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## CYCLING

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The Official Special Olympics Sports Rules shall govern all Special Olympics cycling competitions. As an international sports program, Special Olympics has created these rules based upon Union Cycliste Internationale (UCI) and the National Governing Body Rules for Cycling. UCI or National Governing Rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Rules shall apply.

#### SECTION A— OFFICIAL EVENTS

1. 500-meter (m) Time Trial
2. 1-kilometer (K) Time Trial
3. 5-kilometer Time Trial
4. 10-kilometer Time Trial
5. 5-kilometer Road Race
6. 10-kilometer Road Race
7. 15-kilometer Road Race
8. 25-kilometer Road Race
9. 40-kilometer Road Race
10. 500-meter Unified Sports® Tandem Time Trial

#### SECTION B— FACILITIES

1. The road should be in good condition, free of potholes and not made of gravel.
2. Prior to a race, pebbles, gravel and earth should be swept off the road. Sewers should be covered by a rubber plate. Bales of hay should be placed in front of the trees and posts at turns and curves of the cycling course.
3. The traffic should be stopped when a race is in progress. The racing course should be, whenever possible, closed to public traffic.
4. To facilitate a safe departure, the marking of the starting and finishing lines should cover the full width of the course. This width shall be a minimum of 5 meters.
5. A length of 150 meters of straightaway before and after the finish line is necessary; 100 meters before the finish and 50 meters after finish. The 150 meters must be free of obstacles and spectators so that athletes may safely cross the finish line.
6. The course can be the same for all races. The starting line may be adjusted according to the distance of the race. The finishing line should always remain the same for all races. The course layout should be approximately 2-5 kilometers in length, with 2.5 kilometers being optional. The course should have a slight hill, if possible, but should not be so difficult that all riders cannot complete the course. The course should always be a loop. Out and back courses are very difficult to control for safety.
7. Legally blind athletes must compete in only tandem events, strictly as a stoker. Individual cycling competitions are not open to legally blind athletes.



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### SECTION C—EQUIPMENT

1. Cyclists shall be required to wear helmets during training and competition. Helmets must meet the safety standards of the National Governing Body for cycling in the host country.
2. All bicycles shall be inspected prior to training and competition sessions to ensure they meet the safety standards set by the host country's National Governing Body rules for cycling. When a modified bicycle not covered under NGB rules is used, it is the Race Director's responsibility to determine the bicycle's suitability. Bicycles not in a satisfactory condition can be rejected by the organizers of the cycling event and an inadequate bicycle may preclude an athlete from participating in the event.
3. Bicycles shall be inspected for suitability by a certified/licensed mechanic or qualified bicycle shop mechanic prior to the first event of the day. Any standard bicycle that complies with safety standards may be ridden.
4. Repair areas shall be available around the course for mechanical assistance. At least one repair pit must be near the start/finish area.
5. Certified medical assistance should be on-site throughout the race, and the race promoter should have access to an emergency communication line. An emergency vehicle on-site is recommended.
6. In road races, a car or a motorcycle should be ahead of the first cyclist, keeping a safe distance between the vehicle and the cyclist.
7. A motorcycle or car may follow the last cyclist during a road race or a time trial.
8. Athletes who experience mechanical problems may change any part of the bicycle or the entire bicycle, if necessary, to finish the race. Assistance is allowed.

### SECTION D—PERSONNEL

1. Director of cycling event (Should have prior experience with NGB cycling competitions).
2. Starter
3. Timekeeper
4. Judge (The judge must stand at the finishing line).
5. Two stagers in charge of entry numbers, correct number placement and correct starting lineup.
6. Certified medical personnel with proper first-aid supplies.
7. Technician who is certified/licensed bicycle mechanic or qualified bicycle shop mechanic with proper and essential tools.
8. Holder — to hold time trial participants upright with their feet on the pedals at the start.
9. Course marshals to stand at all intersections and throughout the entire course to keep cyclists on course and keep cars and pedestrians off course.
10. Technical Delegate

### SECTION E—RULES OF COMPETITION

#### 1. Divisioning

- a. Special Olympics cycling competitions shall be offered for all ability levels. Athletes will be placed in appropriate divisions based upon entry time and/or preliminary time trials.
- b. There may be no less than three or more than eight riders per division.
- c. A preliminary time trial shall be conducted as a means to determine a cyclist's riding ability and, consequently, for placement in an appropriate competition division.



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- 1) Time Trials 500 meters – 1-kilometer Time Trial
- 2) Road Race – 5-kilometer Time Trial

**2. General Rules**

- a. A time trial consists of an individual racing against the clock.
  - 1) Competitors should depart at 30-second or one-minute intervals for time trials.
  - 2) The rider may be held with his or her feet on the pedals for the start of a time trial.
  - 3) The time-trial start order should be the slowest rider to the fastest rider.
- b. A road race consists of a mass start event.
  - 1) For road races on multi-lap courses, everyone finishes on the same lap as the leader and will be given a prorated time unless the referee deems that there is too great a differential in speed among the competitors on the course. If this occurs, the referee will consult with the Event Director and Rules Committee on what action is to be taken.

**3. The start is by a gun or whistle.****4. The finish is determined by placing or order of crossing the finish line.****5. If the course is more than 2.5 kilometers in length, more than one division may ride on the course at once. The divisions may be started at one-, two-, or three-minute intervals.**

- a. The competitors shall wear their entry numbers according to instructions by chief officials.
- b. Prior to the race, the competitors shall have the opportunity to warm up and inspect the course.
- c. The race shall be declared finished when the front tire of the bike crosses the finish line.

**SECTION F— UNIFIED SPORTS CYCLING****1. Unified Sports Tandem Time Trial**

- a. Events
  - 1) Distances shall include all time-trial distances offered in Special Olympics cycling as outlined in Section A— Official Events.
  - 2) The Race Director, U.S. or National Program has the discretion to decide which distances will be held.
- b. The athlete or the partner may assume either the driver position (front) or the stoker position (rear) on the tandem.

**2. Divisioning**

- a. Preliminary competition the day of the event is recommended to acquire accurate Unified Sports Tandem Time-Trial scores.
- b. Preliminary competition must include the two riders (partner and athlete) who will compete in the final competition.
- c. Preliminaries shall be conducted using Section E – Rules of Competition #1. Divisioning (e.g., the distance for the preliminary may be 500 meters or 1 kilometer).

**3. Scoring/Rules**

- a. Scoring the Tandem Time Trial is identical to scoring for other trial events.
- b. Rules shall be the same as time-trial rules outlined in Section E – Rules of competition #2. General Rules.