



Point 10.11.2 - Para-cycling – Regulations changes proposals

**REGULATIONS: PROPOSALS FOR AMENDMENTS  
PART 16 – PARA-CYCLING**

(the corrected parts to be approved are in bold)

➔ Date of entry into effect of all changes to the regulations described below: **1.02.14**

**INTRODUCTION OF H5 SPORT CLASS -----**

16.1.005 Factored events  
In case of factored events (gender and/or sport class), standard performance factors in the table below must be applied to ensure equity between the combined sport classes. Factors will be provided by UCI.

**Tableau des facteurs de performance standard**

Division C

C5	Men	<b>100.00%</b>																		
C4	Men	98.57%	<b>100.00%</b>																	
C3	Men	93.36%	94.71%	<b>100.00%</b>																
C2	Men	89.49%	90.79%	95.85%	<b>100.00%</b>															
C5	Women	87.71%	88.98%	93.95%	98.01%	<b>100.00%</b>														
C4	Women	86.46%	87.71%	92.60%	96.61%	98.57%	<b>100.00%</b>													
C1	Men	<b>84.02%</b>	<b>85.24%</b>	<b>90.00%</b>	<b>93.89%</b>	<b>95.79%</b>	<b>97.18%</b>	<b>100.00%</b>												
C3	Women	81.89%	83.07%	87.71%	91.50%	93.36%	94.71%	97.46%	<b>100.00%</b>											
C2	Women	78.49%	79.63%	84.07%	87.71%	89.49%	90.79%	93.42%	95.85%	<b>100.00%</b>										
C1	Women	73.69%	74.76%	78.94%	82.35%	84.02%	85.24%	87.71%	90.00%	93.89%	<b>100.00%</b>									

Division H

H5	Men	<b>100.00%</b>																		
H4	Men	100.00%	<b>100.00%</b>																	
H3	Men	97.25%	97.25%	<b>100.00%</b>																
H5	Women	87.71%	87.71%	90.19%	<b>100.00%</b>															
H4	Women	87.71%	87.71%	90.19%	100.00%	<b>100.00%</b>														
H3	Women	85.30%	85.30%	87.71%	97.25%	97.25%	<b>100.00%</b>													
H2	Men	77.22%	77.22%	79.40%	88.04%	88.04%	90.53%	<b>100.00%</b>												
H2	Women	67.73%	67.73%	69.64%	77.22%	77.22%	79.40%	87.71%	<b>100.00%</b>											
H1	Men	<b>56.64%</b>	<b>56.64%</b>	<b>58.24%</b>	<b>64.58%</b>	<b>64.58%</b>	<b>66.40%</b>	<b>73.35%</b>	<b>83.63%</b>	<b>100.00%</b>										
H1	Women	<b>49.68%</b>	<b>49.68%</b>	<b>51.08%</b>	<b>56.64%</b>	<b>56.64%</b>	<b>58.24%</b>	<b>64.34%</b>	<b>73.35%</b>	<b>87.71%</b>	<b>100.00%</b>									

Division T

T2	Men	<b>100.00%</b>																		
T2	Women	87.71%	<b>100.00%</b>																	
T1	Men	83.41%	95.10%	<b>100.00%</b>																
T1	Women	73.16%	83.41%	87.71%	<b>100.00%</b>															

Division B

B	Men	<b>100.00%</b>																		
B	Women	87.71%	<b>100%</b>																	

(text modified on 1.02.11; 1.10.12; **1.02.14**).



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### 16.4.002 Para-cycling Sport Class

Handbike	Tricycle	Cycling	Tandem
Handbike H 1	Tricycle T 1	Cycling C 1	Tandem B
Handbike H 2	Tricycle T 2	Cycling C 2	
Handbike H 3		Cycling C 3	
Handbike H 4		Cycling C 4	
<b>Handbike H 5</b>		Cycling C 5	

The UCI recommends the use of the codes below on UCI Para-cyclist licences:

Blind and Visually Impaired	MB	WB
Handbike H1	MH1	WH1
Handbike H2	MH2	WH2
Handbike H3	MH3	WH3
Handbike H4	MH4	WH4
<b>Handbike H5</b>	<b>MH5</b>	<b>WH5</b>
Tricycle T1	MT1	WT1
Tricycle T2	MT2	WT2
Cycling C1	MC1	WC1
Cycling C2	MC2	WC2
Cycling C3	MC3	WC3
Cycling C4	MC4	WC4
Cycling C5	MC5	WC5

The rider's code is read as follows:

- 1st letter: gender
- 2nd–3rd letter and number: sport class

(text amended on 1.02.14)

### 16.5.002 Division Handbike, Sport Class H1

#### (ex-H1.1) Tetraplegia C6 or above and severe athetosis/ataxia/dystonia

- Tetraplegic with impairments corresponding to a complete cervical lesion at C6 or above
- Complete loss of trunk stability and lower limb function
- Limited extension of the elbow with a muscle score of 6 (total of both triceps)
- Limited handgrip
- Non-spinal cord injury, but functional ability profile equivalent to sport class H1.1
- Impaired sympathetic nerve system
- Recumbent position in handbike mandatory (AP-bikes)
- Severe athetosis/ataxia/dystonia and elbow extension limitation
- Asymmetric or symmetric quadriplegia with at least grade 3 spasticity in upper limbs and lower limbs.

#### Division Handbike, Sport Class H2

#### (ex-H1.2) Tetraplegia C7/C8 and severe athetosis/ataxia/dystonia

- Tetraplegic with impairments corresponding to a complete cervical lesion at C7/C8 or above
- Complete loss of trunk stability and lower limb function
- Non-spinal cord injury, but functional ability profile equivalent to sport class **H2**
- (ex-H1.2)
- Impaired sympathetic nerve system
- Recumbent position in handbike mandatory (AP-bikes)
- Severe athetosis/ataxia/dystonia and no elbow extension limitation.
- Asymmetric or symmetric quadriplegia with at least grade 2 spasticity in upper limb and lower limbs.



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*(text amended on 01.02.10; 1.02.11; 1.02.14)*

### 16.5.003 Division Handbike, Sport Class ~~H2~~ H3

#### H3.1 (ex-H2.1)

- Paraplegic with impairments corresponding to a complete lesion from Th1 to Th3
- Very limited trunk stability
- Impaired sympathetic nerve system
- Non-spinal cord injury, but functional ability profile equivalent to sport class **H3.1 (ex-H2.1)**
- Recumbent position in handbike mandatory (AP-bikes)

#### H3.2 (ex-H2.2)

- Paraplegic with impairments corresponding to a complete lesion from Th4 to Th10
- Limited trunk stability
- Non-spinal cord injury, functional ability profile equivalent to sport class **H3.2 (ex-H2.2)**
- Recumbent position in handbike mandatory (AP-bikes)
- Moderate quadriplegia with/without athetosis/ataxia.
- Severe hemiplegia (non-ambulant)
- Severe diplegia (non-ambulant) and athetosis/ataxia.
- Neurological impairments with at least grade 1 spasticity in upper limb

*(text amended on 01.02.10; 1.02.11; 01.02.14)*

### 16.5.004 Division Handbike, Sport Class ~~H3~~ H4

- Paraplegic with impairments corresponding to a complete lesion from Th11 or below
- No lower limb function or limited function
- Normal or almost normal trunk stability
- Non-spinal cord injury, functional ability profile equivalent to sport class **H4 (ex-H3)**
- Incomplete loss of lower limb function, functional ability profile equivalent to sport class **H4 (ex-H3)** or **H5 (ex-H4)**, with other disabilities, which prevent the safe use of a conventional bicycle, tricycle or the kneeling position in a handbike
- Recumbent position in handbike (AP or ATP bike)
- Diplegia and athetosis/ataxia/dystonia (almost normal UE) Hemiplegic with spasticity a minimum of Grade 3, lower limb more involved.

*(text amended on 01.02.10; 1.02.11; 1.02.14)*

### 16.5.005 Division Handbike, Sport Class ~~H4~~ H5

An athlete who can use the kneeling position must use it and therefore will be classified accordingly.

- Paraplegic with impairments corresponding to a complete lesion from Th11 or below
- Double below or Double through knee amputee
- Single leg amputation (AK), minimal disability below knee amputation (BK)
- Incomplete loss of lower limb function, with other disabilities, which prevent the save use of a conventional bicycle or tricycle
- Kneeling Position (HK-bike), in case of mobility reduction if prevents kneeling, the athlete can use a recumbent bike in **H4 (ex-H3)**
- Hemiplegic with spasticity Grade 2, lower limb more involved
- Diplegic, lower spasticity grade 2 in both legs
- Mild to moderate athetosis or ataxia

*(text amended on 1.02.10; 1.02.14).*

Road race distances



**Point 10.11.2 - Para-cycling – Regulations changes proposals**

**16.7.002** The maximum distances for UCI para-cycling international road races shall be:

Sport Class	Maximum
B men	120 km
B women	100 km
C 5 men	100 km
C 4 men	100 km
C 3 men	100 km
C 2 men	75 km
C 1 men	75 km
C 5 women	75 km
C 4 women	75 km
C 3 women	75 km
C 2 women	60 km
C 1 women	60 km
T 2 men	40 km
T 1 men	30 km
T 2 women	30 km
T 1 women	30 km
<b>H 5 men</b>	<b>80 km</b>
H 4 men	80 km
H 3 men	80 km
H 2 men	<del>80</del> -60 km
H 1 men	60 km
<b>H 5 women</b>	<b>80 km</b>
H 4 women	<del>80</del> -60 km
H 3 women	60 km
H 2 women	<del>60</del> -50 km
H 1 women	50 km

*(text amended on 26.06.07; 1.02.08; 1.02.09; 1.01.10; 1.02.11; 1.02.14).*

**16.7.009** Time trial distances  
The maximum distances for UCI para-cycling international time trials shall be:

Sport Class	Maximum
B men	35 km
B women	30 km
C 5 men	30 km
C 4 men	30 km
C 3 men	30 km
C 2 men	25 km
C 1 men	25 km
C 5 women	25 km



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C 4 women	25 km
C 3 women	25 km
C 2 women	20 km
C 1 women	20 km
T 2 men	20 km
T 1 men	15 km
T 2 women	15 km
T 1 women	15 km
<b>H 5 men</b>	<b>30 km</b>
H 4 men	30 km
H 3 men	30 km
H 2 men	<del>30</del> -20 km
H 1 men	20 km
<b>H 5 women</b>	<b>30 km</b>
H 4 women	<del>30</del> -20 km
H 3 women	20 km
H 2 women	20 km
H 1 women	20 km

(text amended on 26.06.07; 1.02.09; 1.01.10; 1.02.11; **1.02.14**).

**16.7.012** Races shall be for athletes of the following sport classes:

Men: **H5**; H4; H3; H2; H1

Women: **H5**; H4; H3; H2; H1

A team shall be composed of three athletes plus substitutes. The team can be mixed, therefore composed with athletes coming from the sport classes listed above.

For all para-cycling TR competitions, the maximum shall be two teams for any given structure (national team, trade team, ...). A third team may be registered for each structure only if it is an all-women's team. Looking at the following table, the total of points for the three TR participants must be a maximum of six (6) points including an athlete with a scoring value of one point.

For the World Championships: Those athletes who made up the team are awarded the titles.

Gender, sport classes	Points
<b>Men H5</b>	<b>3</b>
Men H4	3
Men H3	<del>2</del> -3
Men H2	<del>1</del> -2
Men H1	<b>1</b>
<b>Women H5</b>	<b>2</b>
Women H4	2
Women H3	<del>1</del> -2
Women H2	1
Women H1	<b>1</b>

(text amended on 1.02.11; 1.10.12; **1.02.14**).



## Point 10.11.2 - Para-cycling – Regulations changes proposals

**16.10.004** For all sport class road races, athletes are required to wear a helmet in the correct sport class color, or use an appropriately colored helmet cover, as follows:

Red helmet:	C5 men & women
	T2 men
	<del>H3</del> H4 men & women
	Tandem men
White helmet:	C4 men & women
	H2 H3 men & women
	Tandem women
	T2 women
Blue helmet:	C3 men & women
	H4 H2 men
	T1 women
Black helmet:	H4 H5 men & women
	C2 men & women
	T1 men
Yellow helmet:	C1 men & women
	H4 H2 women
<b>Green helmet:</b>	<b>H1 men</b>
<b>Orange helmet:</b>	<b>H1 women</b>

Athletes using the wrong color helmet in road races will not be allowed to start and/or will be withdrawn from the race and disqualified.

(text amended on 26.06.07; 1.02.09; 1.01.10; 1.07.10; **1.02.14**).

### Explanations:

Following the proposal to separate division H which was accepted by MC on the occasion of its meeting in Louisville (USA) held on January 2013, here are the corresponding rules amendments.

It was initially a matter of “merging” H1.1 together with H2.1 in a unique sport class, but new information with regards to athletes’ classifications has shown that this merge would not be suitable. Indeed, it makes more sense to reorganize division H as shown below, with a separation between H1.1 and H1.2 and keeping H2.1 and H2.2 in the same sports class (the newly named H3).

<b>Old sports classes (until 2014) :</b>	<b>New sport classes (since 2014) :</b>
H1 (H1.1 and H1.2)	H1 (ex-H1.1) H2 (ex-H1.2)
H2 (H2.1 and H2.2)	H3 (ex-H2.1 and ex-H2.2)
H3	H4
H4	H5

*Original document in English*