



Cycling Time Trial

Race Rules

The Iowa Games cycling events are not sanctioned by USA Cycling; however, the rules of the USA Cycling governing bodies (USCF and NORBA) will generally apply. See www.USACycling.org for detailed rules.

The major rules to be aware of include:

- Helmets must be worn during all warm ups and races.
- No Drafting during the Time Trial. Intentionally crossing the center-line of the road (solid or spatial) to gain tactical or other advantage will likely result in disqualification.
- Riders who are deemed to be riding in an unsafe manner (veering, not holding their line, etc) will be warned and possibly told to withdraw.
- There will be no junior gear limits.
- Any type of cycling clothing is acceptable.
- Any protests related to finish position, rider conduct, disqualification, or other issues must be made by the rider at the race venue prior to the award ceremony.

These rules are for the safety of the riders and other vehicles sharing the road.