



# Cycling

## Sport Rules

*Special Olympics*





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## 1. GOVERNING RULES

The Official Special Olympics Sports Rules for Cycling shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Union Cycliste International (UCI) rules for cycling found at <http://www.uci.ch/>. UCI or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Cycling or Article I. In such cases, the Official Special Olympics Sports Rules for Cycling shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

## 2. OFFICIAL EVENTS

The range of events, including fundamental events, individual events, and relay events, is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics:

- 2.1 250 Meter Time Trial
- 2.2 500 Meter Time Trial
- 2.3 1 Kilometer Time Trial
- 2.4 2 Kilometer Time Trial
- 2.5 5 Kilometer Time Trial
- 2.6 10 Kilometer Time Trial
- 2.7 5 Kilometer Road Race
- 2.8 10 Kilometer Road Race
- 2.9 15 Kilometer Road Race
- 2.10 25 Kilometer Road Race
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- 2.12 5 Kilometer Unified Time Trial – 2 Bikes
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### 3. COURSE

#### 3.1 Layout

- 3.1.1 The 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.
- 3.1.2 Longer courses are encouraged and permissible for 40 kilometer events.
- 3.1.3 The distance for events may be approximate. The course can be the same for all races.
- 3.1.4 The course should always be a loop.
- 3.1.5 The road width should be at least 7 meters wide.

#### 3.2 Design

- 3.2.1 For events over 1 kilometer the course design must consider the skill-sets of both the fastest and slowest riders.
- 3.2.2 Out and back courses and courses with 180 degree turns should not be used.
- 3.2.3 Road events over 15 kilometers should, if possible, be run on longer courses and with slightly more challenging terrain.
- 3.2.4 Exceptions to course requirements may be permitted with approval by the Technical Delegate.

#### 3.3 World Games course

- 3.3.1 Approximately 2.5 kilometer courses may be used for events 5 km and less.
- 3.3.2 All other distances require a course that is approximately 5 km in distance with no 180 degree turn.
- 3.3.3 All other requirements noted above are required.
- 3.3.4 Exceptions to course requirements may be permitted with approval by the cycling SRT and Technical Delegate.

#### 3.4 Surface

- 3.4.1 The road should be in good condition, free of potholes and not made of gravel.
- 3.4.2 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.

#### 3.5 Traffic

- 3.5.1 The racing course should be, whenever possible, closed to public traffic.
- 3.5.2 The traffic should be stopped when a race is in progress.

#### 3.6 Staging Area

- 3.6.1 A staging area shall be provided for athletes, allowing them to congregate, warm-up, stage, and cool down.
- 3.6.2 To ensure the safety of the competitors, these staging areas shall not overlap with the race course.

#### 3.7 Repair Area

- 3.7.1 Repair areas shall be available around the course for mechanical assistance.
- 3.7.2 At least one repair pit must be near the start/finish area.



### 3.8 Starting Line

3.8.1 The starting line may be moved, according to the distance of the race.

3.8.2 To facilitate a safe departure, the width at the start shall be a minimum of 7 meters.

3.8.3 There should be at least 100 meters of straight road between the start line and the first turn on the course.

### 3.9 Course Signage

3.9.1 A sign shall denote the final kilometer. A white flag shall mark the point 200 meters from the finish.

### 3.10 Finish Line

3.10.1 The finish line should always remain the same for all races.

3.10.2 The finish area should be at least eight meters wide and be adequately protected with fencing or barriers so as to prevent spectators from running onto the course. A safe exit from the course should be planned for to accommodate riders completing their race.

3.10.3 The marking of finishing lines should cover the full width of the course.

3.10.4 The last 200 meters should be free of turns and curves.

3.10.5 There should be at least 75 meters of straight road after the finish line to allow cyclists to slow without difficulty.

### 3.11 Time Trial

3.11.1 The course layout for a time trial can be as short as 500 meters only if the number of starters is limited and the starting riders cannot interfere with lapping riders. The ideal course length is two (kilometers).

3.11.2 If the course is a loop, the first turn after the starting area should be at least 100 meters from the start.

3.11.3 The road must be wide enough to allow riders to pass each other with at least one meter between them side to side at time of passing. (Recommend 4 meters or greater). Time trial courses can be out and back if the lanes are separated by a physical barrier (a fence, concrete divider, grass median or curb). Time trials may be point to point courses and have a separate start and finish line. The finish line should remain fixed for all distances with a variable start line location for different distances.

3.11.4 The road surface should be in good condition, free of potholes and not made of gravel.

3.11.5 Prior to the time trial, 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.

3.11.6 The time trial course should be closed to public traffic.

3.11.7 Repair areas shall be available around the course for mechanical assistance. At least one repair pit must be near the start/finish area.





## 4. EQUIPMENT

### 4.1 Helmets

- 4.1.1 Athletes, Unified Sports Partners, and coaches are required to wear helmets while cycling during training and competition.
- 4.1.2 Helmets must meet the safety standards of the National Governing Body for cycling in the host country.

### 4.2 Bicycles

- 4.2.1 All bicycles must 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 starter's responsibility to determine the bicycle's suitability. Modified bicycles may include recumbent, adult tricycles, bicycles with outriggers or other approved modifications. 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.
- 4.2.2 Bicycles must have two working brakes. A bicycle with handlebars with forearm support or extend forward or upward may only be used in time trial events. The handlebars must be solidly plugged and attachments shall be attached securely so as to not impair steering. The bicycles may be inspected by the Chief Referee to be sure that the bicycle is safe and compliant. An inspection of every rider's equipment is not required. It is the responsibility of the coach to be sure that the athlete's bicycle is safe and meets regulations.
- 4.2.3 Cycling helmets must meet the safety standards of the National Governing Body. Certification must be inside each helmet and may be no OLDER than 3 years.

### 4.3 Emergency Equipment

- 4.3.1 Certified medical assistance should be on-site throughout the race, and the race promoter should have access to an emergency communication line.
- 4.3.2 An emergency vehicle on-site is recommended.

- 4.4 Any team entered in a unified team event – Team Time Trial or Tandem events must all wear the same cycling uniform.

## 5. PERSONNEL

### 5.1 The Organization Team shall be comprised of the

- 5.1.1 Technical Director
  - 5.1.1.1 Should have prior experience with NGB cycling competitions.
- 5.1.2 Event/Race Director
- 5.1.3 The Chief Referee (Head Official)

### 5.2 Other Personnel

- 5.2.1 Technical Delegates (Report to Technical Director)
- 5.2.2 Referee
  - 5.2.2.1 To act as Starter
- 5.2.3 Assistant Referees



- 5.2.3.1 Two Assistant Referees shall be responsible for staging, entry numbers, correct number placement, matching bicycle, bib number, and correct starting lineup and if computer chips are used, they must correspond with the correctly registered rider.
- 5.2.3.2 One Assistant Referee to act as Holder —To support the rider in an upright position on the bike preferably with both feet on the pedals. The holder is not to push the rider off the start line at any time. Riders may start with either one or both feet on the ground, if they choose.
- 5.2.4 Chief Judge
  - 5.2.4.1 Must have work area at the finishing line.
- 5.2.5 Timekeeper
- 5.2.6 An Assistant Judge or certified timing company to act as Timekeeper (Must have work area that can view finish line)
- 5.2.7 Bicycle Technician
  - 5.2.7.1 Technician who is certified/licensed bicycle mechanic or qualified bicycle shop mechanic with proper and essential tools.
- 5.2.8 Course Marshals
  - 5.2.8.1 Marshals shall stand at all intersections and throughout the entire course to keep cyclists on course and keep cars and pedestrians off course.
- 5.2.9 Certified medical personnel
  - 5.2.9.1 Medical personnel should be equipped with proper first-aid supplies.

## 6. RULES OF COMPETITION

- 6.1 Divisioning
  - 6.1.1 Levels
    - 6.1.1.1 Special Olympics cycling competitions shall be offered for all ability levels. Cycling events will be offered in three levels:
      - 6.1.1.1.1 Short Distance: consisting of the following races:
        - 250 Meter Time Trial
        - 500 Meter Time Trial
        - 1 Kilometer Time Trial
        - 2 Kilometer Time Trial
      - 6.1.1.1.2 Middle Distance: consisting of the following races:
        - 1 Kilometer Time Trial
        - 2 Kilometer Time Trial
        - 5 Kilometer Time Trial and/or Road Race
        - 10 Kilometer Time Trial and/or Road Race
      - 6.1.1.1.3 Long Distance: consisting of the following races:
        - 10 Kilometer Time Trial and/or Road Race
        - 15 Kilometer Time Trial and/or Road Race



- 25 Kilometer Time Trial and/or Road Race
  - 40 Kilometer Time Trial and/or Road Race
  - 5 Kilometer Unified Time Trial – 2 Bikes
  - 10 Kilometer Unified Time Trial – 2 Bikes
  - 10 Kilometer Tandem Unified Team Time Trial – Tandem Bike
  - 20 Kilometer Tandem Unified Team Time Trial – Tandem Bike
- 6.1.1.2 Cyclists will be placed in appropriate divisions based upon entry time and/or preliminary events. Local, state, regional and World Games competitions shall be free to set time standards for the various events. The time standards set for the short and middle distance events **cannot** have a minimum time requirement. Any time standard used for Short and Middle Distance events shall be set as to NOT permit riders who are capable of posting faster times to enter these events. **However, it is permitted and encouraged, when appropriate, to have a minimum time standard set for the 40 kilometer road race.**
- 6.1.1.2.1 Suggested **MAXIMUM** Time Standards for Short distance events are:
- 6.1.1.2.1.1. 500 Meters (male) between 1.00 - 2.00 minutes
  - 6.1.1.2.1.2. 500 Meters (female) between 1.05 - 2.10 minutes
  - 6.1.1.2.1.3. 1 Kilometer (male) between 2.00 - 3.00 minutes
  - 6.1.1.2.1.4. 1Kilometer (female) between 2.00 - 3.00 minutes
- 6.1.1.2.2 Suggested **MINIMUM\*** Time Standard for 40 Kilometer Road Race
- 6.1.1.2.2.1. 1 hour and 20:00 minutes for men
  - 6.1.1.2.2.2. 1 hour and 30:00 minutes for women.
  - 6.1.1.2.2.3. This time may be adjusted by the Technical Delegate, depending upon the course, course times, and weather conditions
- 6.1.1.2.3 If an Athlete’s divisioning time does not match event requirements they have been registered for, they may be moved to different events at the discretion of the Technical Delegate and Chief Referee.
- 6.1.1.2.4 Coaches will be notified of the change in entry, when possible, prior to the event. (Note: it is the coach’s responsibility to be aware of the Time Standards for their athletes’ events.)
- 6.1.1.2.5 **World Games entries: Riders who have posted faster than maximum times in the Short Distance Events at either World Games, Continental, Regional or National Games, may be moved to the Middle Distance Events regardless of a posted time in a preliminary event.**
- 6.1.2 A preliminary road race shall be conducted as a means to determine a cyclist’s riding ability and, consequently, for placement in an appropriate competition division.





- 6.1.2.1 Cyclists racing in both time trials and road races may race a divisioning race for both events depending on time constraints and at the discretion of the Chief Referee and organizing team.
  - 6.1.3 Road Race Divisioning
    - 6.1.3.1 A 5 Kilometer road Race shall division all road race distances.
  - 6.1.4 Time Trial Event Divisioning
    - 6.1.4.1 A preliminary Time Trial may be conducted as a means to determine a cyclist's ability in the time trial event, for appropriate placement in divisioning.
    - 6.1.4.2 Time Trials of 500 meters, one kilometer or five kilometers may be used, depending on the cyclist's events.
  - 6.1.5 Division Changes
    - 6.1.5.1 The finishing time posted by an athlete in a road race or time trial final may be used to change the athlete's division for subsequent finals if the athlete's final time would make that athlete eligible to compete in a faster division had that time been ridden during the preliminary divisioning event." Coaches will be notified of division changes when results are posted or within a reasonable time period following the event.
    - 6.1.5.2 Cyclists racing in both time trials and road races may race a divisioning race for both events depending on time constraints and at the discretion of the Chief Referee and organizing team.
  - 6.1.6 Organizers shall be permitted, with agreement from the Chief Referee and the Technical Delegate, to start multiple Divisions together for road races. Riders will be placed separately for awards. The total number of riders will be limited to no more than 16 riders in one road race start unless approved by the Technical Delegate and the Chief Referee.
    - 6.1.6.1 The Technical Delegate, together with the race organizer and Chief Referee, will determine the most effective method of differentiating riders by Division. This needs to be done to ensure that riders know who they are racing against and for officials and spectators easily see who is in a different division.
    - 6.1.6.2 Racing multiple divisions in the same pack will require using large color stickers on helmets, race numbers, etc. Color Arm bands may be considered depending upon the type of arm band and whether it will stay in place while riding and not slip to the rider's wrist. This is not a preferable method. (Please note, arm bands may not be an option for some riders due to issues regarding touching.)
    - 6.1.6.3 Riders shall be lined up by Division so there is also a visual connection to their respective competitors in their division.
    - 6.1.6.4 Helmet covers are discouraged as there is no ventilation and helmet models and sizes vary greatly.
- 6.2 Time Trial Race Rules
  - 6.2.1 A time trial consists of an individual racing against the clock.



6.2.2 Competitors should depart at 30-second or one-minute intervals for time trials.

6.2.3 Start of Race

6.2.3.1 The Starter shall countdown to the starting time using both an audible (verbal and / or tone) and visual (finger and or clock) 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!)

6.2.3.2 For hearing impaired riders, a visual cue (flag or arm drop) shall be used to indicate the start of the clock / race.

6.2.3.3 The rider shall start from a stationary position. The rider shall be held and then released, without being pushed, by a holder. The same holder shall perform the task for each rider in the division. The rider may opt to start with one or both feet on the ground at the start.

6.2.3.4 At the discretion of the Chief Referee and organizing team, the time trial start order may be conducted fastest rider to slowest rider OR slowest rider to fastest rider depending on a number of factors including course layout, course condition, ability range of the field of riders and any other factors which may impact safety of the competition.

6.2.3.5 Two-person Unified Team Time Trial consists of one athlete and one unified partner (not a Special Olympics athlete). Both riders must race the divisioning event and the final. No change in riders is permitted. Both riders may be held at the start. The event is held on the same course as the individual Time Trial Course. The team is scored as "finished" when the leading edge of the front tire of the second rider crosses the finish line. Both team members must finish within five (5) seconds of each other to be scored as having "finished." Time standards shall be permitted. Time standards will be set by the technical director in consultation with the officials.

6.2.4 Modified Bicycles

6.2.4.1 Use of modified bicycles will be permitted only in time trial events. The Chief Referee will decide if two-wheel and modified bicycles may compete together, based on the number of competitors, course conditions and ability level of the riders.

6.3 Road Race Rules

6.3.1 A road race consists of a mass start event.

6.3.2 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. No times are recorded for Road Race Finals (Mass start). Awards are based upon placing only. The Maximum Effort is not applicable in Road Race Finals.

6.3.2.1 All finishes for multi-lap races shall have a bell rung to let athletes know that there is ONE lap to go; A colored flag shall be waived for any hearing impaired athletes indicating one lap to go.



- 6.3.3 Head coaches and other delegation members are not allowed to follow the competition by any vehicle, including bicycle unless specifically invited to do so by the chief referee. Coaches may coach from the course sidelines.
- 6.3.4 A car or a motorcycle should be ahead of the first cyclist, keeping a safe distance between the vehicle and the cyclist.
- 6.3.5 Start of Race
  - 6.3.5.1 The start is by Starter's pistol or whistle. For hearing impaired riders, a visual cue (flag or arm drop) shall be used to indicate the start of the clock / race in addition to the use of a starter's pistol or whistle.
- 6.3.6 Finish
  - 6.3.6.1 The finish is determined by placing or order of crossing the finish line.
  - 6.3.6.2 The race shall be declared finished when the front tire of the bike crosses the finish line.
- 6.3.7 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.
- 6.3.8 The competitors shall wear their entry numbers according to instructions by chief officials.
- 6.3.9 Prior to the race, the competitors shall have the opportunity to warm up and inspect the course.
- 6.4 Race Rules for All Events
  - 6.4.1 A motorcycle or car may follow the last cyclist during a road race or a time trial.
  - 6.4.2 Cyclists who experience mechanical problems may change any part of the bicycle or the entire bicycle, if necessary, to finish the race. Assistance is allowed. A competitor remounting the bike after a crash or mechanical problem and/or of a flat tire may be pushed up to 10 meters. Competitor may make no progress unaccompanied by a bicycle (relegation or disqualification). In the case of a crash, flat tire and/or mechanical problem, the competitor may run with the bicycle to the finish line, staying on the course - in the case of Unified Sports tandem teams, BOTH riders must be touching the bicycle while crossing the finish line.
  - 6.4.3 Cyclists must keep at least one hand on the handle bars at all times – even at the finish of the race.
  - 6.4.4 Radio use – no cyclist may use or carry radios for communication with other riders or coaches during competition.
  - 6.4.5 Use of headphones of any style is prohibited while racing or training except on stationary equipment. Riders with certified hearing impairments may use hearing detection and amplifying devices.
  - 6.4.6 Any special aero equipment used by the rider such as, aero helmet, disc wheels, skinsuits, etc. must be used/worn in the divisioning events if the athlete is to be permitted to use/wear the items in the finals.



## **7. UNIFIED SPORTS TANDEM TRIAL EVENTS**

### 7.1 Distances

7.1.1 The Race Director has the discretion to decide which distances will be held.

### 7.2 Positions

7.2.1 The athlete or the partner may assume either the pilot position (front) or the stoker position (rear) on the tandem.

7.2.2 In accordance with UCI Para-cycling rules blind and visually impaired cyclists compete on the rear of tandem bicycles, with a sighted pilot.

### 7.3 Divisioning

7.3.1 Preliminary competition the day of the event is recommended to acquire accurate Unified Sports Tandem Time Trial scores.

7.3.2 Preliminary competition must include the two riders (partner and athlete) who will compete in the final competition.

7.3.3 Preliminaries shall be conducted using section 6.1 Divisioning (e.g., the distance for the preliminary may be 500 meters or 1 kilometer).

### 7.4 Scoring

7.4.1 Scoring the Tandem Time Trial is identical to scoring for other trial events.

### 7.5 Rules

7.5.1 Rules shall be the same as time-trial rules outlined in section 6.2 Time Trial Race Rules.