



CYCLING

COMPETITION FORMAT

OVERVIEW

1. The cycling event is open to all competitors, with men and women competing in separate categories.
2. Cycling will be held over two days with the Time Trial being held on the first day and the Criterium on the second day.
3. Competitors may choose to participate in one or both of the cycling events.

FORMAT

4. The following events will be offered to men (M) and women (W) in each category:
 - a. **Time Trial:** The Time Trial (TT) will be contested over a distance of 11km on a single loop course.
 - Road Bike Categories (IRB1-IRB3)
 - Hand Bike Categories (IHB1-IHB2)
 - Recumbent Bike Category (IRecB1)
 - Tandem Bike Category (ITB1)
 - b. **Criterium (Circuit) Race:** The Criterium will be contested over several laps of a 1.7km course.
 - Road Bike Categories (IRB1-IRB3)
 - Hand Bike Categories (IHB1-IHB2)
 - Recumbent Bike Category (IRecB1)
 - Tandem Bike Category (ITB1)

Note: The duration of the Criterium races is to be determined based on the number of entries by category. Where possible the intent is to run a series of 30min races subject to the makeup of entry numbers, various race categories of rider might ride in the same race. Each Category shall, however, receive their own results. That said, the organizers reserve the right to run shorter races, either as a single or combined category event, if required.



CATEGORIZATION

Cycling is open to all illness / injury groups, with men and women competing separately for medals. Medals will be awarded in 3 disciplines (Road, Hand and recumbent Bikes), across a maximum of 14 categories (7 for men and 7 for women). They are:

CATEGORY	DESCRIPTION	TECHNICAL / FUNCTIONALITY
IRB1 (IPC C1-C3) Road Bike	<ul style="list-style-type: none"> Severe locomotor dysfunction Single amputation of leg above knee, and arm Double through knee amputation 	<ul style="list-style-type: none"> Poor functional strength in trunk, and/or in all extremities Locomotor dysfunction
IRB2 (IPC C4-C5) Road Bike	<ul style="list-style-type: none"> Single amputation below knee with use of prosthetics and single below elbow amputation Single below knee amputation, with prosthesis Double below knee amputation Single amputation above elbow, no functional grip Single amputation below elbow with use of prosthesis 	<ul style="list-style-type: none"> Noticeably brisk reflexes or clear differences in reflexes left versus right Minimal impairments
IRB3 (Open) Road Bike	<ul style="list-style-type: none"> For those who do not have a permanent disability that affects cycling performance (e.g. PTSD, Mild Traumatic Brain Injury (mTBI/TBI), minor orthopaedic injury etc.) 	
IHB1 (IPC H1-H3) Hand Bike	<ul style="list-style-type: none"> Tetraplegic with impairments corresponding to complete cervical lesion at or above C8 vertebra Paraplegic with impairments corresponding to a complete lesion from T1 to T10 	<ul style="list-style-type: none"> Limited handgrip No lower limb function or limited function Limited trunk stability to complete loss of trunk function
IHB2 (IPC H4-H5) Hand Bike	<ul style="list-style-type: none"> Paraplegic with impairments corresponding to a complete lesion from T11 or below Double below or double through knee amputee Single leg amputee, minimal disability below knee amputation 	<ul style="list-style-type: none"> Incomplete loss of lower limb function, with other disabilities, which prevent the safe use of conventional bicycle or tricycle Normal or almost normal trunk stability
IRecB1 Recumbent Bike	<ul style="list-style-type: none"> For cyclists with orthopaedic or other conditions that prohibit them from riding a two-wheel upright bike or hand bike 	
ITB1 Tandem Bike	<ul style="list-style-type: none"> For cyclists with a visual impairment who require a pilot rider 	

GENERAL POINTS

- Some categories, including males and females, may race together but will be scored separately.
- Information on the IPC classification scheme can be found here: <http://www.uci.ch/mm/Document/News/Rulesandregulation/16/26/73/16-PAR-20160101-English.pdf>