

CYCLING (Street Bike) – Page 1 - 2025

GUIDING BODIES

United States Police and Fire Championships (USPFC)
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United States Cycling Federation, Inc. (USCF)
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Website: www.usacycling.org

EVENTS

MEN'S and WOMEN'S INDIVIDUAL EVENTS:

For all events all riders must enter their age group. Age is determined by the first day of the Games.

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

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

In the event more than 16 riders are entered in any of the above age groups, the group may be split into 2 separate 5-year age groups.

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

18 – 39
40 – 44
45 – 49
50 – 54
55 – 59
60 – 64
65 – 69
70+

ELITE CLASS

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

18+

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The Elite Class is an 18+ age, skill-based class and is reserved for advanced and expert level riders ONLY. Beginners and intermediate riders should not enter this class. All ages may enter this class.

All current Category 1 and 2 riders must enter the Elite Class.

NOVICE CLASS

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

18 - 39

40 - 59

60+

In the event more than 16 riders are entered in any of the above age groups, the group may be split into 2 separate 5-year age groups.

The Novice Class is for riders new to racing and is intended to provide them with an opportunity to ease into the sport. This category is reserved for riders who have never participated in any prior USPFC or WPFG event and who do not have racing experience.

DESCRIPTION OF EVENTS:

NOTE: Events below may be deleted due to the unavailability of suitable venues with approval of USPFC.

1. **SPRINTS:** Approximately 800 meter completely closed course, level, wide and straight. Three sprints per age division. The first three competitors across the finish line will be placed. Points given will be 5, 3 and 1, then added after three heats to determine the winners. The start shall be standing. Ties for first after the three heats will be decided with a head-to-head sprint. Ties for second will result in two silver medals awarded and no bronze medal. Ties for third will result in two bronze medals awarded.
2. **TIME TRIAL (ROAD):** 10 or more miles, either a circular course or out and return to start. Hold balance at start.
3. **CRITERIUM:** Completely closed course of approximately 1 mile is recommended. The race distance should be approximately 10-20 miles. Successful events have run the Men's 18+ through 40+ for 35-45 minutes, including the final 5 laps. All Men's 50+ and all Women's categories run for 35 minutes, including the final 5 laps.
4. **ROAD RACE:** 25 miles or more. Possibly won't be a closed course, therefore traffic control may be required. For longer races (beyond 25 miles), a shorter course may be used for Men's 50+ and all Women's divisions.
5. **HILL CLIMB:** This course is a constantly climbing uphill course of approximately 3 miles or more. (A shorter distance may be approved by the USPFC Director for Cycling.) The

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course will be clean of obstacles and other debris. Cyclists will be released onto the course in one-minute intervals. There will be no support or equipment in this event.

6. VELODROME EVENTS:

INDIVIDUAL PURSUIT:

Men	Open, 18+	4000 meters
30+ 40+ & 50+		3000 meters
All other Divisions		2000 meters
Women:	All Divisions	2000 meters

INDIVIDUAL TIME TRIAL:

Men:	Open, 18+, 30+ 40+	1000 meters
All other Divisions		500 meters
Women	All Divisions	500 meters

Multi-geared bicycles and fixed geared bicycles will be allowed in the Velodrome Events

7. **Omnium:** Riders must enter in the Criterium, Time Trial, Sprint, and Road Race to participate. **Riders must enter the same age category for all four events.** Each event must be entered individually. Riders not successfully riding any race will receive a “0” point score for that event.

Scoring is as follows:

A point system will be used. For the Criterium, Sprint, and Road Race the first 15 places will be assigned points in the following manner: 25, 20, 16, 14, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. For the Time Trial the first 10 places will be assigned points in the following manner: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. The top three riders in accumulative points, in each age division, will receive medals.

In the event of ties, the tiebreaker will be the tied competitors’ placement in the Road Race.

CLASSIFICATIONS

Rider categories are assigned by the USPFC based on a rider's experience and performance. Riders are assigned to the lowest ability category until a higher category has been earned. The ranking of categories is:

- Elite Class
- Age Group
- Novice Class

- Known ability – If a competitor is known to qualify for the Elite Class based on witnessed past performance they will be placed according to that ability.

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- Competing in a Higher Class - Any individual may elect, before racing, to compete in a higher classification than the one in which classified.
- Classification Appeals - Any competitor having reason to believe that they are improperly classified may file an appeal with the USPFC Director stating all essential facts. Any such appeals must be filed prior to the start of competition. The USPFC Director will make the final determination as to the classification.
- Classification Protests - Any person who believes that another competitor has been improperly classified may file a protest with the USPFC Director stating all essential facts. Any such protests must be filed prior to the start of competition. The USPFC Director will make the final determination as to the classification.

Any variances to classification must be approved by the USPFC Federation Director for Cycling.

EQUIPMENT

The following equipment is the responsibility of the competitor:

- Every rider warming up or racing shall wear a protective, securely fastened helmet that satisfies the bicycle helmet standards of USCF. 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.
- Bicycle shall have at least two brakes, which are in good working condition.
- Handlebar ends should 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.

GENERAL RULES for Street Cycling

All races will follow USCF guidelines, and all riders should familiarize themselves with the rules for these events.

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

No physical contact is permitted between riders during competition and a dangerous rider may be disqualified and removed from the course.

All riders must attend a 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.

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.

AWARDS

Medals are awarded First through Third Place (1st – 3rd). A maximum of 84 sets of medals for the Individual events. (*If any of the listed age groups are split, each split may require an additional set of medals.*) USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE USPFC 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 USPFC Director assigned to your sport is knowledgeable and experienced in helping during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.