2026
Edition

Technical Regulations

PARA-CYCLING

AUSCYCLING

These Technical Regulations have been developed to ensure the safety of all participants and to encourage fair competition. AusCycling Regulations marked with an (A) may be modified by the event organiser in conjunction with the PCP.

Where any ambiguity or lack of a clear ruling exists the UCI regulations will take precedence.

Table of Contents

Table of Contents **2**
SECTION 1: General **3**
1.00 Basic Rules 3
1.01 Eligibility For Auscycling Para-Cycling Competitions 3
1.02 Tandem Pilots 3
1.03 Classification 4
1.04 Other Classification Criteria 4
1.05 National & State/Territory Para-Cycling Championships 4
1.06 Road Races 5
1.07 Individual Time Trials (Road) 5
1.08 Track Races 5
1.09 Mixed Tandem Team Sprint 6
1.10 BMX Races 6
1.11 Cyclo-Cross Races 6
1.12 Adaptive Mountain Bike 7
1.13 Bikes 7
1.14 Racing Categories 8
1.15 Event Format and Characteristics 8
1.16 Race Apparel 9
1.17 Guidelines For Mixed Competition with Able Bodied and Athletes with A Disability 9
ANNEXURE 1 ..... **12**
Distances (Road) 12
Distances (Time Trial) 12

SECTION 1

General

1.00 Basic Rules

1.00.01 These regulations include classified Para-cyclists, Athletes with an Intellectual Impairment ('AWII'), Deaf, Short Statured and Transplant athletes for all disciplines

1.01 Eligibility For Auscycling Para-Cycling Competitions

1.01.01 Eligible for AusCycling ('AC') Para-cycling competitions are cyclists who have been classified in accordance with the UCI, Virtus ('AWII'), Deaf Sport Australia, Short Statured Sport Australia or Transplant Australia requirements.

1.01.02 All athletes, including tandem pilots, must hold a valid AC racing membership.

1.01.03 Any individual who is legally blind in Australia is not permitted to compete as a solo rider in para-cycling competition if they have multiple classifications.

1.02 Tandem Pilots

1.02.01 No cyclist registered with a UCI trade team may take part as a tandem pilot.

1.02.02 A tandem pilot who is an ex-UCI trade team member must not have been registered as a trade team cyclist for a period of one calendar year from 1st January after their contract expires.

1.02.03 Note - Such a tandem pilot can earn their living from related professions (e.g.: coach, manager, mechanic, physiotherapist etc., but not as a cyclist).

1.02.04 Tandem pilots must be a second year J19 or older. If competing in a national level competition or above, they must also not have ~~been selected by their National Federation for any UCI-listed~~ competed in the following events (all disciplines)

UCI World Championships (except Masters, E sports, Para-cycling and Junior) and Olympic Games – at least 12 months preceding the para-cycling event;
UCI series events, regional games and continental championships (i.e. Commonwealth Games, Pan-American Games, Asian Games, Mediterranean Games, European Championships, ...) – the same year of the para-cycling event (except Junior).

1.02.05 A tandem pilot may only compete with one visually impaired athlete each day of an AusCycling Para-cycling competition.

1.02.06 Each blind or visually impaired (B) athlete is allowed a maximum of one pilot for any AusCycling Para-cycling road only competition.

1.02.07 For a Para-cycling track only competition, each blind or B athlete is allowed one pilot for sprint events and one pilot for endurance events, being a maximum of two.

1.02.08 In practice one pilot shall be for track sprint and 1,000 metres time trial and one pilot shall be for the track pursuit. Where an AC Para-cycling competition has both road and track events, each blind or B athlete is allowed one pilot for sprint events and one pilot for endurance events, being a maximum of two.

1.02.09 In practice, one pilot shall be for track sprint and 1,000 metres time trial and one pilot shall be for the road race and road time trial.

1.02.10 For the track pursuit, flexibility shall be allowed as to which of the two pilots is used. The use of just one pilot for all events, both track and road, shall be permitted.

1.02.11 A pilot (front rider) should have at least one full year of racing a single bike (AC member) in track, road or criterium races prior to being allowed to race as a pilot for a blind or vision impaired stoker.

1.03 Classification

1.03.01 The classification process and definition of categories are as per the AusCycling Classification Rules.

1.03.02 The classification of AWII is per Sport Integrity Australia regulations.

1.03.03 The classification of Deaf athletes is per the Deaf Sport Australia regulations.

1.03.04 The classification of Transplant athletes is per the Transplant Australia regulations.

1.03.05 The classification of Dwarf athletes is per the Short Statured Sport Australia regulations.

1.04 Other Classification Criteria

1.04.01 In all questionable classifications, it is essential that the classifier consider the bike to be used by the athlete and the way it is ridden.

1.04.02 In some classifications, it may be necessary to include a proviso on the athlete's classification card that a particular adaptation is permitted, or essential for reasons of safety.

1.05 National & State/Territory Para-Cycling Championships

1.05.01 In order to be eligible for National Championships, a para-cyclist must be aged ~~17~~ 14 or above (for road, track, cyclo-cross and Mountain Bike). A rider may ask for an exemption to ride in timed events (time trial and individual pursuit) from AC.

1.05.02 In order to be eligible for State/Territory Championships (for cyclo-cross, mountain bike, road and track), a para-athlete must be aged 14 or above.

1.05.03 For BMX events a rider must be aged 8 or above.

1.06 Road Races

1.06.01 Para-Cycling Road races shall be run in accordance with UCI Regulations XVI: Para-Cycling Regulation.

1.06.02 Races must begin with a neutralised rolling start of at least 200 metres to enable all athletes to be safely and underway. It is preferred that the road have a full road closure for the maximum safety of the riders.

1.06.03 Road Race Distances shall be in accordance with Annexure 1. These distances may be exceeded in integrated (para and able body competition if the rider is approved by AusCycling).

1.06.04 Road Race Circuits: Race Circuits shall consider UCI regulations 16.07.003

1.07 Individual Time Trials (Road)

1.07.01 For all road time trial races every effort must be made by the organisers to arrange with the local authorities to have traffic managed or closed courses.

1.07.02 Road ITT distances shall be in accordance with Annexure 1. These distances may be exceeded in integrated (para and able body competition if the rider is approved by AusCycling).

1.08 Track Races

1.08.01 Para-Cycling Track events shall be conducted in accordance with UCI Regulations XVI: Para-Cycling Regulation.

1.08.02 Time Trials distances and categories shall be run in accordance with UCI Regulations XVI: Para-Cycling Regulation.

1.08.03 Individual Pursuit distances and categories shall be run in accordance with UCI Regulations XVI: Para-Cycling Regulation.

1.08.04 Tandem Sprint races shall be for Tandem Men; Women; Mixed – B.

1.08.05 Team Sprint (TS) races shall be for: Men Classes: C5; C4; C3; C2; C1 and Women Classes: C5; C4; C3; C2; C1.

1.08.06 For all Para-cycling National Championship TS competitions. A team should be comprised of three riders. The team must be mixed, therefore composed of athletes coming from the sport classes above but shall include a minimum of 1 women rider per team.

1.08.07 During the Team Sprint, no athlete may deliberately go above the stayer (blue) line except for the lead cyclist when relinquishing the lead.

Note: If there are insufficient C category athletes from any one state or territory to make up one sprint team, then C category athletes from different states/territory can be used to make up one sprint team.

1.09 Mixed Tandem Team Sprint

1.09.01 For National Championships teams must be from the same state/territory.

1.09.02 If there are insufficient athletes from any one state/territory to make up one sprint team, then Tandem athletes' category athletes from different states/territories can be used to make up one sprint team.

1.09.03 For State/Territory Championships teams can be made of from riders from one or more states/territories.

1.10 BMX Races

1.10.01 Para BMX events shall be contested for C5, C4, C3, C2, C1, Intellectual Impairment, Deaf, Short Statured (SS) and Transplant Categories as a multi-class Category for men and women within each of the recognised age categories.

1.10.02 Competition will be Open Wheel (20"/24").

1.10.03 Recognised age groups for Para BMX Racing are 8-13 and 14+. Participation categories will be integrated competition.

1.10.04 Competitors may enter both their Para BMX Racing category and age category in a single competition.

1.10.05 Competitions will be conducted in accordance with the AusCycling BMX Racing Technical Regulations section 2.03

1.10.06 Multi-class (1 category for both men and women) standings will be determined using a classification factor as follows:

C5 Men, Deaf, Transplant	100%
C4 Men	97%
C3 Men, Intellectual Impairment, Class 3 & 4 SS Men	93%
C2 Men, Class 1 & 2 SS Men	89%
C5 Women	87%
C4 Women	85%
C3 Women, Class 3 & 4	81%
C2 Women, Class 1 & 2 SS Women	78%
C1 Women	75%

1.10.07 Number plates will be a maroon plate with white numbers.

1.11 Cyclo-Cross Races

1.11.01 Cyclo-cross events shall be contested for C5, C4, C3, C2, C1, Intellectual Impairment Deaf, Short Statured and Transplant categories as a multi-class category for men and women within each of the recognised age categories.

1.11.02 Competitors may use any cyclo-cross or mountain bike.

1.11.03 Competitors may enter as many categories as offered that they qualify for including Para CX category, ability and age category in a single competition.

1.11.04 Competitions will be conducted in accordance with the AusCycling Cyclo-cross Technical Regulations Section 2.

1.11.05 The maximum predicted winning time is 30 minutes.

1.11.06 Multi-class (1 category for both men and women) standings will be determined using a classification factor as follows:

C5 Men, Deaf, Transplant	100%
C4 Men	97%
C3 Men, Intellectual Impairment	93%
C2 Men,	89%
C5 Women	87%
C4 Women, Class 1 & 2 SS Men, Class 3 & 4 SS Men	85%
C3 Women, Class 3 & 4	81%
C2 Women, Class 1 & 2 SS Women	78%
C1 Women	75%

1.11.07 Number plates will be a maroon plate with white numbers.

1.12 Adaptive Mountain Bike

1.12.01 An *Adaptive Mountain Bike* (AMTB) is a bike that is modified to fit the needs of an individual rider.

1.12.02 Adaptive bikes are designed specifically for people with disabilities and are meant to accommodate each riders' specific needs and physical abilities.

1.12.03 There is no one design fits all for Adaptive bikes and they can be modified in a wide variety of ways to make mountain biking possible and fun for anyone.

1.12.04 Operated by a rider who required a bike adapted to allow them to ride that bike due to the rider's physical restrictions.

1.12.05 Our intention is to add these to the AusCycling (AC) Technical Regulations when next published.

1.12.06 The following guidelines should be used until integrated into the Regulations from 2025.

1.13 Bikes

1.13.01 Adaptive bikes, where possible, should be grouped into the following categories. Due to the nature of dome adaptations to bikes these categories may need modification to facilitate participation.

1.13.02 All Adaptive Mountain Bikes:

- Must be fit for purpose.
- Have working brakes
- No sharp or protruding items.

1.14 Racing Categories

1.14.01 Group 1: Two wheeled bikes

- **1A** Stand Up
    - The bike has two wheels.
    - Ridden with some modifications.
    - Can be recumbent.
    - The bike is powered by the rider.
- **1B** Stand Up Assist/E-Bike
    - The bike has two wheels.
    - Ridden with some modifications.
    - Can be recumbent.
    - Has power assistance.
    - Can be fully powered.

1.14.02 Group 2: Multiple wheeled bikes

- **2A** Three or more wheels (Recumbent)
    - The bike has three or more wheels.
    - Ridden sitting or kneeling.
    - The bike is powered by the rider.
- **2B** Three or more wheels Assist (Recumbent E-Bike)
    - The bike has three or more wheels.
    - Ridden sitting or kneeling.
    - Has power assistance.
    - Can be fully powered.

1.15 Event Format and Characteristics

1.15.01 General:

- Racing should only take place on trails that have been specifically designed and constructed for adaptive use.
- The trails should have an average tread width of 1.5m with a minimum width of 1.2m. sections of wide trail or fire road should be included to allow passing opportunities.

1.15.02 Cross Country:

- The course must be able to be fully ridden.
- All obstacles must be rollable.
- Max grade not to exceed 15%.
- Target time for races 0:20 min to 0:45 min.
- Target distance should be determined by the available trail network.
- Refer to Section 3 of the AusCycling MTB regulations.

1.15.03 Downhill:

- The course must be able to be fully ridden.
- All obstacles must be rollable.
- Max grade not to exceed 25%.
- Uplift arrangements must be considered to allow a safe uplift.
- Self-uplift is allowed but must be coordinated with and by the organisers.
- Start times between riders to be at least 60 seconds.
- Refer to the AusCycling MTB regulations for further information

1.15.04 Enduro:

- The course must be able to be fully ridden.
- Adaptive Stages and event layout must specifically cater for adaptive riders.
- All obstacles must be rollable.
- Max grade not to exceed 20%.
- Liaison stages must also cater for all adaptive categories.
- Start times between riders to be at least 60 seconds.
- Refer to Section 5 of the AusCycling MTB regulations.

1.16 Race Apparel

1.16.01 For all categories in Para-cycling road races, athletes may be required to provide their own helmet in the correct class colour which follows UCI Para-Cycling Regulation 16.10.002

1.16.02 Riders using the wrong colour helmet in road races may not be allowed to start and/or may be withdrawn from the race and disqualified.

1.17 Guidelines For Mixed Competition with Able Bodied and Athletes with A Disability

1.17.01 When considering mixing competition of able body athletes and para-cyclist organisers should work towards solutions to include para-cyclists where safe to do so.

1.17.02 Para-Cyclists: Para-cyclists should be considered based on classification as follows:

1. **Hand-cyclists (H1-H4): Road only:** If a club affiliated to AC wishes to hold a club event which contains handcyclists and able-bodied riders in the same event they must allocate and register a suitable circuit or course which would be appropriate for mixed racing with single and handcycles. This course must be registered with and approved by AusCycling. The circuit design considerations should include:

    - Width of circuit
    - Visibility if catching a lapped rider
    - Technical difficulty including sharp corners, climbs and descents

2. **Tandems (B1-2):** Road and Track: If an event organiser AC wishes to hold a club or interclub level event which contains vision impaired and able-bodied riders in the same event they must allocate and register a suitable circuit or course which would be appropriate for mixed racing with single and tandem bikes. This course must be registered with and approved by AusCycling. The circuit design considerations should include:

    - Width of circuit
    - Technical aspects including corners and descents

3. **Additional requirements**

    - Experience of pilot in both single bicycle racing and tandem racing and the ability to judge the racing line the single bicycle takes as not to cut across it
    - The influence the tandem will have on the race, i.e a tandem can generate a lot more speed and has the ability to close gaps very quickly unlike a single bicycle

1.17.03 Tandem riders may be integrated within ITT events on the road and track. They may not take part in bunch races on the track.

1.17.04 Any individual who is deemed legally blind in Australia is not permitted to compete as a solo rider in mixed competition.

1.17.05 Tricycle (T1-T2): Road only: Eligible for all level of club and interclub level events.

1.17.06 Cyclist (C1-C5): all disciplines: Eligible for all levels of races depending on skills and ability.

1.17.07 In the case of C1-3 riders' approval is required to compete in state/territory and above level able body events.

1.17.08 Athletes with an Intellectual Impairment: Eligible for club level integrated competition based on their skill and ability level.

1. **Deaf:** Eligible for all levels of competition and graded according to ability/age.

2. **Transplant:** Eligible for all levels of competition and graded according to ability/age.

3. **Short Statured:** Eligible for all levels of competition and graded according to ability/age.

4. **BMX and Cyclo-cross:** Eligible for all levels of competition and graded according to ability/age.

5. **Mountain Bike:** Eligible for all levels of competition if there is suitable courses/trails.

ANNEXURE 1

Distances (Road)

SPORT CLASS	MAXIMUM
B Men	125 km
B Women	105 km
C5 Men, C4 Men, Deaf Men and Women	100 km
C3 Men, C2 Men, C1 Men, C5 Women, C4 Women, AWII (2 & 3) Men, H5, H4, H3 Men	80 km
H2 Men, H1 Men, AWII Men	60 km
H5 Women, H4 Women, H3 Women	70 km
H2 Women, H1 Women	50 km
C3 Women, C2 Women, C1 Women	48 km
T2 Men, T1 Men, Transplant Men and Women	40 km
T2, T1 Women, AWII (2 & 3) Women, SS	35 km

Distances (Time Trial)

SPORT CLASS	MAXIMUM
B Men	40 km
B Women, C5 Men, C4 Men, C3 Men, H5 Men, H4 Men, H3 Men, Deaf Men and Women	35 km
C2 Men, C1 Men, C5 Women, C4 Women, H5 Women, H4 Women	30 km
C3 Women, C2 Women, C1 Women, T1, T2 Men, H2 Men, H2 Men	25 km
H3 Women, H2 Women, H1 Women, T1 Women, T2 Women, Transplant Men, Transplant Women, AWII (2 & 3) Men, AWII (2 & 3) Women, SS	20 km

Distances (Track)

Individual Pursuit	B Women, C4 Women, C5 Women, B Men, C4 Men, C5 Men	4000m
Individual Pursuit	C1 Women, C2 Women, C3 Women, C1 Men, C2 Men, C3 Men	3000m
Time Trial	B Women, C1 Women, C2 Women, C3 Women, C4 Women, C5 Women, B Men, C1 Men, C2 men, C3 Men, C4 Men, C5 Men	1000m
Sprint	B Women, C1 Women, C2 Women, C3 Women, C4 Women, C5 Women, B Men, C1Men, C2 Men, C3 Men C4 Men, C5 Men	3 laps (on 250m track)
Mixed Team Sprint	All C Class	3 laps
Tandem Team Sprint	B Women, B Men	3 laps
Scratch Race	All C Class	10km