

# 2019 TRIKE WARS

## RULES AND REGULATIONS

1. Each team will consist of four riders. No alternates or substitutions are allowed.
2. Team costumes or uniforms are encouraged.
3. Teams competing in each heat will be determined at random.
4. There will be five teams competing per heat. A heat will consist of the following:
  - 2 team members will begin at one end of the “arena” and the other two members will begin at the opposite end.
  - At the sound of the horn, the first rider will bike to the opposite end, remaining seated on the trike the entire way. The trike will be passed to the next waiting team member once the trike has entirely crossed the finish line.
  - This will be repeated until all four team members have completed their leg of the race.
  - The first team to finish will advance to the next heat.
5. Proper footwear is required. All team members must wear close-toed shoes.
6. Riders must propel the tricycle themselves.
7. No running starts. Riders may not lift, carry, run or walk with the trike.
8. No riding backwards. Riders must remain seated and facing forward. You may choose to pedal with your feet or push off the ground with your feet.
9. No tricycle modifications except for adjusting seats or handlebars.
10. In the instance of a mechanical problem, bikes can only be exchanged between heats.
  
11. There will be race officials at the start and finish line to ensure the trike completely passes the line while the rider remains seated on the trike. Officials will also be scattered along the course to ensure riders follow riding rules.
  
12. If an Official calls a violation, a five second penalty will be added to the team’s time. Officials have final rule interpretation. Violations may include:
  - False starts
  - Racers not remaining seated
  - Pre-mature handoffs/transitions within the relay

*To register a team, log on to [givegfegef.org/trikewars](http://givegfegef.org/trikewars)*