

Cycling

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Summer Games must be made aware that the following rules will be in use at Ontario 55+ Summer Games.

A) FORMAT OF PLAY – Two (2) Divisions

Division	Age Category	Number of Participants
Open Singles – 5km Prediction	Women 55+ , Men 55+	One (1) per category.
Open Singles – 10km Time Trial	Women 55+, 65+, Men 55+, 65+	One (1) per category.
Participants may compete in only one division at Ontario 55+ Summer Games.		

Any person not present at the scheduled commencement of play and throughout the competition is in default and is automatically disqualified from the competition.

Competitors are obligated to complete competition regardless of their record thus far in the competition. If a competitor defaults part way through the competition, the results of that competitor (s) will be removed from the standings.

If there are any questions about rulings, the OSGA Summer Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Summer Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Summer Games level, but must qualify at the District level before going to the Summer Provincial Games.	

C) TOURNAMENT SET-UP

1. At the provincial level, competitors will ride twice (2) over a two-day period (once per day).

Prediction

1. Participants predict the time it will take them to ride the 5 KM course.

Timed Trial

1. At the provincial level, competitors in the Timed Trials will ride twice (2) over a two- day period (once per day).
2. The individuals race against the clock.

Determining the Winners

Prediction

1. Competitors actual times for the two days will then be compared to their predicted times. Disregarding pluses and minuses, the two differential times will be totaled. The person whose total differential time is closest to zero wins.
2. In the event of a tie, two medals will be awarded.

Timed Trials

3. In the Timed Trials, points will be awarded according to the order of finish. Points will be added together for the two days to determine the winners.

D) AWARDS

Gold (6)	Women 55+ - 5KM (5000m) Prediction Ride Women 55+ - 10km Time Trial Women 65+ - 10km Time Trial	Men 55+ 5KM (5000m) Prediction Ride Men 55+ - 10km Time Trial Men 65+ - 10km Time Trial
Silver (6)	Women 55+ - 5KM (5000m) Prediction Ride Women 55+ - 10km Time Trial Women 65+ - 10km Time Trial	Men 55+ 5KM (5000m) Prediction Ride Men 55+ - 10km Time Trial Men 65+ - 10km Time Trial
Bronze (6)	Women 55+ - 5KM (5000m) Prediction Ride Women 55+ - 10km Time Trial Women 65+ - 10km Time Trial	Men 55+ 5KM (5000m) Prediction Ride Men 55+ - 10km Time Trial Men 65+ - 10km Time Trial

E) RULE SOURCE

As there is no specific rule source for the cycling event, rules are listed under "Tournament Set-Up" and "Cycling Rules Summary."

Websites

www.ontariocycling.org

F) EVENT REQUIREMENTS

- Equipment**
1. Any type of non-motorized bicycle is allowed. (3-wheeled cycle allowed in prediction events)
- Facilities**
1. It is suggested that all districts choose a route without stop signs or lights if possible. Spotters are to be used along the entire route.
 2. The facility should be free from any obstructions which are dangerous to participants on the course.
1. It is suggested that a park or bike path be used where possible.
 2. The course should have a clearly indicated start and finish line.

G) OFFICIALS

The OSGA requires at minimum the following major officials for Ontario 55+ Summer Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- One (1) Activity Convenor
- Timekeepers
- Spotters – Sufficient to cover the entire route

The host committee will ensure that major officials have the required qualifications as specified by the OSGA prior to OSGA Ontario 55+ Summer Games. The host committee is also responsible for any other officials required to stage the event.

Cycling Rules Summary

1. A medical examination two (2) months prior to the event is strongly recommended.
2. Participants in the prediction events may not use watches, electronic timing devices i.e. cell phones, smartphone/tablet, etc., or receive any pacing information. There shall be no coaching from the sidelines.
3. Participants are permitted to change their predicted time on the second day of the competition.
4. Helmets are mandatory
5. In Prediction Events, the start clock will run continuously. Riders will start in groups of no more than 4 at a time. Each rider's start time will be subtracted from his/her finish time to determine the actual ride time.
6. Timed Trials are to be run as a "race against the clock", with staggered starts (no more than 2 riders at a time)