



Cycling Rules

These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games. The Valor Games are not a qualifying event for USA Nationals or other Paralympic sanctioned events. This is a recreational race and riders must be in full control of their cycle and riding safely at all times. Unsafe riding practices like swerving, blocking, contact with other cycles, or illegal passing will result in disqualification and removal from the course.

Disability/Classification Groups:

- Upright 2 Wheel
- Hand Cycle
- Recumbent Trike
- Tandem

Event:

- 5 lap Time Trial (4.3 miles, 7km)
- 10 lap Time Trial (8.7 miles, 14km)

Racing Numbers:

- Each Competitor is provided with a number.
- The number must be placed on the bike or jersey in a location visible from the left.
- Tandem riders need only one registration. You will be assigned a pilot by the Valor Games.

Equipment:

- **Loaner Equipment:** If a Competitor requested in advance the use of loaner equipment (handcrank, upright bike, or tandem), then the Competitor will be assigned a bike in the pit area prior to their race. Competitors using loaner equipment should report to the bike fitting area at least one hour before their start time to allow time for bike adjustments.
- **Personal Equipment:** Competitors specifying in advance that they will use their own equipment should bring their equipment to the pit area at least one hour before their start time. The Valor Games will arrange for equipment storage and transportation. The Race Director may not approve a personal bike for safety reasons, in which case a loaner bike will be provided.

Race Format:

- Time Trial - Competitors' times will be determined by subtracting start time from finish time.
- Place will be assigned based on elapsed time.

Start Times:

- Competitors will be assigned a start time posted prior to the race. One Competitor will start every 60 seconds.



Cycling Rules

- A time clock will be visible at or near the starting line on the course. This is the official clock that the Starter will use for all starts.
- Competitors shall line up at the start area at least 10 minutes before their scheduled start.
- It is the responsibility of each Competitor to be ready to go at his or her assigned start time.
- The only circumstance where a start time may be rescheduled is if loaner equipment is not available in time, in which case the Start Director may reschedule the Competitor's start to a later time.
- For each Start, the Starter will call out "30 seconds", "10 seconds", and will then count down the last 5 seconds.

The Course:

- The Time Trial consists of 5 or 10 loops around a closed course.
- It is each Competitor'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 Competitor to know the course.
- The lap/finish line will consist of an arch structure. You should pass through the arch on each lap and at the finish.
- Continue riding at speed after crossing the finish line so that racers still doing laps do not have to avoid you. You will pull into the pit area through the pit lane on the left approximately 100 meters after the finish line after rounding the curve.

Rules:

- Competitors must be in control of their bike at all times. Course officials may determine that a Competitor is riding unsafely (uncontrolled swerving, braking, etc) and stop them to give them one warning. Competitors who continue to ride beyond their skill level will be disqualified and removed from the course
- **The Time Trial is an individual race against the clock.** Drafting (riding in the slipstream of another Competitor) is not permitted.
- You must remain at least 3 bike lengths behind other Competitors except when passing. When passing another cyclist, a Competitor has 15 seconds to overtake the bike in front from when the 3 bike length is entered.
- **Blocking - You must not attempt to prevent being passed by blocking, changing the course of your cycle, or accelerating to avoid being passed.** Any attempt to block or prevent being passed will result in immediate disqualification and removal from the course.
- Ride to the left (the inside of the course).
- Pass on the safest side of slower riders. Generally this will be on their right (to the outside of the course) if they are riding along the inside edge. Do not ask slower riders to change their course in order to pass them.



Cycling Rules

Results:

- Results are based on the elapsed time between the Competitor's scheduled start time and the time the cyclist completes the last lap.
- The Race Director may approve of a restart for a Competitor; or a modification of their elapsed time to account for a mechanical failure or medical concern. Requests for modifications or restarts must be made no later than 5 minutes before the start time of the last Competitor.