

WPFG ABRIDGED RULES - CYCLING - Street Bike - Page 1

GUIDING BODIES

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EVENTS

INDIVIDUAL: MEN and WOMEN

Men's and Women's Individual events will be offered in the following age categories:

Open: 18 - 29	Grand Master (A): 50 - 54
Senior (A): 30 - 34	Grand Master (B): 55 - 59
Senior (B): 35 - 39	Grand Master (C): 60 - 64
Master (A): 40 - 44	Grand Master (D): 65 -69
Master (B): 45 - 49	Grand Master (E): 70 +

DESCRIPTION OF EVENTS:

NOTE: Events listed below may be omitted due to the unavailability of suitable venues with approval of WPFGF.

- 1. SPRINTS:** Approximately 800 meter completely closed course; level, wide and straight. Three sprints per class. First 5 across the line. Points given 7, 5, 3, 2, 1. Redraw to be conducted at the end of each sprint with sufficient rest time between heats. The start shall be standing. All ties after the third heat shall be decided by a head-to-head sprint.
- 2. TIME TRIALS (ROAD):** 15 Kilometers (approx. 10 miles) or more, either a circular course or out and return to start. Hold balance at start.
- 3. CRITERIUM:** Completely closed course of approximately 1.5 to 2 km (approximately 1 mile) is recommended. The race distance should be approximately 15-30 km (10-20 miles). Successful events have run the Men's Open through Master (B) for 35-45 minutes, including the final 5 laps. All Grand Masters and all Women's categories were run for 35 minutes, including the final 5 laps.
- 4. ROAD RACE:** 40 kilometers (approximately 25 miles) or more. It possibly won't be a closed course, therefore, traffic control may be required. For longer races (beyond 40 km), a shorter course may be used for Grand Masters and all Women's categories.

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5. **HILL CLIMB:** This course is a constantly climbing uphill course of 2 miles (3 km) or less. Course will be clean of obstacles and other debris. Cyclists will be released onto the course in one (1) minute intervals. There will be no support for cyclists or equipment in this event.

6. **VELODROME EVENTS:** (Individual Pursuit & Individual Time Trials)

A. INDIVIDUAL PURSUIT

Men: Open, Senior (A) & (B), Master (A) - 4000 meters
Master (B), Grand Master (A) - 3000 meter
Grand Master (B), (C) & (D) - 2000 meter

Women: Open, Senior (A) & (B) - 3000 meters
Master (A) & (B) and Grand Master (A), (B), (C) & (D) - 2000 meters

B. INDIVIDUAL TIME TRIALS

Men: Open, Senior (A) & (B), Master (A) & (B) - 1000 meters
Grand Master (A), (B), (C) & (D) - 800 meters

Women: All age categories - 800 meters

GENERAL SPORT RULES for Cycling - Street

Only multi-gear racing bikes will be allowed in all events (including track).

Host will notify competitors of the types of course to be offered.