



Cycling - Street



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

World Police and Fire Games Federation (WPFGF)
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[CLICK HERE FOR GOVERNING BODY FULL RULES](#)

International rules will be followed unless specified in WPFG Cycling Guidelines

EVENTS

INDIVIDUAL: MEN and WOMEN

Men's and Women's Individual events will be offered in the following age categories:

18 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 - 64
40 - 44	65 -69
45 - 49	70 +

NOTE: Events listed below may be omitted due to the unavailability of suitable venues with approval of WPFGF

- 1. SPRINTS:** Approximately 350 meters completely closed course; level, wide and preferably straight Three sprints per class. First 5 across the line. Points given 7, 5, 3, 2, 1. Redraw to be conducted at the end of each sprint with sufficient rest time between heats. The start shall be standing. All ties after the third heat shall be decided by a head-to-head sprint.
- 2. TIME TRIALS (ROAD):** 15 Kilometers (approx. 10 miles) or more, either a circular course or out and return to start. Hold balance at start.
- 3. CRITERIUM:** Consists of a mass start per age group/s on a multi-lap event contested on a closed course for public safety and the safety of the athletes. The laps are typically a mile or less and include 4-6 corners. The course can be either



circuitous or square blocks depending on the Host's venue and subject to the WPFPGF's approval.

The race distance should be approximately 15-30 km (10-20 miles). Successful events have run the Men's 18 through 49 for 35-45 minutes, including the final 5 laps. All Men 50+ and all Women's categories were run for 35 minutes, including the final 5 laps.

4. **ROAD RACE:** 40 kilometers (approximately 25 miles) or more. It possibly won't be a closed course; therefore, traffic control may be required. For longer races (beyond 40 km), a shorter course may be used for Men 50+ and all Women's categories.

5. **HILL CLIMB:** This course is a constantly climbing uphill course of 2 miles (3 km) or less. Course will be clean of obstacles and other debris. Cyclists will be released onto the course in one (1) minute intervals. There will be no support for cyclists or equipment in this event.

Age as of Date: 12/31/2027

Entry Deadline: 2/28/2027

OFFICIALS & PERSONNEL

- Sport Coordinator
- Starter / Staging Area Supervisor
- Timekeeper: An experienced Cycling timer shall be obtained
- Safety Officer
- Medical Officer
- Course Officer
- Announcer
- One ICU [national/state affiliate] representative (recommended)

GENERAL SPORT RULES for Cycling

Every rider warming up or racing shall wear a protective, securely fastened helmet that satisfies the bicycle helmet standards ICU or the national/state affiliate. It is the rider's responsibility to select and wear such a helmet which offers sufficient protection against head injury and does not restrict the rider's vision. Failure to wear such a helmet, or removing it during a race, will result in disqualification. Helmets shall also be mandatory during training rides on competition courses.



Footgear shall be the fully enclosed type.

Only multi-gear racing bikes will be allowed in all events (including track).

Bicycle shall have at least two brakes, which are in good working condition.

Handlebar ends must be plugged and shall have no sharp or jagged ends.

A competitor must wear appropriate riding attire, including a shirt. Eye protection is strongly recommended.

All riders must attend the pre-race briefing (rider's meeting) normally held at the staging area prior to competition. This meeting requirement will be included in the Confirmation Letter.

Racers shall complete the entire event on the same bicycle. All repairs during an event shall be performed by the individual racer. No outside support will be allowed.

All spare parts and tools shall be carried by the individual racer (cannibalizing other bikes is not permitted). Cannibalizing: any part or component taken from one bicycle to repair or improve the performance of another.

Water shall be available to anyone from any point on the racecourse provided that the hand-out can be done in a safe manner. The Host will provide a neutral water zone for any race exceeding 60 minutes in length. Official "water zones" must be accessible and publicized before each race. Feeding (food handouts) shall only be done in a designated "feed zone". Any hand-out to one rider must not cause other riders to slow down or veer off course.

Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing should stay on the least rideable portion of the path when being passed. A racer pushing or carrying his/her bicycle can overtake a racer riding his/her bicycle provided he/she does not interfere with the rider's progress.

Lapped riders must yield to leaders. Leaders should verbalize the command "Track" when overtaking another. It is the responsibility of the challenging rider to overtake safely. Riders being lapped must yield to the passing rider on the first command.

In case two riders are vying for position, the leading rider does not necessarily have to yield his/her position to the challenging rider. However, a rider may not bodily



interfere with the intent to impede another rider's progress. Traditional rules of racing apply: the leading rider owns the track.

Short cutting and/or cutting trail switchbacks shall result in disqualification.

Foul riding, unsportsmanlike behavior, or the use of profane or abusive language are grounds for punitive action.

Laws and ordinances of appropriate jurisdictions shall be observed during participation in this sport.

Only riders officially entered in the Event may practice or compete on the designated racecourse.

AWARDING OF MEDALS TO ATHLETES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete's Credential. If the athlete does not present their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report for verification of participation. This will determine and verify which event the athlete was entered into.



AWARDS

Medals are awarded First through Third Place (1st – 3rd). A maximum of 20 sets of medals will be required. WPFGF will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE WPFG GENERAL RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The WPFGF Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the WPFGF shall be submitted in a timely



COMPETITION FORMAT

Provide a detailed outline of the format for the sport competition that includes seeding, playdown rounds and playoffs (ex: round robin, double elimination etc.). Also including the process for bracketing and seeding and any rules that affect this process.

RECOMMENDED SCHEDULING

Day 1 – Sprint

Day 2 – Criterium

Day 3 – Time Trials

Day 4 – Road Race

Day 5 – Hill Climb

SCORING

Total time taken at or near the finish line with the finish order decided at the finish line.



SPORT PRODUCTION

*List all elements, deliverables, specifics and timelines for sport production elements.
These elements shall include:*

Medical

Ambulance: An ambulance must be on scene before the race may begin. Basic medical supplies, such as a First Aid Kit will be provided by the Host at the venue. Communications shall be available at the venue and preparations made in case it is necessary to summon additional emergency services.

EMERGENCY MEDICAL TECHNICIANS:

Three EMTs (or equivalent, qualified medical personnel) must be on scene before the race may begin. One EMT stationed at the ambulance near the start/finish area, and another on a ATV at the farthest part of the course from the start/finish. They will be in radio contact with each other, the coordinator and other safety boats/spotters as needed.



SPORT VENUE REQUIREMENTS

Provide a detailed description of the Field of Play requirements that includes dimensions, standards of equipment, seating, changerooms, non-competition operational and administration spaces. Include all diagrams with dimensions of Field of Play specifications, numbers of Fields of Play required (if specific), FF&E layout, benches, seating, changerooms etc.

UCI Road Race Course Description

The Union Cycliste Internationale (UCI) road race course is designed to meet the highest international standards for competitive cycling. Approved under UCI regulations, the route balances safety, fairness, and challenge, ensuring a world-class racing experience for athletes and spectators alike.

- **Distance & Format:** The course length and structure conform to UCI requirements for international competition, whether for a single-day classic, stage race, or individual/team time trial. Routes are carefully measured and certified to guarantee accuracy.
- **Course Profile:** The route incorporates a mix of terrain — from fast flat sections to technical climbs and descents — providing opportunities for sprinters, climbers, and all-rounders. Elevation changes are designed to create dynamic racing and tactical variety.
- **Safety & Control:** All roads are fully closed to traffic and secured with barriers, signage, and course marshals. Feed zones, medical stations, and neutral support vehicles are positioned according to UCI regulations to prioritize rider welfare.
- **Technical Features:** Key points on the course include strategically placed climbs, technical corners, and potential crosswind sections. Each feature is designed to test endurance, bike handling, and race strategy at the highest level.
- **Spectator & Broadcast Appeal:** The route highlights the region's landscape and landmarks, enhancing the global broadcast value of the event and offering prime viewing areas for fans.

This UCI-certified road course ensures a fair, challenging, and safe competition environment while showcasing the very best of elite international cycling.