

2013 SHERBROOKE 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 National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council Sport Committee.

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 (CGC) through his or her Chef de Mission or NSO.

Technical Packages are developed primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Director of Sport for consideration. The NSO or Chef de Mission will submit the rationale for the request. 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, unless under exceptional circumstances or if approved by all participating provincial/territorial associations, the CGC, and the Host Society. 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 by Games' participants early.

**2013 SHERBROOKE CANADA SUMMER GAMES
TECHNICAL PACKAGE**

1. SPORT: CYCLING

2. PARTICIPANTS:

MOUNTAIN BIKE:

2.1 COMPETITORS: 3 Male 3 Female

2.2 STAFF: 1 Coach 1 Manager or Mechanic

- The coach must be a certified mountain bike coach.
- If female athletes are being sent, one of the staff must be female. If male athletes are being sent, one of the staff must be male.

ROAD CYCLING:

2.1. COMPETITORS: 5 Male 5 Female

2.2. STAFF: 1 Coach 1 Manager 1 Mechanic

- The coach must be a certified road coach.
- If female athletes are being sent, one of the staff must be female. If male athletes are being sent, one of the staff must be male

3. CLASSIFICATION:

***APPLIES TO BOTH MOUNTAIN BIKE AND ROAD CYCLING**

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, 2013 (year of birth 1991-1996).

Note: Athletes born in 1997 who hold CCA licenses in 2013 may compete if their provincial/territorial association applies to and gains permission from the CCA.

4. ELIGIBILITY:

***APPLIES TO BOTH MOUNTAIN BIKE AND ROAD CYCLING**

4.1. COACHES:

Any staff listed as coach on the official registration form must be fully certified under the National Coaching Certification Program (NCCP) to at least a Level 3 (theory, technical and practical) or the equivalent in the new NCCP to at least NCCP Competition – Development (Certified) status. These coaches must be certified no later than 180 days before the opening of the Games (February 4th, 2013).

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. Participation in a Youth Olympic Games does not constitute a reason for exclusion from the Canada 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 4th, 2013).

4.3 MECHANIC AND MANAGER

Team mechanic must hold valid CCA cycling licenses for the year of the Games (2013).

Team Manager must hold valid CCA cycling licenses for the year of the Games (2013).

5. COMPETITION:

5.1. GENERAL PRINCIPLES

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

MOUNTAIN BIKE:

	Max. riders	Number of riders counting to team score	Recommended Distance	
			Men	Women
Cross-Country	3	2	1h45*	1h30*
Relay	3	Team Score	1 lap	1 lap
Sprint	3	2	1 km	1 km

*Estimated time of winner

ROAD CYCLING:

	Max. riders	Number of riders counting to team score	Recommended Distance	
			Men	Women
Individual time trial	5	3	20-25 km	10-15 km
Road race	5	3	120 km	80 km
criterium	5	3	50 km	40 km

5.2. SEQUENCE OF EVENTS

*CGC awaiting Week / Block confirmation from the 2013 Host Society. Possible options are presented below.

MOUNTAIN BIKE (1st Week / Block):

Day	Events
Friday	Training
Saturday	Training
Sunday	Men's / Women's Relay
Monday	Training
Tuesday	Men's / Women's Cross-Country
Wednesday	Training
Thursday	Men's / Women's Sprint

ROAD CYCLING (2nd Week / Block):

Day	Events
Sunday	Training
Monday	Men's / Women's Individual Time Trial
Tuesday	Training
Wednesday	Men's / Women's Road Race
Thursday	Rest Day
Friday	Training
Saturday	Men's / Women's Criterium

MOUNTAIN BIKE + ROAD CYCLING (If combined into same Week / Block):

Day	Mountain Bike Event	Road Cycling Event
Friday	Training	Training
Saturday	Men's / Women's Relay	Training
Sunday	Training	Men's / Women's Individual Time Trial
Monday	Men's / Women's Cross-Country	Training
Tuesday	Rest Day	Men's Road Race / Women's Road Race
Wednesday	Training	Rest Day
Thursday	Men's / Women's Sprint	Training
Friday		Men's / Women's 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 can only use one (1) bicycle. If an athlete is competing in both Mountain Bike and Road Cycling events, the athlete can use one (1) bicycle for the Road Cycling events and one (1) bicycle for the Mountain Bike events. 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 Cycling event to another: wheels, handlebars, pedals, etc, but the frame must remain the same for all Road Cycling events. The same applies to Mountain Bike 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 both Road Cycling and Mountain Bike events as per UCI rules.

5.2.4. START ORDER

MOUNTAIN BIKE:

RELAY START ORDER

There is a maximum of three (3) riders per province/territory.

All provinces /territories are awarded a start position based on the province/territory final Mountain Bike ranking at the 2009 Canada Summer Games. The best province/territory will be seeded first. 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. A province/territory must secure at least 2 riders per gender to enter the relay. In such cases, one of the two riders will have to do 2 laps of the course. That rider will need to be identified at the coaches/managers' meeting.

CROSS-COUNTRY START ORDER

There is a maximum of three (3) riders per province/territory.

All provinces/territories are awarded a start positions based on the province/territory final Mountain Bike ranking at the 2009 Canada Summer Games. The best province/territory will be seed first. This sequence of provinces/territories will be repeated until all riders are given a start position.

As there are three (3) riders per province/territory, the start order sequence is repeated three 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.

CROSS-COUNTRY SPRINT START ORDER

There is a maximum of three (3) riders per province/territory.

All provinces/territories are awarded a start position from the qualifying time trial based on the province/territory's final Mountain Bike ranking at the 2009 Canada Summer Games. The best province/territory will start last. This sequence of provinces/territories will be repeated until all riders are given a start position.

As there are three (3) riders per province/territory, the start order sequence is repeated three times. The provinces/territories must choose the order in which their riders start and submit it at the coaches/managers' meeting before the start

of the competition. If a province/territory is missing a rider, they will skip the first rotation.

Based on their time trial qualifier, riders will be seeded for the elimination rounds. The fastest seeded riders will face the slowest seeded riders based on their time trial results. The elimination round will be as follows:

¼ finals = 6 waves of 5 riders with best 2 moving on to the next round;

½ finals = 2 waves of 6 riders with best 3 moving on to the final and last 3 moving on to the consolation final;

Consolation final (B) = 1 wave of 6 riders to determine position 7 to 12;

Final (A) = 1 wave of 6 riders to determine position 1 to 6.

ROAD CYCLING:

INDIVIDUAL TIME TRIAL START ORDER

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

All provinces /territories are awarded a start position based on the province/territory final Road Cycling ranking at the 2009 Canada Summer Games. The best province/territory will start last. This sequence of provinces/territories will be repeated until all riders are given a start position.

As there are five (5) riders per province/territory, the start order sequence is repeated five (5) times. The provinces/territories must choose the order in which their riders start and submit it at the coaches/managers' meeting before the start of the competition. If a province/territory is missing a rider, they will skip the first rotation.

6. SPORT SCORING:

MOUNTAIN BIKE:

CROSS-COUNTRY, RELAY and SPRINT (MEN'S and WOMEN'S)

Competitors are ranked in the order they cross the finish line in the cross-country. Provinces/Territories are ranked in the order they cross the finish line in the relay. Competitors are ranked in the order they cross the finish line in the sprint final rounds (A and B). The riders who did not move on to the final rounds (A-B) will be scored based on their time trial qualifier.

The province/territory's team final placing in the relay will count towards the provincial/territorial ranking point total. The province/territory's two best placing in the Cross-Country and the Sprint will count towards the provincial/territorial ranking point total.

ROAD CYCLING:

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.

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 (3) best placings in the time trial, road race and criterium will count towards the provincial/territorial ranking point total.

***THE TIE BREAKER AND POINTS BREAKDOWN BELOW APPLIES TO BOTH MOUNTAIN BIKE AND ROAD CYCLING.**

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 st	100
2 nd	97
3 rd	94
4 th	91
5 th	88
6 th	85
7 th	83
8 th	81
9 th	79
10 th	77
11 th	75
12 th	74
13 th	73

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

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

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 st	10
2 nd	9
3 rd	8
4 th	7
5 th	6

Position	Pts
6 th	5
7 th	4
7 th	3
9 th	2 ½
10 th	2

Position	Pts
11 th	1 ½
12 th	1
13 th	½

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.

10. MEDALS:

GOLD 16

SILVER 16

BRONZE 16

11. COMPETITIVE UNIFORM:

Provincial/Territorial colours must be worn. The Canada Games Council's Commercialization Policy regarding advertising on uniforms will be in effect.

As per UCI rules, competition wear is mandatory for podium presentations.

12. EQUIPMENT:

Please see section 5.2.1 (Bicycles), 5.2.2 (Gear restrictions), and 5.2.3 (Radio communications).

13. APPENDIX:

The attached Appendix forms an integral part of this Technical Package.

APPENDIX 1
2013 Sherbrooke 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 permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's NSO and/or Provincial/Territorial 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/territory of permanent residence during the year of the Games shall be permitted to compete for either their province/territory of permanent residence or the province/territory in which the athlete attends school. To be eligible to compete for the province/territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. If a non-student athlete attends a recognized national training centre outside his or her province/territory of permanent residence, the athlete is encouraged to represent his or her province/territory of permanent residence; however, the athlete could represent the province/territory 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/territorial sport organization in that province/territory 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 having been a member of 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 any province or territory of eligibility but can only try out for one province or territory per sport (i.e. an athlete may try out for swimming for one province or territory but cannot try out for swimming in another province or territory. An athlete may try out for one province or territory in swimming, and may try out for another province or territory in diving).
9. Athletes may only compete for one province or territory at a single Canada Games.

10. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
11. 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.
12. Where a team/province/territory/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

13. 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 centimeters.
14. 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.