

# Cycling

Revised 2023

***Special Olympics***  
*Iowa*





# Registration Entries

Entry forms are available online at [www.soiowa.org](http://www.soiowa.org)

- Website: Competitions tab > click on Participation Forms > scroll to Summer Games

## State Competition Entries

- Entries can be emailed to: [registrations@soiowa.org](mailto:registrations@soiowa.org)
- After your entries have been put into GMS you will be sent a Delegation Report
  - Review the report and return to the State Office with any corrections

# Events



- An athlete may choose up to two events
- Athletes in modified events may not enter other trials
- Athletes in Unified events may not enter other events
- Modified Trial is for 3 wheeled bikes
- 250M Modified Trial
- 250M Trial
- 1K Modified Trial
- 1K Trial
- 1K Unified Trial
- 5K Modified Trial
- 5K Trial
- 5K Unified Trial
- 10K Trials
- 10K Unified Trial



# Rules

- The Official Special Olympics Sports Rules govern all Special Olympics Cycling competitions. As an international sports program, Special Olympics has created these rules based upon Federation International de Amateur Cycling (FIAC) and National Governing Body Rules for Cycling. FIAC or National Governing body rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such case, the Official Special Olympics Rules shall apply
- A time trial consists of an individual racing against the clock
- Competitors should depart every 30 seconds for all time trials
- The Modified Bicycle Time Trials can be offered only to athletes who are unable to ride a two wheeled bicycle



# Rules

- The competitors must wear their entry number on their back
- Prior to the race, competitors should have the opportunity to walk or ride their bicycles through the course
- The race shall be declared finished when the front tire of the competitors bicycle crosses the finish line
- Unified trials can consist of either riding tandem or slowest of the two times partner



# Rules

- Athletes who experience mechanical problems may change any part of the bike or the entire bike, if necessary, to finish the race. Assistance is allowed
- Athletes can be pushed up to 10 meters after remounting the bike after a crash, mechanical problem or flat tire
- Athletes can run with their bikes to the finish line after a crash, mechanical problem or flat tire
- Tandem bike Unified team members must both be touching the bike when crossing the finish line
- Athletes must always keep at least one hand on the handle bar at all times – even at the finish line



# Equipment

- Cyclists are required to wear helmets and gloves during training and competitions
- Helmets must meet the safety standards of the United States National Governing Body for Cycling
- All bicycles must be inspected prior to training and competition sessions to ensure they meet the safety standards set by the NGB
  - When a modified bicycle not covered under NGB rules is being used, it is the race director's responsibility to determine the bicycles suitability
  - Bicycles not in satisfactory condition can be rejected by the organizers of the cycling event and an inadequate bicycle may prelude an athlete from participating in the event
  - SOIA strongly recommends that athletes bring their own bikes to the cycling competition. Bikes will be provided to athletes who are unable to transport their own bikes to the competition



# Cycling Resources

Please refer to the Cycling Coaches Guide link below:

- <http://digitalguides.specialolympics.org/cycling/index.php>

# Quiz



- Click the link here:
- [Cycling Quiz](#)