

# St. Louis Senior Olympics

## Cycling Rules

### GENERAL RULES

1. Races will be 1/4 mile, 1 mile, 5K and 5 miles \*.
2. Officials: (a) The Chief Referee will be the final authority; (b) Timers; each rider shall have two timers whose responsibilities will be to notify the rider of each lap (displaying lap cards "L" on the last lap), and to officially time the rider. Rider must complete race by exiting via finish line chute.

\* Information on the *Missouri State Time Trial Championship* will be mailed to registered participants.

### CYCLING RACING RULES

1. All races will be conducted as a time trial event.
2. Equipment: (a) Participants will use their own bicycles. The bicycle can be multi-speed or less, will be non-motorized, with no reduction device; (b) Unicycles, tricycles, tandems and fixed gear bicycles without brakes will not be permitted; (c) Riders must wear an ANSI approved helmet, properly secured; (d) Holders will be available if contestant does not provide their own. The holder will neither restrain nor push contestants.
3. Chief referee will determine the order of riders.
4. Riders will start at 30-second intervals.
5. All riders must remain to the right of the center line at all times
6. When overtaking your minuteman riders may not draft and must pass on the left in a safe manner and not impede the progress of the passed rider.
7. Safety of "ALL" riders must be paramount rule for each rider.
8. In the "HOMESTRETCH" the leaders must ride in a straight line, parallel to the course.
9. Crashes: The effect of each crash will be decided by the Chief Referee, who will have the option of stopping the race (with subsequent restart) or allowing race to continue.
10. In the case of a tie, duplicate medals will be awarded and the consecutive medal is skipped.
11. Anyone coming after event start cannot start that event.