

## Para-Cycling Information Sheet

### About the sport

Para-Cycling is divided into track and road events. Road cycling takes place on public roads, which are closed to traffic. Track cycling takes place on a velodrome made up of two straight sides and two curved ends. International regulations require the length of the track to be such that a whole number of laps or half laps shall give a distance of 1km with a width of 7-10m.

Riders with a vision impairment compete on tandem bicycles with a sighted team mate (pilot). Riders with a physical impairment may compete on a standard bike, trike or handbike depending on their requirements. Handcyclists and Trike riders compete in Road events only. All bikes must conform to the technical regulations of the Union Cycliste International (UCI).

### Who can compete?

Para-Cycling is open to athletes with a physical or vision impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Loss of limbs	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	<b>Arm:</b> loss of thumb and all fingers on one hand <b>Leg:</b> More than ½ loss of one foot
Muscle weakness/Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition.	Loss of strength in a hip, knee, ankle, foot, shoulder, elbow, wrist or hand.

<b>Eligible impairments</b>	<b>Description</b>	<b>Minimum Impairment Criteria</b>
Co-ordination impairments - Hypertonia, Ataxia, Athetosis	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in at least one arm or leg.
Restricted joint movement/Impaired passive range	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Joint movement restriction in at least one shoulder, elbow, wrist, hand, hip, knee or ankle.
Leg length difference	Significant difference in leg length due to a deficiency at birth or trauma.	The difference must be at least 7cm between both legs
Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	Visual acuity loss in both eyes (how far they can see) with best corrected vision. Vision is less than or equal to 6/60 (log MAR 1.00); or Visual field restriction in both eyes (how wide they can see) of less than 40 degrees diameter with best corrected vision.

## Para-Cycling Sport Classes

<b>Sport Class</b>	<b>Description (Guide Only)</b>
<b>Athletes with a Vision Impairment - Tandem</b>	
B	Riders who are blind or have low vision in both eyes. All athletes ride on a tandem bike with a fully sighted pilot at the front.

Sport Class	Description (Guide Only)
<b>Athletes with a Physical Impairment – Handcycle classes</b>	
H1	Riders with the most significant impairments in their torso, arms and legs who are unable to use a conventional bike or tricycle. H1 riders use a recumbent (lying down) position on their handcycle and generate power using the upper arms and shoulders only. Some riders might use devices to assist them to grip the handlebars.
H2	Riders are able to generate force with one or both their arms to propel the handcycle. Riders are unable to use their legs or torso and use their arms and shoulders to power their handbike. Competes in a recumbent (lying down) position.
H3	Riders are able to use their arms, with some torso movement, but are not able to use a conventional bicycle, tricycle or the kneeling position on a handcycle safely. All riders use a recumbent (lying down) position on their handcycle, and are able to grip the handles well to power the hand crank.
H4	Athletes who have good torso and arm coordination but who are unable to safely kneel on a handbike, or use a conventional bicycle or trike due to the level of impairments in their legs.
H5	Riders are able to use their arms and torso. They have good coordination and balance sufficient to use a handcycle in the kneeling position (legs tucked under). H5 riders can use their torso and arms to generate powerful cycles with their arms.
<b>Athletes with a Physical Impairment – Trike Classes</b>	
T1	Riders who are not able to ride a conventional bike safely but have sufficient leg movement and balance to ride a trike. Pedaling/cadence is slow.
T2	Riders with better balance and arm control than T1 riders who are not able to ride a conventional bike safely. Riders are able to take wide turns with more control than T1.
<b>Athletes with a Physical Impairment – Bicycle Classes</b>	
C1	Riders with impairments who require assistance to mount and dismount the bike, start and stop such as absence of one leg or co-ordination difficulties affecting their whole body. Riders have

Sport Class	Description (Guide Only)
	sufficient control to ride a two-wheeled bike but are unable to ride out of the saddle.
C2	Riders with better balance and control than C1 riders such as absence of one leg or moderate coordination impairment in two to three limbs. Riders may have brakes mounted on one side to prefer their stronger side. Riders may require assistance to mount, dismount and start and stop the bike. Riders may be able to ride out of the saddle during sprints and starts but may choose not to for control.
C3	Riders with impairments in one to two limbs. If riders have limb loss they do not use any prosthesis. Riders may have brakes mounted on one side to prefer their stronger side. Riders are able to mount, dismount, start and stop the bike by themselves. Riders are generally able to ride out of the saddle during sprints and starts.
C4	Riders with impairments in one to two limbs. Riders with limb loss who use a prosthesis with no brake and handlebar modifications. Riders are able to mount, dismount, start and stop the bike by themselves. Riders are able to ride out of the saddle as needed.
C5	Riders who have minimal impairment in one limb that affects their grip, gear operation and brake use. Handlebars and brakes are often modified.
<b>Not Eligible</b>	
Not Eligible (NE)	Player does not meet the minimum criteria for the Para-sport classes, but may still be able to compete. Contact Cycling Australia for more information.

## Find out more

To get involved or for more information contact:

### AusCycling

**W:** [www.auscycling.org.au](http://www.auscycling.org.au)

**E:** [info@auscycling.org.au](mailto:info@auscycling.org.au)

**P:** 1300 137 397

**Note:** The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport. Not all classes may have events at the Paralympic Games

