



## 2009 CANADA SUMMER GAMES

### CYCLING TECHNICAL PACKAGE

Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each NSO's version of prospective high performance athletes.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the Sport Committee of the Canada Games Council through his or her Chef de Mission or National Sport Organization.

Technical Packages are developed primarily by National Sport Organizations, following principles, guidelines and requirements of the Canada Games Council. As the overall governing body of the Games, the Council has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge and understanding of the NSO concerned.

If an individual wishes to initiate a change to a Technical Package leading up to a Games, the desired change should be first directed to the National Sport Organization or the Chef de Mission. The NSO or Chef will evaluate the merits of the change and will, if it has merit, submit the requested change to the Sport Committee of the Canada Games Council. The NSO or Chef will submit the rationale for the change. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after three years prior to the Games. Substantive changes to events or competition formats will not be considered after 18 months before the Games. Minor corrections will be considered at almost anytime, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package early.



## 2009 CANADA SUMMER GAMES

### TECHNICAL PACKAGE

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#### 1. SPORT: CYCLING

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#### 2. PARTICIPANTS:

2.1. Competitors:            6 Male            6 Female

2.2. Staff:                    2 Coaches        1 Manager        1 Mechanic

- One of the coaches must be a certified road coach, one must be certified mountain bike coach.
  - One of the coaches must be male, one must be female.
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#### 3. CLASSIFICATION:

Cyclists must hold valid CCA licenses.

Cyclists must be under 23 years of age and at least 17 years of age as of December 31, 2009 (year of birth 1987-1992).

Note: Athletes born in 1993 who hold CCA licenses in 2009 may compete if their provincial association applies to and gains permission from the CCA.

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#### 4. ELIGIBILITY:

##### 4.1. Coaches:

Both coaches must be fully certified as level three or higher, or the equivalent in the new NCCP, Competition stream, Development context (Trained status). The requisite certification must be in place not later than 90 days before the opening of the Games (May 17, 2009). In addition to the above requirement, one coach must be fully certified level two (technical & practical) for Mountain Bike, and the other coach must be fully certified level two (technical & practical) for Road. Equivalency under the new NCCP would be: Competition stream, Introduction context (Trained status) – one coach with a

specialization for Mountain Bike, and the other coach with a specialization for Road.

#### 4.2. Competitors:

Excluded from the Canada Games are

- a) Athletes that have held an SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance Program) at any time;
- b) Athletes that have competed for any nation in any cycling discipline at the Olympic Games.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or nomination to an Olympic Team (i.e., no athlete will be excluded if they are granted carding status or named to an Olympic Team after May 17, 2009).

#### 4.3 Mechanics

Team mechanics must hold valid CCA cycling licenses for the year of the Games (2009).

## 5. COMPETITION:

### 5.1. GENERAL PRINCIPLES

Each province/territory may enter a maximum number of athletes in each event, as follows:

|                             | Max. riders | Number of riders counting to team score | Recommended Distance |              |
|-----------------------------|-------------|---|----------------------|--------------|
|                             |             |   | Men                  | Women        |
| Individual time trial       | <b>6</b>    | 3                                       | 20-25 km             | 10-15 km     |
| Road race                   | <b>6</b>    | 3                                       | 120 km               | 80 km        |
| Criterium                   | <b>6</b>    | <b>3</b>                                | 50 km                | 40 km        |
| Mountain bike cross country | <b>6</b>    | <b>3</b>                                | 1 hr 45 min*         | 1 hr 15 min* |

\*Estimated time of winner

### 5.2. SEQUENCE OF EVENTS

Monday      Cross-Country  
 Tuesday     Individual Time Trial  
 Wednesday   training  
 Thursday    Road Race

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Friday          Criterium

## SPECIFIC RULES

While the competitions will be run under the CCA competition rules for elite competitions, some specific rules will apply to the Canada Games events.

### 5.2.1. BICYCLES

Each competitor cannot use more than two (2) different bicycles - one for the road events and one for the mountain bike event. These bicycles must be registered at the time of license presentation. A seal will be applied to the main part of the bicycle and this seal will be checked at each start and finish. If the seal is not intact, the rider will be disqualified.

Some parts of the bicycle may be changed from one road event to another: wheels, handlebars, pedals, etc, but the frame must remain the same for all road events. In case of a structural breakdown of the frame, as recognized by the Chief Official, a replacement frame may be used.

### 5.2.2. GEAR RESTRICTIONS

There will be no gear restriction.

### 5.2.3. RADIO COMMUNICATIONS

Radio communication between riders and coaches will **NOT** be permitted for the road events, as per UCI rules.

### 5.2.4. ITT START ORDER

There are a maximum of five (5) riders per province/territory.

The top three provinces/territories in the Individual Time Trial at the 2005 Canada Summer Games are awarded the last three start positions, and the remaining provinces/territories will be randomly selected at the coach/manager meeting to fill in the first positions. This sequence of provinces will be repeated until all riders are given a start position.

As there are five riders per province/territory, the start order sequence is repeated five times. The provinces/territories must choose the order in which their riders start and submit it at the managers' meeting before the start of the competition.

### 5.2.5. START ORDER FOR CROSS COUNTRY

The top three provinces/territories in the Cross Country at the 2005 Canada Summer Games are awarded the first three start positions. The remaining provinces/territories will be randomly selected at the coach/manager meeting to fill in the 4<sup>th</sup> to last positions. This random selection will be done only once and repeated until all riders are given a starting place.

The starting line will be wide enough to accommodate one rider from each competing province or territory. The first rider called to the line from each province/territory may choose where to line up. The following riders from that team must line up behind the first rider.

As there are three riders per province/territory, the start order sequence is repeated three times. The provinces/territories must choose the order in which their riders are lined up and submit it at the managers' meeting before the start of the competition.

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## 6. SPORT SCORING:

### Points Criterium (Men's and Women's)

Competitors are ranked in the order of the number of laps they have completed, followed by the number of points they have earned. Points are awarded to the first four riders crossing the line every 5 laps of the circuit. (5 points for first, 3 for second, 2 for third and 1 point for fourth). Double points will be awarded at half distance and in the final sprint (10, 6, 4, 2 points).

Riders without points at the finish will be placed after points-earning riders who have completed the same number of laps, in the order they cross the finish line at the end of the last lap. In the case where the riders cannot be separated by the photo finish, riders finishing in the same group will receive an equal placing (and equal event points).

Riders may earn points regardless of the number of laps they have completed, with the exception of riders lapped by the breakaway (single rider or group) and not yet caught by the main back (bunch), who may not contest points sprints or contribute to the breakaway.

The bunch is the biggest group of riders on the course. In the event there are several groups of the same size, the commissaries will rule which group constitutes the bunch.

Lapped riders may be withdrawn at the discretion of the commissaries (for instance, if they pose a safety hazard or are interfering with the race). These athletes will be placed after the last finisher, in the reverse of the order in which they were withdrawn.

Cross-Country, Road Race and Individual Time Trial (Men's and Women's)

Competitors are ranked in the order they cross the finish line in the road race and cross-country. Competitors are ranked in the order of their time to complete the course in the time trial.

The province/territory's three best placings in the time trial and road race, and two best placings in the cross-country and criterium will count towards the provincial/territorial ranking point total.

If there is a tie, points will be shared equally between competitors (i.e. If tied for first then each competitor would receive 98.5 points  $(100+97)/2$ ). If an athlete does not finish or is disqualified, the athlete does not receive any points.

| Position         | Pts |
|------------------|-----|
| 1 <sup>st</sup>  | 100 |
| 2 <sup>nd</sup>  | 97  |
| 3 <sup>rd</sup>  | 94  |
| 4 <sup>th</sup>  | 91  |
| 5 <sup>th</sup>  | 88  |
| 6 <sup>th</sup>  | 85  |
| 7 <sup>th</sup>  | 83  |
| 8 <sup>th</sup>  | 81  |
| 9 <sup>th</sup>  | 79  |
| 10 <sup>th</sup> | 77  |
| 11 <sup>th</sup> | 75  |
| 12 <sup>th</sup> | 74  |
| 13 <sup>th</sup> | 73  |

| Position         | Pts |
|------------------|-----|
| 14 <sup>th</sup> | 72  |
| 15 <sup>th</sup> | 71  |
| 16 <sup>th</sup> | 70  |
| 17 <sup>th</sup> | 69  |
| 18 <sup>th</sup> | 68  |
| 19 <sup>th</sup> | 67  |
| 20 <sup>th</sup> | 66  |
| 21 <sup>st</sup> | 65  |
| 22 <sup>nd</sup> | 64  |
| 23 <sup>rd</sup> | 63  |
| 24 <sup>th</sup> | 62  |
| 25 <sup>th</sup> | 61  |
| 26 <sup>th</sup> | 60  |

| Position         | Pts |
|------------------|-----|
| 27 <sup>th</sup> | 59  |
| 28 <sup>th</sup> | 58  |
| 29 <sup>th</sup> | 57  |
| 30 <sup>th</sup> | 56  |
| 31 <sup>st</sup> | 55  |
| 32 <sup>nd</sup> | 54  |
| 33 <sup>rd</sup> | 53  |
| 34 <sup>th</sup> | 52  |
| 35 <sup>th</sup> | 51  |
| 36 <sup>th</sup> | 50  |
| 37 <sup>th</sup> | 49  |
| 38 <sup>th</sup> | 48  |
| 39 <sup>th</sup> | 47  |

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**7. TIE BREAKING RULE - COMPETITION:**

UCI rules shall be applied.

## 8. PROVINCIAL/TERRITORIAL RANKING:

Rankings will be established by adding sport scoring points from all events. Men and women will be ranked separately. Points for the Games Flag will be awarded as follows:

| Position        | Pts |
|-----------------|-----|
| 1 <sup>st</sup> | 10  |
| 2 <sup>nd</sup> | 9   |
| 3 <sup>rd</sup> | 8   |
| 4 <sup>th</sup> | 7   |
| 5 <sup>th</sup> | 6   |

| Position         | Pts |
|------------------|-----|
| 6 <sup>th</sup>  | 5   |
| 7 <sup>th</sup>  | 4   |
| 7 <sup>th</sup>  | 3   |
| 9 <sup>th</sup>  | 2 ½ |
| 10 <sup>th</sup> | 2   |

| Position         | Pts |
|------------------|-----|
| 11 <sup>th</sup> | 1 ½ |
| 12 <sup>th</sup> | 1   |
| 13 <sup>th</sup> | ½   |

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## 9. PROVINCIAL/TERRITORIAL RANKING - TIE BREAKING:

If a tie exists in the overall Provincial/Territorial Ranking, the higher standing will be awarded to the province/territory with the most event first places, and if the tie still exists, the most event second places and so on.

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## 10. MEDALS:

GOLD 8;          SILVER 8;          BRONZE 8

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## 11. COMPETITIVE UNIFORM:

Provincial/Territorial colours must be worn. The Canada Games commercialization policy regarding advertising on uniforms will be in effect.

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## 12. EQUIPMENT:

Please see section 5.3.1 (Bicycles), 5.3.2 (Gear restrictions), and 5.3.3 (Radio communications).

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## 13. APPENDIX:

The attached appendix forms an integral part of this technical package.

## APPENDIX 1

### 2009 P.E.I. Canada Summer Games

#### Competitor Eligibility

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens and landed immigrants.
3. The Games are open to amateur athletes **who are members** in good standing of their provincial and/or national sport organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the province or territory they are representing. An athlete can have only one domicile.
5. Students attending school on a full-time basis outside their province of permanent residence during the year of the Games shall be permitted to compete for either their province of permanent residence or the province in which the athlete attends school. To be eligible to compete for the province where the athlete attends school, the student must be enrolled on a full-time basis during the 2008-2009 academic year.
6. If a non-student athlete attends a recognized national training centre outside his or her province of permanent residence, the athlete is encouraged to represent his or her province of permanent residence; however, the athlete could represent the province where the centre is located under the terms of paragraph (7), below.
7. Exceptions to the domicile requirement will be possible if the athlete can demonstrate a commitment to the province or territory she or he wishes to represent by such means as having been a member of a club or provincial sport organization in that province for the entire previous competitive season, having represented that province or territory at a previous national or regional championship or having attended school full-time the previous academic year or a recognized national training centre full-time during the previous 12 months. Other similar circumstances may be considered.
8. An athlete is permitted to try out for only one province or territory per Games.
9. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. **Coaches or PSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.**

10. Where a team/province/Chef wishes to challenge the eligibility of an athlete on another provincial/ territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

## OTHER

1. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimetres.
2. The only coaching permitted is by those accredited coaches identified in the Technical Package. Personal coaches of athletes or additional coaches of any type will not receive accreditation and will not have access to competition or training areas.
3. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.