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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.

SECTION A — OFFICIAL EVENTS

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

The range of 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.

1. 250-meter (m) Time Trial
2. 500-meter (m) Time Trial
3. 1-kilometer (K) Time Trial
4. 2-kilometer Time Trial
5. 5-kilometer Time Trial
6. 10-kilometer Time Trial
7. 5-kilometer Road Race
8. 10-kilometer Road Race
9. 15-kilometer Road Race
10. 25-kilometer Road Race
11. 40-kilometer Road Race
12. 5-kilometer Unified Sports® Tandem Time Trial
13. 10-kilometer 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.



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6. The course can be the same for all races. The starting line may be adjusted according to the distance of the race. The distance for events may be approximate. 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 optimal. 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. In accordance with UCI Para-cycling rules blind and visually impaired cyclists compete on the rear of tandem bicycles, with a sighted pilot.

SECTION C — EQUIPMENT

1. Athletes, Unified Sports 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 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. 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.
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. A competitor remounting the bike after a crash or mechanical problem and/or of a flat tire may be pushed up to 3 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.
9. Cyclists must keep at least one hand on the handle bars at all times – even at the finish of the race.
10. Radio use – no radios shall be allowed for coaching riders in any Special Olympics race.
11. Use of headphones of any style is prohibited while racing or training except on stationary equipment.

SECTION D — PERSONNEL

1. Director of cycling event (Should have prior experience with NGB cycling competitions).
2. Head Official
3. Event Director
4. Starter
5. Timekeeper
6. Judge (The judge must stand at the finishing line).



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7. Two stagers in charge of 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.
8. Certified medical personnel with proper first-aid supplies.
9. Technician who is certified/licensed bicycle mechanic or qualified bicycle shop mechanic with proper and essential tools.
10. 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.
11. Course marshals to stand at all intersections and throughout the entire course to keep cyclists on course and keep cars and pedestrians off course.
12. 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 events.
- b. 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.
 - 1) Road Race – 5-kilometer road race shall division all road race distances.
- c. 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.
 - 1) Time Trials of 500 meters, 1 kilometer or 5 kilometers may be used, depending on the cyclist's events.
- d. Athletes 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 race director and organizing team.

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 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.
 - 3) At the discretion of the race director 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.
 - 4) Use of modified bicycles will be permitted only in time trial events. The Event or Race Director will decide if two-wheel and modified bicycles compete together, based on the number of competitors, course conditions and ability level of the riders.
- 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. No times are recorded for Road Race Finals (Mass start). Awards are based upon placing only. The Honest Effort Rule is not applicable in Road Race Finals.



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- c. 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.
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) See SECTION A — OFFICIAL EVENTS.
 - 2) The Race Director has the discretion to decide which distances will be held.
 - b. The athlete or the partner may assume either the pilot position (front) or the stoker position (rear) on the tandem. In accordance with UCI Para-cycling rules blind and visually impaired cyclists compete on the rear of tandem bicycles, with a sighted pilot.
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.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.2. General Rules.