



# Cycling



## Who Can Play?

Thanks to research and development in technology people with muscular sclerosis, cerebral palsy, amputees, spinal cord injuries (paraplegic and quadriplegic), hemiplegic, and those with even sight-impairments can benefit from the use of adaptive cycling.

For more information on handcycling, visit [www.dsusa.org](http://www.dsusa.org)

## Equipment

Equipment Needed and Cost:



Top End Force G Handcycle  
Cost: \$3,436.00



Exceleator  
Cost: \$1,659.00



Exceleator XLT Pro  
Cost: \$3,050.00



Quickie Shark/Shark S  
Cost: \$3,349.00

## Rules of Cycling

**Men Kneeseat** - Includes any athlete of any disability riding a kneeling handcycle; includes double amputees.

**Men Longseat**- Includes athletes with “legs out”, includes and disability except: quads and double amputees

**Women Open**: Includes any athlete of any disability except: Quads who will ride in the mixed Quad category

**Quads**- Includes any athlete with all four limbs affected by their disability.

<http://www.wheelchairsportsfederation.org/adaptive-sports/handcycling>

# Classification Guidelines



USA Paralympics Para-Cycling has 4 classes for handcycling:

- H1:** 1.1 Tetraplegia C6 or above and severe athetosis/ ataxia  
1.2 Tetraplegia C7/C8 and severe athetosis/ataxia
- H2:** 2.1 Paraplegic with impairments corresponding to a complete lesion from Th1 to Th3  
2.2 Paraplegic with impairments corresponding to a complete lesion from Th4 to Th9/Th10
- H3:** Paraplegic with impairments corresponding to a complete lesion from Th11 or below
- H4:** An athlete who can use the kneeling position must use it and therefore will be classified accordingly

For more detail on sub-categories and description of each class, visit [www.ushandcycling.org](http://www.ushandcycling.org).

## How to Become a Classifier

A classifier is a person authorized as an official by Union Cycliste Internationale (UCI) to evaluate athletes while serving as a member of a classification panel. Must apply to the Head of Classifier (HoC) for approval to attend competitions to train and may not have any other official responsibilities other than training as a classifier at a competition.

Visit [www.uci.ch](http://www.uci.ch) for more detail.

For more information on different types of handcycles and cost visit:  
<http://www.handcycleracing.com/Handcycles.html> or <http://bike-on.com/>

A few vendors for handcycles include Preferred Healthcare, Spokes'n Motion, and Sportaid.com. If you are looking for more information on different types of handcycles visit [www.assistivetech.net](http://www.assistivetech.net) and select browse by vendors or browse by activity.

## Loan Programs and Grant Opportunities

Athletes Helping Athletes Foundation provides a grant for children to receive handcycles.

For more information visit [www.roadrunnersports.com](http://www.roadrunnersports.com).

Freedom on Wings of Sport is non-profit organization providing athletic wheelchairs and equipment to individuals with a justified need. The criteria for the grant will be based upon the person's financial need, athletic endeavors, and their ability to promote disabled athletics.

For more information visit [www.wingsofsport.com](http://www.wingsofsport.com).

## Resources

There are many resources for information on Para-cycling. Please visit the websites referenced on this flyer for additional information.

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