



## VALOR GAMES FAR WEST

### Triathlon Rules

These sport rules are aligned with the USA Triathlon competitive rules to suit the population and goals of the Valor Games. The Valor Games are not a qualifying event for USA Paratriathlon nationals or other Paralympic sanctioned triathlon events. This is a recreational race and all participants will be classified under the “Open” category for the event. For additional information on classification for USA Triathlon paratriathlon events you can check the following website:

<https://www.teamusa.org/USA-Triathlon/USAT-for-Me/Athlete-Resources/Paratriathletes/Classifications>

#### **Event:**

- **The event format will be swim, followed by the bike ride and then the run.**
  - 100 yard swim
  - 5 Mile Cycle event (5 loops)
  - 1 mile run
- Triathlon is an event of individual skill and endurance. You must complete the distance under your own power. The only exception is that a guide may be used for visually impaired athletes.
- You may have assistance getting in and out of the pool, and in transition but not while on the course unless you are a visually impaired athlete.

#### **Racing Numbers:**

- Each Competitor is provided with a number.
- The number must be placed on the shirt or bike jersey in a location visible from the front during both the bike and run segments of the event.

#### **Event Format:**

- **Swim :**
  - Each competitor will be provided with a swim cap. You must provide your own swim goggles if you want to wear them.
  - All swimmers will start from the water.
  - May use any style of swimming or stroke to complete the distance.
  - Volunteers will be available to help you exit the pool if you need physical assistance.
- **T1 (transition #1 – Swim to Bike) :**
  - An amputee or visually impaired athlete may have one handler to assist them in transition with equipment and prostheses.
- **Bike :**
  - Bicycles and hand cycles will need to be placed in transition before the start of the event. You will be provided a space to put your bike, wheelchairs, and all other necessary equipment. If you request a chair one will be placed at your designation space.



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- At the end of the bike portion of the event your bicycle or handcycles must be returned to the same spot.
- **T2 (transition #2 – Bike to Run) :**
  - An amputee or visually impaired athlete may have one handler to assist them in transition with equipment and prostheses.
- **Run :**
  - Your shoes and any additional equipment should be placed in your spot before the beginning of the event. Any racing chairs, wheelchairs will also be placed in your spot and ready to exit on the bike portion.
- **Finish:**
  - Once you have crossed the finish line you are free to return to transition to retrieve your bicycle gear.

#### **Equipment:**

- Competitors are responsible for bringing their own equipment to the event and ensuring that the equipment is in safe working condition, with brakes and shifters in working order on bicycles or handcycles.

#### **Race Format:**

- Competitors' times will be determined by subtracting start time from finish time.
- Place will be assigned based on elapsed time from the start of the swim to crossing the finish line.

#### **Start Times:**

- Competitors will be assigned a start time posted prior to the race.
- A time clock will be visible at or near the starting line on the course. This is the official clock that the Starter will use for all starts.
- Competitors should be at the pool deck area at least 10 minutes prior before their scheduled start.
- It is the responsibility of each Competitor to be ready to go at his or her assigned start time.

#### **Rules:**

- Competitors must be in control of their bike at all times. Course officials may determine that a competitor is riding unsafely (uncontrolled swerving, braking, etc) and stop them to give them one warning. Competitors who continue to ride beyond their skill level will be disqualified and removed from the course
- You must remain at least 3 bike lengths behind other Competitors except when passing. When passing another cyclist, a Competitor has 15 seconds to overtake the bike in front from when the 3 bike length is entered.



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- **Blocking - You must not attempt to prevent being passed by blocking, changing the course of your cycle, or accelerating to avoid being passed.** Any attempt to block or prevent being passed will result in immediate disqualification and removal from the course.
- Ride to the left.
- Pass only on the right.

#### **Results:**

- Results are based on the elapsed time between the Competitor's scheduled start time and the time the athlete crosses the finish line.
- The Race Director may approve of a restart for a competitor; or a modification of their elapsed time to account for a mechanical failure or medical concern. Requests for modifications or restarts must be made no later than 5 minutes before the start time of the last competitor.