

## **CYCLING**

### **EVENTS**

5K Time Trials

10K Time Trials

5K Time Trials (Recumbent Bicycle Division)

10K Time Trials (Recumbent Bicycle Division)

### **FLORIDA SENIOR GAMES QUALIFYING RULES**

Top 5 in each age group at Florida Senior Games Series Qualifier. Participants that qualify are eligible for all Cycling events. (Note: qualifying is only applicable to Florida residents).

### **ENTRY REGULATIONS**

1. Cyclists must provide their own bicycles and helmets.
2. All bicycles must be certified by race officials prior to the competition.

### **FORMAT**

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than thirty seconds. No allowances will be made for mishaps, mechanical or otherwise.
2. Starting order for the time trials will be from youngest to oldest starting with males and ending with females.
3. Time Trials Modified divisions will begin prior to the youngest male rider of the standard Time Trials. Starting order will be from youngest to oldest.
4. Time Trials Recumbent divisions will begin following the oldest female rider of the standard Time Trials. Starting order will be from youngest to oldest starting with males and ending with females.
5. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
6. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
7. The road races will be a staggered start by age divisions, youngest male divisions to oldest female divisions. The Event Director reserves the right to combine divisions as necessary.
8. A minimum and maximum distance will be allowed as a qualifier event for the 20K and 40K Road Races. Florida Senior Games Cycling Events will be within the range in the chart below.

### **SPORT RULES**

1. All cycling events will be conducted in accordance with U.S. Cycling Federation (USCF) rules, except as modified herein. For a copy of these rules, visit or contact:

**USA Cycling**

**210 USA Cycling Point, Suite 100**

**Colorado Springs, CO 80919**

**(719) 434-4200**

[www.usacycling.org](http://www.usacycling.org)

2. Helmets are mandatory (CPSC, ANSI, or SNELL approved with sticker affixed).
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear are not permitted.

4. There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chainwheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.
5. Handlebars used for steering with ends, features, or attachments that extend forward or upward that provide support for other than the rider's hands (including aero bars) are permitted only in the time trials events and not the road race events.
6. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
7. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.
8. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
9. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or two meters (seven feet) to the side. A rider who is observed taking pace shall receive a time penalty.
10. No restarts are permitted.