

CYCLING RULES

All participants must be at least 55 years of age by their Zone Playoff date.
All participants must fall within the age group indicated by December 31 of the Event year.

Age Groups / Events

Age	Events	Participants Advancing to Provincial Games
55+	Men 10k Time-Trial	1 Male per Zone
60+	Men 10k Time-Trial	1 Male per Zone
65+	Men 10k Time-Trial	1 Male per Zone
70+	Men 10k Time-Trial	1 Male per Zone
75+	Men 10k Time-Trial	1 Male per Zone
80+	Men 10k Time-Trial	1 Male per Zone
85+	Men 10k Time-Trial	1 Male per Zone
55+	Women 10k Time-Trial	1 Female per Zone
60+	Women 10k Time-Trial	1 Female per Zone
65+	Women 10k Time-Trial	1 Female per Zone
70+	Women 10k Time-Trial	1 Female per Zone
75+	Women 10k Time-Trial	1 Female per Zone
80+	Women 10k Time-Trial	1 Female per Zone
85+	Women 10k Time-Trial	1 Female per Zone
55+	Men's Time-Predicted	1 Male per Zone
55+	Women's Time-Predicted	1 Female per Zone
Extra Medal Events		
55+	Men 20k Time-Trial	
60+	Men 20k Time-Trial	
65+	Men 20k Time-Trial	
70+	Men 20k Time-Trial	
75+	Men 20k Time-Trial	
80+	Men 20k Time-Trial	
85+	Men 20k Time-Trial	
55+	Women 20k Time-Trial	
60+	Women 20k Time-Trial	
65+	Women 20k Time-Trial	
70+	Women 20k Time-Trial	
75+	Women 20k Time-Trial	
80+	Women 20k Time-Trial	
85+	Women 20k Time-Trial	
TOTAL		16

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1. The rules on the Union Cycliste Internationale (UCI) website (www.uci.ch) shall apply, as modified by the Canadian Cycling Companion Guide, which can be found on the website www.cyclingcanada.ca, and as modified by the Alberta Bicycle Association Regulations, which can be found on the website www.albertabicycle.ab.ca, and with the following modifications:
 1. The UCI Regulations for Time Trial Bicycles will not be enforced
 2. The UCI prohibition on sleeveless jerseys will not be enforced

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2. A medical examination within two-months prior to the Games is strongly recommended. Each participant **MUST** sign a waiver prior to competing at any playoff or in the Games.

3. 10 km Time Trials

- a) At area, zone and the "Provincial Games", riders will cycle one 10 km race.
- b) Interval starts (1 minute) are recommended if there are more than 4 competitors per race.
- c) In the event of ties at the Provincial Games, medals will be awarded to all tying cyclists.

4. Time-Predicted Cycle

- a) Predictions must be given to race officials ½ hour prior to race start time. Cyclists will be asked to confirm verbal predictions by initialing as correct as written on the time sheet.
- b) At the Provincial Games, participants will cycle one heat on each of two days. They will be required to predict their time for each heat ½ hour prior to competing each day. The lowest combined total difference for the two days will determine the winners, e.g. if 6 seconds over in the first day, and 3 seconds under on the second day, total combined time difference is 9 seconds. Cyclist will be permitted to know their times after the first heat.
- c) Cyclists are not permitted to use watches or receive pacing information (verbal, bike computers, speedometers, hand signals, etc.) To do so will result in disqualification.
- d) In the event of a tie, the cyclist with the fastest total time will be declared the winner.
- e) Tricycles will be allowed in this event.
- f) Competitors must compete on both days.
- g) Cyclists who compete in Time-Predicted Cycle cannot enter into any other cycling event.

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5. 20 km Time Trial

- a) This will be an optional extra medal event at the Provincial Games for cyclists who have participated in the 10 km Time Trial.
- b) Interval starts will be used.
- c) Medals will be awarded according to the same age/event/ categories as the Road Races. In the event of ties, medals will be awarded to tying cyclists.

6. Course & Race Safety

- a) In setting the course, organizers shall ensure that the circuit includes no places or situations that could constitute a safety risk to anyone (riders, officials, spectators). Try to avoid U-turns on course; a circle loop is preferred. Presence of first-aid personnel is recommended.
- b) If possible, traffic should be suspended on the course route for the duration of the race, or at least on each section of the route as the race passes through. Seek police cooperation at intersections and in heavy traffic areas.
- c) Cyclists will be permitted to preview the race course prior to racing.
- d) Each cyclist is required to bring his/her own bicycle.
- e) The rider shall ensure that his/her bicycles and accessories do not constitute a danger to him/herself or other participants.
- f) Approved / recognized official hard bike helmets (ANSI, Snell, or CSA approved) are required during the bike race and warm up.
- g) Participants will be responsible for the repair and maintenance of their bike while on the course and should be prepared to handle any possible malfunction.
- h) Participants may walk their bike across the finish line.
- i) Cyclists are responsible to obey traffic laws.
- j) Course observers should be stationed around the course to monitor the race.
- k) No person shall drive or bike alongside a competitor.
- l) Drafting (following closer than 10 meters) is not allowed.
- m) Passing another rider will always be on the left.