coach may file a protest with the Head Referee.

- 4.11.1 Information to be included:
 - 4.11.1.1 The alleged rule violated (specific rule violation from the Official Special Olympics rules);
 - 4.11.1.2 Date, location and approximate time of the violation;
 - 4.11.1.3 Persons involved in the violation;
 - 4.11.1.4 A statement of the violation, if possible;
 - 4.11.1.5 The names of witnesses who observed the violation.
- 4.11.2 Protest Procedures: The following procedure will be followed in the event of a protest:
 - 4.11.2.1 Protests will be filed with the Head Referee, signed by the protester, no later than 20 minutes after the conclusion of the competition.
 - 4.11.2.2 The Head Coach must complete the Protest Form, which is available at the Sport Information Desk (SID).
 - 4.11.2.3 The Head Referee will announce on the notice board that a protest has been filed;
 - 4.11.2.4 The protester and the accused and/or their national coach or representative must be present. If the protester does not attend, the protest hearing may be postponed or cancelled.
 - 4.11.2.5 Once the protest is submitted, a ruling will be made by the Sports Specific Jury (Competition Jury) which consists of the Technical Delegate, Sport Manager and Chief Official (Head Referee).



- 4.11.2.6 The Jury makes a decision, the Head Coach (protester) can either accept the ruling or appeal the ruling to the SO World Games Jury Appeal.
- 4.11.2.7 Jury Appeals will consist of a representative of the Games Organizing Committee (GOC), a representative of Special Olympics and the Technical Delegate. All decisions made by the Jury Appeal are final.
- 4.11.2.8 The hearing will not be open to the public.