

# Senior Olympics Cycling Rules

## Playing Format

1. Cycling will be conducted in accordance with USCF, National Senior Games and New Mexico Senior Olympics Board of Directors rules except as noted below. For a complete copy of these rules, please write or call:  
USA Cycling  
One Olympic Plaza  
Colorado Springs, CO 80909  
(719) 866-4581  
National Senior Games Association  
P. O. Box 82059  
Baton Rouge, LA 70884-2059  
(225) 766-6800  
[www.nsga.com](http://www.nsga.com)
2. Events include 1 mile (not a National event), 5K and 10K time trials, and 20K and 40K road races. The 20K and 40K may be either road races or time trials depending on number of athletes registered.
3. Cyclists must provide their own bicycles and helmets.
4. All bicycles must be certified by race officials prior to the competition.

## Playing Rules

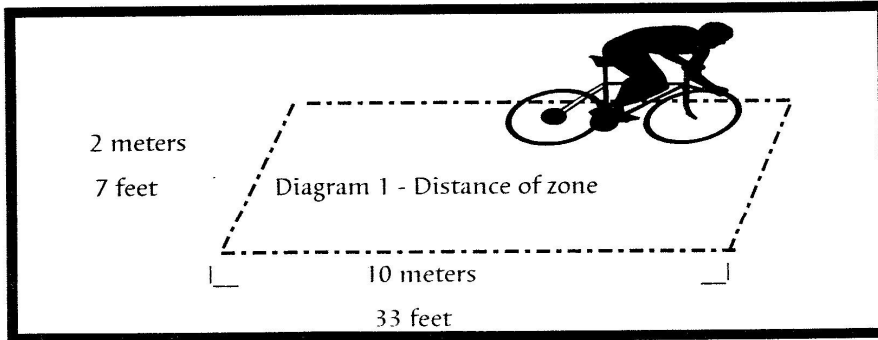
1. Starting times for the time trials will be at equal intervals (one minute or less). No allowances will be made for mishaps, mechanical or otherwise.
2. Starting order for the time trials is by random selection.
3. If a rider appears later than the appointed starting time, the start will be allowed 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.
4. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one (1) hour before the start of each event.
5. The road races will be mass start at approximately ten (10) minute intervals by age division and gender with combinations when needed.
6. Helmets are mandatory (ANSI or Snell approved with sticker affixed). Multigear (free wheel) bikes with front and rear brakes are required. Fixed gear bicycles are not permitted. Recumbent bicycles that meet USCF rules are permitted.
7. 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) that has the effect of reducing air resistance, except those allowed by the USCF.
8. If in doubt about your qualification, check for an official ruling from the Sport Coordinator before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
9. In time trial events, the rider shall be held by an official at the start, but shall be neither restrained nor pushed.

## Cycling Playing Rules (cont)

10. Riders must stay to the right except when overtaking (passing) another rider. Failure to do so will result in disqualification.
11. In time trial events, no rider shall take pace 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 receive a time penalty.
12. See diagram following for "Taking Pace".
13. No restarts are permitted.

2009

## CYCLING - TAKING PACE



### DIAGRAMS ILLUSTRATING POINTS RELATIVE TO PACING

