



## CYCLING

July 24<sup>th</sup> – Individual Time Trial

July 25<sup>th</sup> – Road Race

## RULES

### ORGANIZATION

1. The European Transplant Sports Championship is organized by the Grupo Desportivo de Transplantados de Portugal and O-Sports, with the Supervision of the EUROPEAN TRANSPLANT DIALYSIS & SPORTS FEDERATION and the European Heart & Lung Transplant Federation.
2. The Cycling event encloses 2 different events: The Individual Time Trial and; The Road Race
3. The event Schedule will be:

| July 24 <sup>th</sup> |  |
|-----------------------|--|
| 08h00 to 9h50         | <b>Race Kit PickUp</b>   |
| 9h45                  | <b>Briefing at the Start Line</b>  |
| 10h00                 | Start of the Women Categories (1 athlete each minute ordered by age)                         |
| 10h20                 | Start of the Men Dialysis And Heart & Lung Categories (1 athlete each minute ordered by age) |
| 10h40                 | Start of the Men Open Transplant Event Categories (1 athlete each minute ordered by age)     |
| 11h30                 | Arrival of last Athlete & Prize Giving Ceremony  |
| July 25 <sup>th</sup> |  |
| 08h00 to 9h50         | <b>Race Kit PickUp</b>   |
| 9h45                  | <b>Briefing at the Start Line</b>  |
| 10h00                 | Start of the Women Road Race   |
| 10h08                 | Start of the Men Road Race aged below 40   |
| 10h45                 | Start of the Men Road Race aged from 40 to 49  |
| 11h15                 | Start of the Men Road Race aged from 50 to 59  |
| 11h45                 | Start of the Men Road Race aged 60 or over   |
| 12h45                 | Arrival of the last Athlete  |
| 13h00                 | Prize Giving Ceremony  |



4. The events will take place at Autódromo Fernanda Pires da Silva, in Cascais

**DIVISIONS AND AGE CATEGORIES**

- 5. Both events will have the same Divisions and Age Categories
- 6. Both genders will be allowed to race in the respective Division and Age Category

| DIVISIONS                 | AGE CATEGORIES        |
|---------------------------|-----------------------|
| Heart and Lung Transplant | JM1/JF1 (12-14 years) |
|                           | JM2/JF2 (15-17 years) |
|                           | M2/F2 (18-29 years)   |
| Open Transplant           | M3/F3 (30-39 years)   |
|                           | M4/F4 (40-49 years)   |
|                           | M5/F5 (50-59 years)   |
| Dialysis                  | M6/F6 (60-64 years)   |
|                           | M65/F65 (65-69 years) |
|                           | M7/F7 (70 and over)   |

**COURSES**

**INDIVIDUAL TIME TRIAL**

- 7. The race consists of 1 single lap in the Autódromo Fernanda Pires da Silva Race Track, that is 4150m long
- 8. The start and finish will be at the start/finish line



9. The course has an elevation of 160m



## ROAD RACE

10. The race consists of 7 laps in the Autódromo Fernanda Pires da Silva Race Track, that is 4150m long. The total distance of the race is 29050m
11. The start and finish will be at the start/finish line
12. The course has an elevation of 1120m (7x160m)

## START PROCEDURE

### INDIVIDUAL TIME TRIAL

13. Athletes will be grouped according to their Gender, Division and Age Groups
14. The time gaps between starts is 1 minute
15. There will be a bigger time gap when there is a gender change or a significant Division change as you can see in the event schedule
16. start order will be publicised 5 days before the competition

### ROAD RACES

17. Athletes will be grouped according to their Gender, Division and Age Groups
18. To guarantee fairness between Divisions and Age Groups, there will be different competition schedules according to the respective Divisions and Age Groups, as you can see in the event schedule
19. The present schedule pretends to minimize the coexistence of different Divisions/Age Groups at the track.

## DRAFTING

20. Besides the separated schedules there will be extra Drafting Rules to guarantee the fairness of the competition
21. To draft is to enter the bicycle or vehicle drafting zone: the bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement



22. There will be referees spread around the course to control drafting. At the end of each Race there will be a referee meeting and every athlete that was reported to be drafting 2 times will have a time penalty of 1 minute that will be added to his/her time. The athletes reported to be drafting 4 or more times will be disqualified

### INDIVIDUAL TIME TRIAL

- Athletes are not allowed to Draft

### ROAD RACES

- Athletes are allowed to Draft every other athlete that started at the same time
- Athletes are not allowed to draft on athletes with different number of laps done until that point
- Athletes are not allowed to draft athletes with different time starts (with a different colour bib)

### TIMMING

- The classification will be based on an electronic system with active chips
- There will be photo finish cameras to assure the right classification
- Athletes will receive their chip before the start and have to give it back at the end of the race
- Athletes that don't return their chip will have to pay the price of the chip (75€)

### AID STATION

- There will only be an Aid Station at the finish area, with water and fruits

