

Alberta 55 plus Cycling Rules

General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: www.alberta55plus.ca. If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

Entry Procedures: Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at www.alberta55plus.ca

Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

Age	Events	Participants Advancing to Provincial Games
55+	Recreational Men	2 Men per Zone
60+	Recreational Men	2 Men per Zone
65+	Recreational Men	2 Men per Zone
70+	Recreational Men	2 Men per Zone
75+	Recreational Men	2 Men per Zone
80+	Recreational Men	2 Men per Zone
85+	Recreational Men	2 Men per Zone
55+	Recreational Women	2 Women per Zone
60+	Recreational Women	2 Women per Zone
65+	Recreational Women	2 Women per Zone
70+	Recreational Women	2 Women per Zone
75+	Recreational Women	2 Women per Zone
80+	Recreational Women	2 Women per Zone
85+	Recreational Women	2 Women per Zone
Total Recreational		28
55+	Competitive Men	2 Men per Zone
60+	Competitive Men	2 Men per Zone
65+	Competitive Men	2 Men per Zone
70+	Competitive Men	2 Men per Zone
75+	Competitive Men	2 Men per Zone
80+	Competitive Men	2 Men per Zone
85+	Competitive Men	2 Men per Zone
55+	Competitive Women	2 Women per Zone
60+	Competitive Women	2 Women per Zone
65+	Competitive Women	2 Women per Zone
70+	Competitive Women	2 Women per Zone
75+	Competitive Women	2 Women per Zone
80+	Competitive Women	2 Women per Zone
85+	Competitive Women	2 Women per Zone
Total Competitive		28
Overall Zone Participant Total		56

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Events:

Recreational Cycling:

1. Time trial: 10 km all age groups
2. Road Race: 20 km all age groups
3. Cyclists may compete in one or both of the recreational events but may not compete in the competitive cycling events.

Competitive Cycling:

1. Time trial; 20 km all age groups
2. Road Race; 40 km all age groups
3. Cyclists may compete in one or both of the competitive events but may not compete in the recreational cycling events.

Note: The Host Committee, in consultation with the Provincial Judge, may adjust the distances outlined above. Such adjustment shall be to accommodate the nature of local terrain. Any such adjustment must be communicated to the participants as early as possible.

1. The current 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, or contact:

Cycling Canada

2197 Riverside Drive, #203

Ottawa, Ontario K1H 7X3

Telephone: (613) 248-1353 Fax: (613) 248-9311

Note: The UCI regulations regarding Time Trial Bicycles and the prohibition on wearing sleeveless jerseys will not be enforced.

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. **Event Details:**
 - a) Interval starts (1 minute) are required in the time trial event.
 - b) Group starts will take place in the road race event. The size and composition of the group starting at the same time will be determined by the Event Coordinator (in consultation with the Provincial Judge) and posted at least 30 minutes prior to the start of competition.
 - c) In the event of ties at the Provincial Games, medals will be awarded to all tying cyclists.
4. **Course & Race Safety**
 - a) Drafting (following closer than 10 meters) is not allowed during the time trial event.
 - b) Passing another rider will always be on the left during the time trial event.
 - c) Riders must observe the "centre line rule".
 - d) In setting the course, organizers shall ensure that the circuit includes no places or situations that could constitute an undue safety risk to anyone (riders, officials, spectators). Try to avoid U-turns on course; a circle loop is preferred.
 - e) Presence of first-aid personnel is required.

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- f) 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.
- g) Cyclists will be permitted to preview the race course prior to racing.
- h) Each cyclist is required to bring his/her own bicycle.
- i) The rider shall ensure that his/her bicycles and accessories do not constitute a danger to him/herself or other participants.
- f) All cyclists must wear approved bicycle helmets during the 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.