



2016 Rule Change Summary

Cycling

Change From	Change To
Old Formatting	New Formatting with numerical system for ALL sections See also date change at footer to reflect June 2016
<p>Section B – Course. Road</p> <p>2. For events over 1 kilometer the course design must consider the skill-sets of both the fastest and slowest riders. Out and back courses and courses with 180 degree turns are very difficult to control for safety and should not be used.</p>	<p>Section 3 - Course</p> <p>3.2 Design</p> <p>3.2.2 Out and back courses and courses with 180 degree turns are very difficult to control for safety and should not be used.</p>
	<p>ADD</p> <p>Section 3 - Course</p> <p>3.3. World Games course</p> <p>3.3.1 Approximately 2.5 kilometer courses may be used for events 5 km and less.</p> <p>3.3.2 All other distances require a course that is approximately 5 km in distance with no 180 degree turn.</p> <p>3.3.3 All other requirements noted above are required.</p> <p>3.3.4 Exceptions to course requirements may be permitted with approval by the cycling SRT and Technical Delegate.</p>
	<p>ADD</p> <p>Section 6 – Rules of Competition –</p> <p>6.1 Divisioning</p> <p>6.1.1.1 Special Olympics cycling competitions shall be offered for all ability levels. Cycling events will be offered in three levels:</p> <p>6.1.1.1.1 Short Distance: consisting of the following events: 500 Meter Time Trial, 1 Kilometer Time Trial, 2 Kilometer Time Trial</p> <p>6.1.1.1.2 Middle Distance: consisting of the following events: 1 Kilometer Time Trial; 2 Kilometer Time Trial, 5 Kilometer Time Trial or Road Race</p>



	<p>6.1.1.1.2 Long Distance: consisting of the following events: 5 Kilometer Time Trial or Road Race, 10 Kilometer Time Trial or Road Race, 15 Kilometer Time Trial or Road Race, 25 Kilometer Time Trial or Road Race, 40 Kilometer Time Trial or Road Race</p> <p>6.1.1.2 Cyclists will be placed in appropriate divisions based upon entry time and/or preliminary events. Local, state, regional and World Games competitions shall be free to set time standards for the various events. The time standards set for the short and middle distance events cannot have a minimum time requirement. Any time standard used for Short and Middle Distance events shall be set as to NOT permit riders who are capable of posting faster times to enter these events. However, it is permitted and encouraged, when appropriate, to have a minimum time standard set for the 40 kilometer road race.</p> <p>6.1.1.2.1 Suggested MAXIMUM Time Standards for Short distance events are:</p> <ul style="list-style-type: none"> 6.1.1.2.1.1 500 Meters (male) between 1.00 – 2.00 minutes 6.1.1.2.1.2 500 Meters (female) between 1.05 – 2.10 minutes 6.1.1.2.1.3 1 Kilometer (male) between 2.00 – 3.00 minutes 6.1.1.2.1.4 1Kilometer (female) between 2.00 – 3.00 minutes <p>6.1.1.2.2 Suggested MINIMUM* Time Standard for 40 Kilometer Road Race</p> <ul style="list-style-type: none"> 6.1.1.2.2.1 1 hour and 20:00 minutes for men 6.1.1.2.2.2 1 hour and 30:00 minutes for women. 6.1.1.2.2.3 This time may be adjusted by the Technical Delegate, depending upon the course, course times, and weather conditions <p>6.1.1.2.3 If an Athlete’s divisioning time does not match event requirements they have been registered for, they may be moved to different events at the discretion of the Technical Delegate and Chief Referee.</p>
	<p>ADD Section 6 – Rules of Competition –</p>



	<p>6.1 Divisioning</p> <p>6.1.6 Organizers shall be permitted, with agreement from the Chief Referee and the Technical Delegate, to start multiple Divisions together for road races. Riders will be placed separately for awards. The total number of riders will be limited to no more than 16 riders in one road race start unless approved by the Technical Delegate and the Chief Referee.</p> <p>6.1.6.1 The Technical Delegate, together with the race organizer and Chief Referee, will determine the most effective method of differentiating riders by Division. This needs to be done to ensure that riders know who they are racing against and for officials and spectators easily see who is in a different division.</p> <p>6.1.6.2 Racing multiple divisions in the same pack will require using large color stickers on helmets, race numbers, etc. Color Arm bands may be considered depending upon the type of arm band and whether it will stay in place while riding and not slip to the rider's wrist. This is not a preferable method. (Please note, arm bands may not be an option for some riders due to issues regarding touching.)</p> <p>6.1.6.3 Riders shall be lined up by Division so there is also a visual connection to their respective competitors in their division.</p> <p>6.1.6.4 Helmet covers are discouraged as there is no ventilation and helmet models and sizes vary greatly.</p>
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