



CYCLING
5K/10K (Time Trials), 20K/40K Road Races
Recumbent Two Wheel & Trike 5K/10K (Time Trials ONLY) (Non-Fairing)

QUALIFYING RULES

1. For 2025, Recumbent Two Wheel and Trike Time Trials (Non-Fairing) will be classified as “Open” events. Athletes do not need to qualify for Recumbent Time Trials at a 2024 state qualifier. Recumbent bikes and trikes are prohibited in the road race competitions.
2. For our qualifying Cycling events, all first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
3. Athletes who reside in a state that does not offer a 20K or 40K Cycling road race may qualify for those events by meeting the “limited” event qualifying criteria in Rule D.
4. Qualifying events must be conducted under the rules for the appropriate event to be used for qualifying. States may conduct a “combined” event, but competitors may not compete in both events when events are combined. Those wishing to collect awards in the 5K or 20K must stop after that portion of the event is complete.
5. Qualifying event must be a stand-alone road race that is not combined with another event (i.e. duathlon, or triathlon).

ENTRY REGULATIONS

1. Cyclists qualifying in either the 5K or 10K time trials may enter both time trial events.
2. Cyclists qualifying in either the 20K or 40K road races at a qualifying games may enter both road race events.
3. Cyclists must provide their own bicycles and helmets.

FORMAT

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than 30 seconds. No allowances will be made for mechanical or other mishaps.
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 hour before the start of each event.
5. The road races will be a mass start at pre-determined intervals by age division and gender with combinations when needed. Depending on the structure of the road race course, a neutral start may be utilized.
6. Awards will be presented for 1st through 8th place for each event within each age division.
7. A minimum and a maximum distance will be allowed as a qualifier event for the 20K and 40K Road Races. Cycling events at Nationals will be within the range in the chart below.

RACE	Minimum Distance for Course	Maximum Distance for Course
20 K	18 K	22 K
40 K	35 K	40 K

SPORT RULES

1. All cycling events will be conducted in accordance with U.S.A. Cycling rules, except as modified herein. For a copy of these rules, please visit the website www.usacycling.org or call:

USA Cycling
 210 USA Cycling Point, Suite 100
 Colorado Springs, CO 80919-2215
 (719) 434-4200

2. Helmets are mandatory and must conform to USA Cycling regulations.
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear bikes are not permitted. All bicycles must be certified by race officials prior to the competition.

4. 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.
5. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aero bars) are permitted only in the time trial events and not in the road race events.
6. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
7. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.
8. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
9. In time trial events, no rider shall 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.
10. No restarts are permitted.
11. Protests can be made to the competition manager if submitted within 30 minutes of the conclusion of the cyclist's race under protest. Please refer to Item K on page 9 for the Protest Policy, which details the procedure.