

# CYCLING



	MODIFIED EVENTS		TRADITIONAL EVENTS							UNIFIED EVENTS	
LEVEL	1 Adaptive Cycle	2 Adaptive Cycle	3	4	5	6	7	8	9	10 Adaptive Tandem	11 Unified Tandem
BICYCLE	Non-standard bicycle with one (1) rider. (See rules below).		Standard, two-wheeled, single-rider bicycle.							Three-wheeled, two-person unit.	Standard tandem.
EVENTS	500 TT 1K TT 2K TT	1K TT 2K TT 5K TT	500 TT 1K TT 2K TT	1K TT 2K TT 5K TT	1K TT 2K TT 5K RR	2K TT 2K RR 5K TT	2K TT 2K RR 5K RR	2K TT 5K TT 5K RR	2K RR 5K TT 5K RR	500 TT 1K TT 2K TT	1K TT 2K TT 5K TT
FITNESS LEVEL	Lower	Higher than Level 1	Lower	Moderate	Moderate	Moderately High	Moderately High	High	High		
RIDING SKILLS	Lower	Lower	Lower, but can ride standard bicycle	Low Pack Riding Skills	Moderate Pack Riding Skills	Moderate Pack Riding Skills	High Pack Riding Skills	Moderate Pack Riding Skills	High Pack Riding Skills		

In table, TT = Time Trial, RR = Road Race. See rules below for differences.  
500 = 500 meters; 1K = 1000 meters; 2K = 2000 meters; 5K = 5000 meters.

The Official Special Olympics Sports Rules for Cycling shall govern all Special Olympics competitions. Special Olympics has created these rules based upon Union Cycliste Internationale (UCI) rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Cycling.

## RULES OF COMPETITION

### UNIFORM & EQUIPMENT SPECIFICATIONS

- The following is the approved uniform/equipment list and is required for cycling competition:
  - Running shorts, basketball shorts, cycling shorts, sweatpants, Jogging pants, t-shirts, tank-tops, sweatshirts, athletic shoes, cycling shoes, tennis shoes, basketball shoes, running shoes, and cross-trainers.
- The following uniform/equipment list will disqualify the individual from competition if worn:
  - Denim slacks or shorts, casual wear, dress slacks or shorts, tennis shorts, button-down casual shirts, golf shirts, shirts with collars, ads for alcohol or tobacco products, hard-soled shoes, sandals, and hiking boots.
- Competitors must wear helmets which meet the safety standards of the US Consumer Product Safety Commission.
  - Competitors are responsible for providing their own helmet.
- The Cycling Sport Management Team reserves the right to disallow the use of equipment deemed unsafe or not meeting safety standards.
- Adaptive cycles may include recumbent, adult tricycles, bicycles with outriggers or other approved modifications. The Cycling Sport Management Team has final authority on what is considered an acceptable adaptive cycle.

### GENERAL RULES

- Athletes and tandems may select up to three (3) Cycling events.
- Athletes and tandems must stay within one (1) level only.
- Athletes and tandems must provide a time for their 1K time trial on the entry form.
- 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.
  - For distances of 1K, 2K, and 5K (whether Time Trial or Road Race), event divisions will be based upon a 1K preliminary time trial. Competitors will have one (1) 1K preliminary time trial only.
  - If an athlete or Unified tandem is in a 500m event and another event, they will have two (2) preliminary time trials - one 500m preliminary time trial and one 1K preliminary time trial.
- Time Trial Rules
  - A time trial consists of an individual racing against the clock.
  - Competitors shall depart at 30-second or 60-second intervals.
  - The start order for the final round of competition shall be the slowest rider to the fastest rider.
  - The rider may be held with his or her feet on the pedals for the start of the time trial.
  - The start is by a gun or whistle.
  - Drafting is NOT allowed.
  - Cyclists must keep at least one (1) hand on the handle bars at all times, even at the finish line.

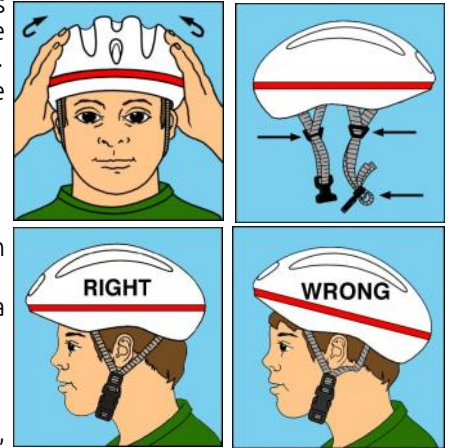


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- h. The time trial shall be declared finished when the front tire crosses the finish line.
- 6. Road Race Rules
  - a. A road race consists of a mass start event.
  - b. The course is a closed circuit.
  - c. The start is by a gun or whistle.
  - d. Drafting is allowed.
  - e. Cyclists must keep at least one (1) hand on the handle bars at all times, even at the finish line.
  - f. Cyclists may not impede other competitors, which may be cause for a warning and/or disqualification.
  - g. The cyclist shall be declared finished when the front tire crosses the finish line.
  - h. Recorded times are for cyclists use only. Awards are based on placing only.
- 7. Tandem Rules
  - a. In Adaptive and Unified tandem competition, the team shall consist of one (1) athlete and one (1) Unified partner, either of whom may assume the driver position (front) or the stoker position (rear).
  - b. The same tandem that competed in the preliminary round must compete in the final round. Alternates are not allowed once competition has begun.
- 8. The Head Coach of each Cycling delegation MUST have been certified by attending a Special Olympics Cycling Coaches Training School.

## **BICYCLE HELMET SAFETY STANDARDS** (as determined by the U.S. Consumer Product Safety Commission - CPSC)

- 1. Helmets specifically marketed for exclusive use in an activity such as skateboarding, in-line skating, baseball, or roller hockey are not covered by the requirements for bicycle helmet; consequently, these helmets are NOT allowed.
- 2. Each bicycle helmet must have a label certifying that the helmet meets the requirements of CPSC standards.
- 3. Helmets must:
  - a. NOT block the rider's vision,
  - b. NOT come off when the rider falls,
  - c. NOT have straps that stretch enough to let the helmet come off in an accident, and
  - d. Significantly reduce the force to the rider's head when the helmet hits a hard surface.
- 4. CPSC offers the following tips on how to correctly wear a helmet:
  - a. Wear the helmet flat atop the head, not tilted back at an angle,
  - b. Make sure the helmet fits snugly and does not obstruct one's field of vision, and
  - c. Make sure the chin strap fits securely and that the buckle stays fastened.



## **BICYCLE SAFETY STANDARDS** (as determined by the U.S. Consumer Product Safety Commission - CPSC)

- 1. When selecting a bicycle, consider the following:
  - a. If you're buying a bicycle for a child, choose one to fit the child's size today, not one he or she will "grow into" later.
  - b. A bicycle should suit the rider's ability and kind of riding.
  - c. Check hand and foot brakes for fast, easy stops without instability or jamming.
  - d. Avoid slippery plastic pedals. Look instead for rubber-treated pedals, or metal pedals with serrated rattrap edges or with firmly attached toe clips.
- 2. To ensure safety and top performance, bicycle maintenance is necessary, including:
  - a. Regular maintenance is essential for safe riding. Refer to the owner's manual for the manufacturer's maintenance recommendations. An experience repair technician should do complicated work.
  - b. Align (or "true") wobbly wheels for better control. Spokes also may need adjustment.
  - c. Replace all missing, damaged, or worn parts; for example, brake pads, chain guards, chain links, spokes, screws and bolts, handlebar grips.
  - d. Tighten and/or adjust loose parts.
  - e. Periodically inspect frame, fork, spindles and other components for cracking.
  - f. Parts should be adjusted to manufacturer's torque specifications.
  - g. Inflate tires to recommended pressure, and replace worn ties.
  - h. Lightly oil and clean moving parts. Keep oil off rubber.
  - i. Keep bicycle indoors when not in use - moisture may cause rust and weaken metal parts.