



Cycling – Sport Rules Modifications, Interpretations, and Points of Emphasis

The Official Special Olympics Sports Rules for Cycling dated June 2016 will be in effect for the 2017-2018 program year. This document is intended to be used in conjunction with the USA Cycling rules and SOI Rules; therefore, those rules are not repeated here but they will be enforced unless in direct conflict to SONC modifications.

Must Qualify in 500m Time Trial at Summer Games	Must qualify in 5k Road Race at Summer Games	
Short Distance 500m Time Trial 1k Time Trial 2k Time Trial	Middle Distance 1k Time Trial 2k Time Trial 5k Time Trial 5k Road Race	Long Distance 5k Road Race 10k Road Race 15k Road Race 25k Road Race 40k Road Race

Appropriate Attire and Equipment

- Inspection of every rider’s bike is required before each competition. SONC will provide a bike mechanic at Summer Games.¹
- Any special aero equipment used by the rider such as, aero helmet, disc wheels, skinsuits, etc. must be used/worn at the local competition/practice if the athlete is to be permitted to use/wear the items at Fall Tournament. Aerobars cannot be used in competition.²
- Bike shorts with padding and athletic-type shirt. In case of cold weather and wind, athletes should wear moisture-wicking apparel (such as lycra or Under Armor), gloves, tight-fitting thermal caps (where a bike helmet can still be worn) and dress in layers.
- Bicycle or modified bicycle³, bicycle repair equipment and spare tires/innertubes, water bottles, and cycling shoes with clips.
- Athletes who are mounted on a bicycle shall wear a securely fastened helmet that meets either the US DOT helmet standards or the U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets.⁴

Competition Interpretations and Modifications

- Athletes registering for Category A events must take part in the 500m time trial on Friday for divisioning. To compete in the Category B or C events, athletes must qualify in the 5K road race on Friday.
- A 5k road race will be conducted on Friday during Summer Games as a means to determine a cyclist’s ability and for placement in appropriate final divisions for Summer Games. The term road race refers to the start of the race (everyone starts together). The event will still take place at the speedway and not on the “road.”
- Time limits are in place for four of the events. These time limits are to speed up the competition and not keep athletes waiting for long periods of time after they complete their event. Time limits are in hh:mm:ss.
 - 10k Road Race – 29:30
 - 15k Road Race – 47:00

¹ SONC modification to SOI 4.2.2

² Modification to SOI Section 4.2 (disallowing aerobars).

³ Handcycles are approved by USA Cycling USA Cycling Racing rules for Road, Track, and Cyclocross 1J5. Modified bicycles may include recumbent, adult tricycles, bicycles with outriggers or other approved modifications per SOI Section 4.2.

⁴ USAC rule

- 25k Road Race – 1:00:00
- 40k Road Race – 1:45:00
- Competitors shall wear their entry numbers on the front of their helmet and affixed to the top tube of the bike frame.
- A competitor remounting the bike after a crash or mechanical problem and/or a flat tire may be pushed up to 10 meters⁵. 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 course.⁶
- Cyclists must keep at least one hand on the handle bars at all times – even at the finish of the race.⁷
- No radios shall be allowed for coaching riders in any Special Olympics race.⁸
- Use of headphones of any style is prohibited while racing.⁹
- Head coaches and other delegation members are not allowed to follow the competition by any vehicle. Coaches may coach from the sidelines.¹⁰

2018 Summer Games Order of Events

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Qualifying	2k Time Trial	40k Road Race
500m Time Trial	25k Road Race	1k Time Trial
5k Road Race Qualifying	5k Road Race	10k Road Race
	500m Time Trial	5k Time Trial
	15k Road Race	

Special Notices:

- Additional competition opportunities are being researched for Unified Sports. This is being done in anticipation of potentially removing all Unified competition from state-level events starting in the 2018-2019 program year.

⁵ SOI Rule Section 6.4.2.

⁶ SOI Section 6.4.2.

⁷ SOI Section 6.4.3.

⁸ SOI Section 6.4.4.

⁹ SOI Section 6.4.5.

¹⁰ SOI Section 6.5.3.