

## CYCLING RULE INTERPRETATIONS

### SECTION A - GENERAL RULES

- A-1. In cases not covered by these interpretations the Union Cycliste International (UCI) rules for cycling. Rules can be downloaded at <http://www.uci.ch/>.
- A-2. Athletes will not be allowed to wear jewelry or awards during competition. Athletes will also be expected to dress appropriately for weather. No jeans will be allowed during competition.
- A-3. The Games Rule Committee will make all final decisions.
- A-4. No advertising or sponsorship is allowed on competition uniforms or warm-ups.
- A-5. Athletes must compete and have a qualifying score in a Regional event to attend the State Tournament. DQ's may be contested on a case-by-case basis. It is the coach's responsibilities to contest status. Coaches should contact their Regional Manager.
- A-6. At all times athletes are expected to compete to the best of their ability to ensure a quality competition at all levels. Coaches are expected to provide accurate and honest scores of their athlete's ability.

### SECTION B - EVENTS

#### B-1. Events offered:

- a. 250 meter time Trial
- b. 500 meter time Trial
- c. 1-kilometer time Trial
- d. 1-kilometer tandem time Trial (2 riders on one bike)
- e. 1-kilometer unified time Trial (each rider on individual bikes)
- f. 2.5-kilometer road race
- g. 2.5-kilometer tandem road race (2 riders on one bike)
- h. 2.5-kilometer unified road race (each rider on individual bikes)
- i. 5-kilometer road race
- j. 5-kilometer tandem road race (2 riders on one bike)
- k. 5-kilometer unified road race (each rider on individual bikes)
- l. 10-kilometer road race
- m. 10-kilometer tandem road race (2 riders on one bike)
- n. 10-kilometer unified road race (each rider on individual bikes)
- o. 25-kilometer road race
- p. 25-kilometer tandem road race (2 riders on one bike)
- q. 25-kilometer unified road race (each rider on individual bikes)

### SECTION C – EQUIPMENT & FACILITIES

- C-1. All cyclists (athletes, Unified Sport partners, and coaches) are required to wear helmets while cycling during training and competition. Helmets must meet the safety standards of the National Governing Body for cycling.
- C-2. All bicycles must meet the safety standards of National Governing Body for rules of cycling. Modified bicycles are allowed if they are considered suitable. Modified bicycles may include recumbent, adult tricycles (two wheels can either be in the front or in the back), bicycles with outriggers or other approved modifications.
- C-3. Bicycles must have two working breaks. Forearm support or event forward or

upward may only be used during time trials.

- C-4. Cyclists who experience mechanical problems may change any part of the bicycle or the entire bicycle to finish the race. Assistance is allowed. After remounting the bike, the competitor may be pushed up to 10 meters. An athlete may run with the bicycle to the finish line, staying on the course in case of crash, flat tire or mechanical problem. In Unified Sports tandem (2 riders on one bike), both riders must be touching the bike when crossing the finish line.
- C-5. Cyclists must keep at least one hand on the handlebars at all times, even at the finish of the race.
- C-6. No cyclist may use or carry radios for communication.
- C-7. Use of headphones of any style is prohibited.
- C-8. Recommended Course Set up
- a. The recommended course layout should be approximately 2-5 kilometers in length, with 2.5 kilometers optimal for shorter distance events and 5 kilometers or more for races over 15 kilometers in length.
  - b. The course should be at least 7 meters wide.
  - c. The road should be in good condition, free of potholes and not made of gravel. Bales of hay should be placed in front of the trees and posts at turns and curves of the course.
  - d. Repair areas should be available around the course for mechanical assistance. At least one repair pit must be near the start/finish line.
  - e. There should be at least 100 meters of straight road between the start line and the first turn on the course.
  - f. A sign shall denote the final kilometer. A white flag shall mark the point 200 from the finish line.
  - g. The finish area should be at least 8 meters wide and adequately protected with fencing or barriers to prevent spectators from running onto the course.
- C-9. Time Trials
- a. The course can be as short as 500 meters. The number of starters should be limited and starting riders cannot interfere with lap riders.
  - b. If the course is a loop, the first turn after the start area should be at least 100 meters from the start.
  - c. The road must be wide enough to allow riders to pass each other with at least 1 meter between them side to side at time of passing.
- C-10. If teams have athletes that would benefit from the side by side tandem, please reach out to the Director of Competition (Susan Foege – [sf@specialolympicsco.org](mailto:sf@specialolympicsco.org)) prior to the season to ensure all safety standards are met.

## SECTION D – RULES OF COMPETITION

- D-1. All coaches are reminded to review the section on divisioning of the Special Olympics Colorado Coach Handbook.
- D-2. Time Trials consist of an individual racing against the clock.
- a. Competitors should depart at 30-second or 1-minute intervals for time trials.
  - b. The Starter shall countdown to the starting time using both an audible and visual countdown for each rider. Notification of time remaining to start will be given at various intervals in advance of the start (i.e. 15 seconds, 10

seconds, 5, 4, 3, 2, 1, GO!)

- c. Riders shall start from a stationary position. They shall be held and released – not pushed by a holder.

D-3. Road Race

- a. A road race consists of a mass start event.
- b. Head coaches and other riders are not allowed to follow the competition by any vehicle. Coaches may coach from the course sidelines.
- c. The start is by Starter's Pistol or whistle. For hearing impaired riders, a visual cue shall be used to indicate the start of the race.