



TYPES OF COMPETITION

- For the 2025 Warrior Games, all cyclists will compete in a Road Race and/or Time Trial.
- Male and Female athletes compete separately within the cycling classification system.

Upright Classifications

- Open - PTSD/TBI with minimal physical impairments & Minor orthopedic injuries.
- C5: Upper body impairment(s); above or below elbow amputation(s); above or below elbow dysfunction; loss of strength, mobility, and/or flexibility in wrist(s), shoulder(s), or elbow joint(s).
- C4: Below knee amputation(s) - must be through the ankle; above or below knee dysfunction; impaired muscle power; loss of strength, mobility, or flexibility in two joints.
- C3: Above the knee amputation(s).

Tandem Classifications

- VI/BLIND: Corrected bilateral visual acuity greater than 20/200
- VI/OPEN: Corrected visual acuity of 20/70, visual field cut of greater than 20 degrees in either eye

Recumbent Classifications

- Open: Includes orthopedic disabilities and/or balance problems that prohibit athletes from riding a two-wheel upright bike or hand cycle.
- T2: Minimum sitting loss greater than 40%. Moderate loss of static balance.
- T1: Severe loss of sitting balance; dynamic and static balance; severely impaired balance.

Handcycle Classification:

- Open: Orthopedic diagnoses limiting the use of lower extremity/foot powered cycles.
- K5: Kneeler Handcycle - Athletes will race in the H5 category but are scored separately.
- H5: Handcycle - SCI, Amputee, or athletes with partial loss of function in hips and lower limbs.
- H4: Handcycle -SCI, Mild TBI, Paraplegia - the loss of motor or sensory function in lower extremities and some decreased trunk function.
- H3: Handcycle - SCI, Mild TBI - the loss of motor or sensory function in lower extremities, including severe loss of trunk balance.
- H2: Tetraplegia - also referred to as quadriplegia and includes partial or total loss of all limbs and torso and usually involves both sensory and motor.
- H1: Handcycle - Severe upper body limb impairments to include but not limited to limited handgrips, decreased wrist function, and/or impairments in triceps and biceps. Complete loss of trunk and lower limb function.

COMPETITION FORMAT

Road Race

- The road race will begin as a stationary start for all cyclists.
- Each Road Race will be a timed Criterium or "Crit." The Crit is a closed-circuit bike race on an approximately 1-mile circuit. Each race is set for a specific duration, ending when the lead cyclist completes the most laps within that time frame. The lead cyclist to cross the finish line (with the most laps) after completing the designated time - Wins, and all other participants finish the current lap they are on and are placed by lap and time
- Athletes will be scored using an electronic timing system with high-speed cameras.
- Athletes across multiple classifications may be seen racing simultaneously in the road race, but medals will be awarded based on cycle type and classification categories.
- If athletes from the same gender, cycle type category, and classification category tie, multiple medals of the same placement will be awarded.

Time Trial

- Time Trial will be contested on an approximately 1-mile loop course.
- Each cyclist will start individually in 30 second start intervals.
- Awards are to be based on time and will be separated by gender and cycling classification.

SPORT DETAILS

Bike Types

- Upright Bicycle: traditional bicycle
- Recumbent Cycle: are propelled with the lower body.
- Handcycle: are propelled with the hands, arms and upper body.
- Tandem Recumbent & Tandem Upright Bicycle: is designed for athletes with visual impairments. In this event, the Tandem Pilot is the front athlete on the tandem bicycle and must be a registered participant in the Warrior Games. Ideally, the pilot has trained with the visually impaired (VI) athlete leading up to the cycling event. The Tandem Stoker, positioned at the rear of the tandem, is the VI athlete and must be actively participatory in pedaling.

