



2010 WARRIOR GAMES CYCLING RULES

These rules are modified paralympic rules to suit the population of the Warrior Games

Disabilities

- Lower Mobility Impairment/Spinal Cord Injury (SCI)
- Upper Mobility Impairment/Traumatic Brain Injury (TBI)
- PTSD

Cycling Events

- 10k Road Race (Handcycling)
- 10k Road Race (Recumbent)
- 20k Road Race (Bicycle)

Bicycle - Men/Women* – PTSD, Lower Mobility Impairment, SCI, Upper Mobility Impairment, TBI

Handcycle - Men/Women* - Lower Mobility Impairment/SCI

Recumbent - Men/Women* - Upper Mobility Impairment/TBI

*Note: Men and women will be combined unless 6 or more women register per event per disability

GENERAL EVENT RULES

Selected UCI equipment rules pertaining to the cycling events at the Warrior Games are included below, as well as some additional general, USAC and/or UCI rules.

Bib Numbers: All competitors are required to wear one bib number issued to them by event staff. Numbers must be placed on the right side of the torso (bicycles), or the right side of the cycle or person (handcycle and recumbent). Race officials will insure proper number placement prior to the start of the race.

Starts: Each race will start as a "stationary start", no rolling starts

Draft Schedule of start times:

Handcycles: 09:30

Recumbent: 09:35

Bicycles: 10:30

Helmets: All competitors are required to wear a Snell or ANSI certified helmet, no exceptions.

Use of catheters: It is mandatory for cyclists who use catheters or other urinary diversion devices to prevent spillage by using a catheter bag at all times. This includes training, competition and classification.

General Equipment Regulations:

16.14.004 Artificial handgrips and prosthesis are allowed on upper disabled limbs, but not fixed to the cycle. For reasons of safety in the event of a fall, rigid prosthetic adaptations, mounted or fixed on parts of the cycle, are not allowed.

16.17.005 There should be no adjustment made possible to the equipment during the race. All adjustments must be made prior to the start of the race.

16.14.006 All cycles must have two independent braking systems. If there is a braking system for the double wheels, it must involve both wheels. The braking systems must be dynamic; wheel locks or stoppers are not allowed.

1.3.026 When competing, all riders shall wear a jersey with sleeves and a pair of shorts, possibly in the form of a one-piece skinsuit. By shorts it is understood that these are shorts that come above the knee. Sleeveless jerseys shall be forbidden.

Handcycles:

16.17.001 A handcycle is either an arm powered (AP), arm-trunk powered (ATP) or kneeling position, three wheels vehicle with an open frame of tubular construction, which conforms to the general principles of UCI construction for bicycles, except that the chassis frame tubes need not be straight and that for the seat or backrest construction, the maximum frame tube diameter may exceed the maximum defined by the general principles of UCI. The single wheel may be of a different diameter to the double wheels. The front wheel, or wheels, shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain.

The handcycle shall be propelled solely, through a chainset and conventional cycle drive train, of crank arms, chainwheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled from the hands, arms and upper body only.

16.17.002 In the recumbent position, handcyclists must have a clear vision. As such, the horizontal of his eyeline must be above the crank housing/crank set, when he is sitting with his hands on the handlebars facing forward at full extent, the tip of his shoulder blades in contact with the backrest and his head in contact with the headrest, when applicable. A quick release body harness is permitted.

The measurement will be made as follows:

- From the position described above, the distance will be measured from the ground to the center of the eyes of the athlete seated and compared to the

distance between the ground and the middle of the crank housing / crank set. The distance from the eyes to the ground needs to be at least equal or greater than the distance of the middle of the crank housing to the ground.

16.17.004 In the kneeling position, the athlete's legs and feet must be supported and protected from the ground surface. (*article introduced on 1.02.09*).

16.17.011 The largest chain ring shall have a guard securely fitted to protect the rider. The protection shall be made of adequate solid material and fully cover the chain ring over half of its circumference (180°) facing the rider.

16.17.013 Leg and foot rests shall be fitted as necessary, with a secure means of protecting static lower limbs from all moving parts. Handcyclists must wear shoes or sufficiently stiff foot protection which covers completely the foot, for security measure, unless the handcycle has a shell / structure which allows the feet to rest with no risk of coming out. In such cases, athletes should at minimum be wearing socks. In all cases, the feet should also be fixed to the bike with some sort of device which prevents the feet from falling out of the footrest.

Recumbent Cycles:

16.16.001 The recumbent cycle is a vehicle with three wheels of equal diameter. The front wheel, or wheels, shall be steerable; the rear wheel, or wheels, shall be driven through a system comprising pedals and a chain.

16.16.004 A tricycle with two front steerable wheels shall conform to the general principles of UCI construction.

16.16.005 Wheels of the tricycle may vary in diameter between 70 cm maximum and 55 cm minimum, including the tire, using conventional cycle components. Modified hub attachments may be used if necessary. The width of tricycle double wheels may vary between 85 cm maximum and 60 cm minimum, measured at the centre of each tire where the tires touch the ground.

16.16.006 If a tricycle two-wheel rear axle does not have a differential, only one wheel must be driven, due to the different speeds of the wheels in bends.

16.16.007 A tricycle / recumbent cycle shall not measure more than 200 cm in length and 95 cm in width overall.

Bicycles:

16.14.001 Bicycles shall comply with the spirit and principle of cycling as a sport. The spirit presupposes that cyclists will compete in competitions on an equal footing. The principle asserts the primacy of man over machine. For morphological, or disability reasons, exceptions may be permitted, but the principle of the UCI regulations for cycles must be followed. For example: A handlebar adaptation is allowed for athletes with upper limb disabilities, if the athlete needs the adaptation to operate gear and brake levers, there is no unfair aerodynamic advantage and safety is not compromised.

1.3.006 The bicycle is a vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain.

1.3.008 The rider shall normally assume a sitting position on the bicycle. This position requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle.

1.3.009 The bicycle should have handlebars which allow it to be ridden and maneuvered in any circumstances and in complete safety. Only the traditional type of handlebars may be used, no time trial or "aero" bars. The brake controls attached to the handlebars shall consist of two supports with levers. It must be possible to operate the brakes by pulling on the levers with the hands on the lever supports. Any extension to or reconfiguration of the supports to enable an alternative use is prohibited. A combined system of brake and gear controls is authorized.

1.3.010 The bicycle shall be propelled solely, through a chainset, by the legs (inferior muscular chain) moving in a circular movement, without electric or other assistance.

1.3.012 A bicycle shall not measure more that 185 cm in length and 50 cm in width overall.

1.3.018 Wheels of the bicycle may vary in diameter between 70 cm maximum and 55 cm minimum, including the tire. Wheels shall have at least 12 spokes; spokes can be round, flattened or oval, as far as no dimension of their sections exceeds 10 mm.

Racing Rules:

Inter-category cooperation. Competitors from different race categories may not work together during the race. Racers may only work with racers from within their race category. Although competitors from different categories may end up in the same group, they cannot provide assistance to one another. The only exception to this is when race categories are combined as determined by event staff.

Cutoffs. Competitors who do not meet cutoffs indicated by event staff may be pulled from the course.

Timing and results. All races will be scored using the Finish Lynx timing system, and results produced for all categories within 1/100 second accuracy.