

# **SPORT: CYCLING**

## **EVENTS**

5K Time Trial *National qualifying*

10K Time Trial *National qualifying*

20K Road Race *National qualifying*

40K Road Race *National qualifying*

*(National Qualifying Reciprocal & Limited events. See National Qualifying Standards below)*

National Governing Body except as published here-in, United States Cycling Federation (USCF) rules apply.

## **EQUIPMENT**

Participants must provide their own bicycle.

Each participant must provide and use a form of eye protection, in the form of safety glasses, goggles or other reasonably similar item. The eye protection used will be rated to Z87.1 or higher and must be labeled as such. In the absence of a fixed label or stamp, documentation must be presented to LSOG officials .

Multi-gear (free-wheel) bikes with front and rear brakes are required.

**FIXED GEAR BICYCLES ARE NOT PERMITTED.** USCF approved recumbent bicycles permitted.

Handlebars must be adjusted for Road Races.

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, chain-wheel or accessories) which has the effect of reducing air resistance except those allowed by the USCF.

**HARD SHELL HELMETS ARE REQUIRED.** (ANSI or Snell approved with sticker affixed.)

Failure to wear such a helmet, securely fastened, or removing it during warm-up or racing will result in disqualification.

## **SAFETY**

1. United States Cycling Federation rules will apply.
2. All bicycles must pass a safety inspection 15 minutes prior to the race. This includes inspections for: [a] tightness of handlebars, stem, seat, seat post, cranks, wheels. [b] proper adjustments of brakes. [c] proper inflation of tires.

3. If a rider appears later than the appointed 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. In the case of a late start, the appointed time shall be used in computing the results.
4. Starting times for all time trials will be at equal intervals of 30 seconds or one minute (Race Directors call). No allowances will be made for mishaps, mechanical or otherwise.
5. Starting order is by order of random selection within age groups.
6. For the time trial, no rider shall take pace (draft) behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall be disqualified.
7. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
8. In time trials, the rider may be held by an official at the start but will not be restrained or pushed.
9. No restarts are permitted.

## **SCORING**

The best times in all heats will determine places in time trials. Order of finish will determine places in Road Races.

### **National Qualifying Requirements:**

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Place will advance to Nationals.

“RECIPROCAL” Qualifying: If athlete qualifies in either event, you may choose to participate in both events. Example: If you qualified in 5k, you may choose to participate in the 10k “**OR**” if qualified in 20k may choose to participate in the 40k.

“LIMITED” Qualifying: If the State Games do not offer a race, then you may qualify by participating in four competitions (Certain paperwork must be completed during time of competition).