

Para Cycling



CYCLING/LUMBA BASIKAL



Para cycling started to include those with cerebral palsy, amputations and other physical impairments, who compete on bicycles, tricycles and hand cycles. There are five sport classes for hand cycling, two for tricycle and five for bicycle, whilst the three sport classes for the tandem compete in one event. Para cycling opens for amputees, para les autres (athletes who cannot be included in other categories), athletes with cerebral palsy and visually impaired. They will compete in road and track para cycling.

Athletes with physically impaired will compete in road and track cycling. Meanwhile, handbike and tricycle will compete in road cycling. Athletes with visually impaired will compete in tandem with a guide.

The Sport is governed by Union Cycliste Internationale (UCI). UCI acts as the International Federation (IF) for the equivalent Olympic Sport.

Eligibility:

Impaired muscle power	Hypertonia	Limb deficiency	Leg length difference
Athetosis	Impaired passive range of movement	Ataxia	Visual Impairment

Classification:

Handcycling (H1- H5)	Cyclists in the sport classes H1-4 compete in a reclined position. While athletes competing in the H1 class have a complete loss of trunk and leg function and have limited arm function, e.g. because of spinal-cord injuries, athletes in the H4 class have no leg function but good trunk and arm function. Cyclists in the H5 sport class sit on their knees and can thus use their arms and trunk to accelerate the handcycle. Athletes in this sport class might have leg amputations, paraplegia or mild to moderate athetosis or ataxia.
Tricycle (T1, T2)	Tricycle athletes are divided into two classes, T1 and T2. Due to impairments affecting their balance and co-ordination they ride a tricycle to increase stability. The sport class T1 is allocated to athletes with more significant co-ordination problems or loss of muscle power than athletes competing in sport class T2.
Bicycle (C1-C5)	Athletes who are able to use a standard bicycle compete in the five sport classes C1-5. The sport class profiles include amputations, impaired muscle power or range of motion and also impairments affecting co-ordination, such as ataxia and athetosis. Sport class C1 is allocated to athletes with the most severe activity limitation, while the sport class C5 is allocated to athletes who meet the minimum impairment criteria. For example, cyclists with a double below-the-knee amputation who use a prosthesis are likely to compete in the sport class C3, while an athlete with a below knee amputation and a prosthesis on one leg would compete in the sport class C4.
Tandem (TB)	Cyclists with a visual impairment race tandem with a sighted cyclist (pilot) in front. Cyclists in this sport class must meet the criteria as set out in the B3 profile described in section 4 to compete, therefore B1, B2 and B3 athletes compete together in one event.