

2019 Cycling Rules

These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games Southeast. Valor Games Southeast 2019 is not a qualifying event for USA Nationals or other Paralympic sanctioned events.

Disability/Classification Groups:

Participants will compete by gender in these categories:

- **Upright**- PTSD, TBI, Amputee....
- **Handcycling**-SCI, Double Amputee...
- **Tandem**- Blind/Low Vision
- **Recumbent**

Events:

Beginner: 13.6km (6 laps)-must stay within boundaries

Intermediate: 20.5km (9 laps)-must stay within boundaries

Check in:

Each athlete will receive a packet of 4 items when they check in. All items will have the same athlete/chip number on them:

•**Timing Chip:** This “T” shaped disposable chip is to be attached to the top center of the helmet. The “wings” on the chip are adhesive-backed and are to be adhered to a helmet “rib” for a road or mountain bike helmet or to the surface for an aero helmet. The chip must be applied at the crown of the helmet (in line with the ears) with the “flap” pointing back.



•**Helmet Sticker:** This small adhesive number is to be adhered to the front center of the helmet, visible from the front.

•**Race Bib:** The green Precision Race bib includes a label with the athlete’s name, scheduled start time, and number of laps (6 for beginner, 9 for intermediate). The race bib is to be pinned on the front (recumbent/handcycle) or RIGHT SIDE of the athlete.

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• **Start Ticket:** This bright yellow half-page card shows the athlete's name, number, scheduled start time, and number of laps. The Start ticket is to be handed to the race Starter as the athlete moves to the "on deck" position, ready to start.

- Tandem riders need only one registration. The athlete will receive only one bib number and timing/ID chip. However, the name, date of birth and gender of the second rider must be provided and a waiver signed.

Equipment

- **Loaner Equipment:** If an athlete requested in advance the use loaner equipment (handcycle, recumbent, upright bike, or tandem), then the athlete will be assigned both a start time and a specific loaner bike. Competitors using loaner equipment should report to the bike fitting area **well before** start time to allow for bike adjustments.
- **Personal Equipment:** Athletes specifying in advance that they will use their own equipment will be assigned a specific start time.
- Each athlete, without exception, is required to wear a safety-approved cycling helmet throughout the entire event.

Start Times:

- Each athlete will be pre-assigned a specific start time. Athletes must start precisely at their scheduled time. It is the responsibility of each athlete to be ready to go at his or her assigned start time.
- Volunteers will line up the cyclists at the start prior to their scheduled start time and will ensure that they start on time. The Starter will take each athlete's Start Ticket (yellow card) as they reach the "on deck" position.
- If an athlete is not present or no athlete is scheduled to start in a time slot, no other athlete will start at that time.
- Rolling starts are not permitted. A volunteer will be available to help keep the bike upright while awaiting the start if requested, but the volunteer will not push-start the athlete.
- **RESCHEDULE: If an athlete cannot start at his or her assigned time due to equipment availability** the Starter may reschedule the athlete to a new time and update the start time on the start ticket.

The Course:

- Each athlete will complete the specified number of laps. For the 13.6km event, each athlete will complete 6 laps on the course; the 20.5km event will be 9 laps.

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- The lap/finish line will consist of a metal truss arch structure. Antennas that read the timing chip and record the time are mounted on the truss. Athletes must pass through the truss arch at the end of each lap and at the finish.
- Volunteers will be positioned 100 feet from the finish line with a radio and lap count cards. As each participant passes under the truss, Jaguar timing system updates their lap count. The Timer will radio the lap count to these volunteers who will hold up the correct lap count sign for the athlete. The volunteers will also mark the lap as completed for that athlete on the lap count sheet. Even with this system in place it still is ultimately each athlete's responsibility to know how many laps he or she has completed.
- The course will be marked and Course Monitors may be located at turns on the course, but it is the responsibility of each athlete to know the course.
- Continue riding when crossing the finish until you can safely pull over without impeding any other cyclist behind you. Athletes will be directed to turn into the finish parking lot (after the final pass through the timing truss).

Drafting & Blocking:

- Ride to the right.
- Pass only on the left.
- The Event is an individual race against the clock. Drafting (riding in the slipstream of another athlete) is not permitted.
- You must remain at least 3 bike lengths behind other athletes except when passing. When passing another cyclist, an athlete has 15 seconds to overtake the bike in front when the 3 bike length is entered.
- When overtaken by another athlete you must allow a 3 bike length gap before you may attempt to catch and pass that athlete.

Results:

- Results are based on total time elapsed time between each athlete's scheduled start time and the time the cyclist completes the last lap.
- Athletes may get their race time at the Precision Race immediately after finishing. Note that award standings may continue to change as the race progresses.

Medals:

Medals will be awarded to the top 3 finishers in each of the following classes:

Handcycle 13.6K Mens
Handcycle 20.5K Mens
Handcycle 13.6K Womens
Handcycle 20.5K Womens
Upright 13.6K Mens

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Upright 20.5K Mens
Upright 13.6K Womens
Upright 20.5K Womens
Recumbent 13.6K Mens
Recumbent 20.5K Mens
Recumbent 13.6K Womens
Recumbent 20.5K Womens
Tandem 13.6K Mens
Tandem 20.5K Mens
Tandem 13.6K Womens
Tandem 20.5K Womens

For more information about Paralympic cycling: <http://www.teamusa.org/US-Paralympics/Sports/Cycling.aspx>

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