



access to sport

**Cerebral Palsy
International Sports and Recreation Association**

Excerpt from the CPISRA Sports Manual - 10th Edition - 2009

**Section B - Sports Rules
Cycling**

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Cycling

1. Introduction

Cycling has proved over many years to be a physical activity with several benefits for any person from the young to elderly. This is even more applicable for persons with Cerebral Palsy and related neurological conditions as it is a life long activity, supporting an enhanced physical condition for all participants.

2. Governance and Regulations

Governance of cycling for all disabilities, falls under paracycling of the International Cycling Union (UCI). Therefore in countries, governance of cycling will be with the national cycling union (or federation), or in some countries in conjunction with a sporting structure catering for the needs of persons with a disability. For further information, visit www.uci.ch.

3. Classification and Events

Currently there are two categories: bicycles: 2 classes (division 4: CP7 and CP8 and division 3:CP5 and CP6) and tricycles: 2 classes (Division2 : CP5 and CP6 and division 1: CP1-4). It can be seen that CP5 and CP6 can choose to participate in bicycle or tricycle events, depending on their balance ability.

Division	Type	Class
1	Tricycle	CP1 - CP4
2	Tricycle	CP5 & CP6 Usually because the athlete has trouble balancing on the bicycle
3	Bicycle	CP5 & CP6
4	Bicycle	CP7 & CP8

In order to make events viable at competitions classes can be combined. To this extent, Division 3 is combined with LC 3 and LC 4, classes that make provision for persons with locomotor disabilities, such as amputation, muscle weakness and joint mobility problems. Division 4 is combined with the LC 1 and LC 2 classes.

4. Future of classification

UCI is in the process of developing an integrated classification system. Provision will still be made for tricycle events for Divisions 1 and 2, but will include other disabilities of a comparable nature in 2 tricycle classes. There will be 5 bicycle classes in which provision will be made for all disabilities. This will be beneficial

for CP's as the current 2 bicycle classes will become 5 and will therefore provide for the needs of all CP's taking the different degrees of disability into consideration.

5. Competition

To be eligible for a CPISRA cycling competition, athletes must hold a valid international racing license from a UCI recognized cycling federation.

This license must be presented at all CPISRA cycling competitions. CPISRA offers a full range of road and track races and distances under the UCI rules. For road races, distances are as follows:

- CP Division 4 – minimum 1 hour or 35 Km – maximum 70 Km
- CP Division 3 – minimum 1 hour or 15 Km – maximum 70 Km
- CP Division 2 – minimum ½ hour or 15 Km – maximum 30 Km
- CP Division 1 – minimum ½ hour or 15 Km – maximum 30 Km
- Other events include road race circuits whereby the athlete races across various gradients.

CPISRA's cycling track races include the following events for only CP divisions 3 and 4 for safety reasons:

- Standing Start Kilometer Time Trial
- Individual Pursuit Competition
- Sprint competition

For further enquiries, contact cycling@cpisra.org.

6. Glossary of Terms

Abbreviation	Description
BAC	Board of Arbitration Classification
CAS	Court of Arbitration for Sport
CBC	CPISRA Boccia Committee
CC	Chief Classifier
CO	Classification Officer
CP	Cerebral Palsy
CPISRA	Cerebral Palsy International Sports and Recreation Association
CRS	Competition Review Status
CS	Confirmed Status
e.g.	latin <i>exempli gratia</i> means <i>for example</i>
FIFA	Fédération Internationale de Football Association
FIS	Federation International de Ski
HOC	Head of Classification
i.e.	latin <i>id est</i> - means <i>in other words</i>
ICU	International Cycling Union
IIHF	International Ice Hockey Federation
IM	Intentional Misrepresentation
IPCAS	IPC Alpine Skiing
IPC	International Paralympic Committee
IPC CC	IPC Classification Code
IS	International Standard
LOC	Local Organizing Committee
NADO	National Anti-Doping Organization
NE	Not Eligible
NS	New Status
RS	Review Status
TD	Technical Delegate
TUE	Therapeutic Use Exemption
TUEC	Therapeutic Use Exemption Committee
WADA	World Anti-Doping Agency
WADC	World Anti-Doping Code
WCF	World Curling Federation