

UNITED WAY OF LANCASTER COUNTY TRIKE RACE RULES & REGULATIONS

1. Each team will consist of 5 riders. (Alternates are allowed, but only 5 riders will compete per heat.) **We encourage you to have a team diverse of both age and gender. We do require participants to be at least 18 years old.**
2. Teams are required to use the tricycles provided by United Way of Lancaster County. Proper footwear (sneakers) is also required. No cleats, sandals or open-toed shoes.
3. Heats will be determined at random. Depending on the final number of registered teams, a team may have a "bye" in a particular heat. "Byes" are assigned at random.
4. The course of the race will measure 72 feet, or 24 yards in length.
5. There will be 2 teams competing per heat. A heat will consist of the following:
 - 3 team members will begin at one end of the "arena" and the other 2 team 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, and will pass the trike to a waiting team member once the entire trike has crossed the finish line
 - This will be repeated back and forth until all 5 members of the team have completed their leg of the race
 - The first team to finish the race will advance to the next heat
6. There will be officials at the start and finish line of each lane to ensure that the trike completely passes the line while the rider remains seated on the trike. There will be officials staggered along the course to make sure the rider remains seated the entire time.
7. If an official calls a violation, a five-second penalty will be assessed 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
8. Riders must propel the tricycle themselves. No running starts.
9. Rider must remain seated, facing forward, and straddling the trike. You may choose to pedal with your feet or push off with your feet on the ground.
10. NO RIDING BACKWARDS. Riders may not lift/ carry the tricycle to run or walk with it.
11. A registration fee of \$400 per team is due by race day May 7th, 2025.
12. Have fun!