



The 3rd Asian  
Youth Games  
Bahrain 2025

# Cycling Road

## Technical Handbook

V2





## Technical Information

### 1. Dates

The Cycling Road competition of the 3rd Asian Youth Games will be held from 24 -29 October 2025

### 2. Venues

The Cycling Road competition of the 3rd Asian Youth Games will be held at **Nasser Bin Hamad Cycling Path in Zallaq**

### 3. Events

The Cycling Road competition of the 3rd Asian Youth Games consists of 5 events, including (2) men's events, (2) women's events and one (1) mixed team event as follows:

- Boys' Individual Time Trial
- Girls' Individual Time Trial
- Boys' Road Race
- Girls' Road Race
- Team Time Trial Mixed Relay

### 4. Competition Format

#### - Mix Relay Team Time Trial

The Mix Relay Team Time Trial comprise with 3 Male and 3 Female for each team. Male's will be started first and the Female's start when the second Male's rider of the team cross the finish line. Time will be taken by the second Female's rider of each team finish the race. The start order will be determined by the Commissaire Panel.

#### - Individual Time Trial

The Individual Time Trial adopts a circular course covering roads in the Bahrain Region. The distance of the course will be about 20 kilometers for Male and 15 kilometers Female. Male and Female riders will race 1 lap. Riders will set off at an interval of one (1) minute. The rider who finishes the race in shortest time wins. The starting order for the individual time trials will be composed by the commissaires and will be communicated immediately after the team managers' meeting.

#### - Individual Road Race

The Road Race is a mass start event, and the first rider to cross the finish line will be declared the winner. The course distance for Male will be about 100km. and the Female race will be about 75 km. Riders are permitted to obtain food and liquids based on locations designated by the commissaries. Riders may also obtain assistance for mechanical problems from a neutral service or by following team vehicles as per race rules. Riders competing in the road race are required to sign the start sheet before the race.





## 5. Competition Schedules

DATE	ACTIVITIES	TIME	GENDER	DISTANCE	REMARKS
21-23 OCTOBER 2025	OFFICIAL TRAINING	09:00HRS – 12:00HRS	ALL	OPEN	WITH POLICE ESCORT
23 OCTOBER 2025	LICENSE CONTROL	10:00HRS – 12:00HRS	ALL		PLACE TBC
23 OCTOBER 2025	TEAMS MANAGER MEETING	17:00HRS- 18:00HRS	ALL		PLACE TO BE CONFIRMED
24 OCTOBER 2025	MIX TEAM TIME TRIAL	08:30HRS – 10:30HRS	MALE AND FEMALE	20 KM + 20KM	Nasser Bin Hamad Cycling Path
26 OCTOBER 2025	INDIVIDUAL TIME TRIAL	08:30HRS – 10:00HRS	FEMALE	15KM	Nasser Bin Hamad Cycling Path
27 OCTOBER 2025	INDIVIDUAL TIME TRIAL	08:30HRS- 10:00HRS	MALE	20KM	Nasser Bin Hamad Cycling Path
28 OCTOBER 2025	INDIVIDUAL ROAD RACE	08:00HRS – 10:30HRS	FEMALE	75KM	Nasser Bin Hamad Cycling Path
29 OCTOBER 2025	INDIVIDUAL ROAD RACE	08:00HRS – 11:00HRS	MALE	100KM	Nasser Bin Hamad Cycling Path

## 6. Sport Entries

### 6.1 Eligibility

- Only NOCs that are members of the OCA are entitled to send athletes to compete in the Cycling Road competition of the 3<sup>rd</sup> Asian Youth Games.
- Only athletes who comply with the OCA Constitution and Rules and its By law are entitled to compete in the Cycling competition.

### 6.2 Entry Timeline

- Entry by Sport: Deadline: 24:00 25 March, 2025 (Manama Time, GMT +3)
- Entry by Number: from 10:00 30 June 2025 to 23:59 21 July 2025 (Bahrain Time, UTC +3)
- Entry by Name: from 10:00 1 August 2025 to 23:59 to 31 August 2025 (Bahrain Time, UTC +3)

### 6.3 Entry Policies

- Women's Individual Time Trial: Each NOC may enter a maximum of one (1) rider.
- Men's Individual Time Trial: Each NOC may enter a maximum of one (1) rider.
- Women's Road Race: Each NOC may enter a maximum of four (4) riders.
- Men's Road Race: Each NOC may enter a maximum of four (4) riders.
- Mixed Relay: Each NOC may enter a maximum of six (6) riders (3 Male and 3 female).
- Total: Each NOC may enter a maximum of five (5) male riders and Five (5) female





#### **6.4 Age Limitation**

- Athlete participating in the Cycling Road competition must be 14 - 17 years old - 14 November 2008 and 31 December 2011 (inclusive).

#### **7. Arrival and Departure**

Teams arrival is fixed two (2) days before the competition and depart one (1) day after it ends.

#### **8. Technical Meeting**

License Control and Transponders Distribution

The license control shall be done on October 23, 2025, the meeting location and time will be determined later.

The Team Managers' Meeting shall be held on October 23, 2025, the meeting location and time will be determined later.

#### **9. TECHNICAL OFFICIALS**

AF/IF has the right to appoint the Technical Delegate and International Technical Officials(ITOs) in coordination and approval of the OCA. In the event of any violation of the AF/IF Rules or Games Rules and Regulations by any participant, the OCA has the right to revoke his or her accreditation card and propose replacement of the participant concerned to the relevant party.

#### **10. TRAINING Schedule**

Training is allowed for Road discipline from 21,22,23 of October from 9:00-12:00. If the schedule of training is not followed, the fines will be given to representative teams.

#### **11. Competition Rules:**

The Cycling Road competition of 3rd Asian Youth Games 2025 will be held as per the latest technical and competition rules of the Union Cyclist Internationale (UCI) and Asian Cycling Confederation (ACC).

- Technical issues: Resolved in accordance with the UCI rules and regulations.
- General issues: Resolved in accordance with OCA Constitution and Rules

#### **12. General Rules and Regulations**

##### **11.1 Rules**

##### **11.1.1 Eligibility Code (OCA 52)**

To be eligible for participation in the OCA Games, a competitor must:

- a) Observe and abide by the Rules of the IOC/OCA as per the Olympic Charter;
- b) Respect the spirit of fair play and non-violence and abide by the rules on the sports field;
- c) Comply with all aspects of WADA and OCA Anti-Doping Rules Code and refrain from using substances and drugs prohibited by the said organisations;
- d) The Member must ensure that any competitor in the OCA Games must be a national of the country of the NOC, which is entering him;





- e) Disputes relating to the determination of the country which a competitor may represent in the OCA Games shall be resolved by the EB, unless the eligibility code already set out in the Constitution has been fulfilled and is not in dispute.

#### 11.1.2 Nationality of Competitor (OCA By-Law 52)

- a) All cases of infringement of IOC Rule 41, 42 and its Bye-laws and of the eligibility code of IFs shall be communicated by the concerned Member to the OCA, to be considered by the EB whose decision will be final;
- b) A competitor who is a national of two (2) or more countries at the same time may represent either one (1) of them, as he may elect. However, after having represented one country in the Olympic, Asian continental regional or world championships recognised by the relevant IF, the competitor may not represent another country unless he or she meets the conditions set forth in sub section 4 below that apply to the persons who has changed his nationality or acquired a new nationality;
- c) A competitor who has represented one country in the Olympic Games, OCA Games, continental, regional, and world championships recognised by the relevant IF, and who has changed his nationality or acquired a new nationality, shall not participate in the OCA Games to represent his new country until three years after such change or acquisition;
- d) If a State, Country or a colony acquires independence, a country becomes incorporated within another country by a change of border or transfer of sovereignty or if a new NOC is recognised by the OCA, a competitor may continue to represent the country to which he belongs or belonged. However, he may, if preferred, choose to represent his country or be entered in the OCA Games by his new NOC if one exists. This option can only be made once and is irreversible;
- e) In all cases not expressly addressed in these Bye-Laws, in particular those cases where a competitor would be in a position to represent a country other than that of which he is a national, or to have choice as to the country which he intends to represent, the EB makes all decisions. Decisions can be of a general or individual nature and issue specific requirements relating to nationality, citizenship, domicile or residence of the competitors, including the duration of any waiting period;
- f) Except as permitted by the EB, no competitor, coach or official who participates in the OCA Games may allow his person, name and picture or sports performances to be used for advertising purposes during the OCA Games.

#### 11.1.3 Number of Entries (OCA 58)

- a) For a sport to be included in the OCA Games Programme a minimum of six (6) NOCs should enter their athletes by number and a minimum of four (4) should be physically present before the start of the competition;
- b) The maximum number of entries from each country in each sport or event is established by the Council in consultation with the Member hosting the Games and in accordance with the ACC technical rules;
- c) However, the following numbers cannot be exceeded:
  - For individual events, two competitors from each Member;
  - For team events, one team per Member, the Number of competitors and reserves not to exceed the number allowed by the ACC concerned;



- For events where individual and team competitions are conducted simultaneously, and the team event is decided by the aggregate score/time of each individual member of the team, the athlete (if maximum two) participating in the individual event must be designated as such in the Entry form and only the athlete concerned will be competing in the individual event.

#### 11.1.4 Technical Official and Jury of Appeal (OCA 59)

The BAYGOC must not receive or otherwise give official recognition to any foreign political delegation or leaders of any other mission whatsoever, without the prior written approval of the OCA. However, nobody can be discriminated against if he or she is a duly appointed official of the NOC's sports delegation.

#### 11.1.5 Court of Appeal (OCA 79)

- a) The OCA EB on behalf of the OCA is the final Court of Appeal, which will decide all disputes of a non-technical nature concerning the OCA Games. Teams/Member NOC's, if necessary, may submit disputes to the Court of Appeal. In addition, the Court of Appeal may intervene in all disputes of a nontechnical nature outside the jurisdiction of the Juries of Appeal set up for each sport in the Programme;
- b) The Court of Arbitration for Sport (CAS) in association with the OCA will set up a small Ad Hoc working group from CAS that will be present and working alongside the OCA in the Asian Games period only, on the same lines as done during the Olympic Games. The participating athletes can address any issues that they may have directly with CAS, during the OCA Games.

#### 11.1.6 Claims of Protest (OCA 80)

- a) Claims made to the Judges on grounds concerning matters of fact are decided by them without appeal;
- b) Appeals against other decisions of the Judges or with regard to any other matters must be addressed to the President of the Technical Jury of Appeal for the sport concerned by a representative of the team making the appeal;
- c) Exceptional circumstances apart, a claim must be made within two hours of the decision giving rise to it. The Jury, after an investigation, shall give a decision and this decision shall be irrevocable, except in the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the OCA. In these case it shall be decided by the Court of Appeal;
- d) All claims and appeals must be made in writing.

#### 11.1.7 Penalties in Case of Fraud (OCA 81)

A competitor proved to have transgressed by fraud the Rules of the OCA shall be disqualified and lose any position he or she may have gained. If this competitor's team is proved to have been party to the fraud, his/her team shall be disqualified in the sport involved.

### 13. Protest and Appeals

Protests and appeals shall be addressed in accordance with the current ACC/OCA competition rules. All technical appeals fall under the jurisdiction of the ACC/OCA. If an athlete or National Olympic Committee (NOC) believes that there has been a violation of ACC technical rules or the OCA Constitution, they have the right to appeal to the Court of





Arbitration for Sport (CAS). However, CAS does not consider appeals related to overturning Commissaire decisions or altering competition results.

**14. Equipment and Clothing**

The equipment and clothing worn by athletes and other competition participants must comply with the rules and regulations of OCA and ACC. The placement of any form of commercial advertising on competition uniforms or accessories is prohibited without prior approval from OCA and BAYGOC.

**15. Doping Control**

To promote integrity and fairness in competitions and safeguard the well-being of athletes, the anti-doping program for the 3rd Asian Youth Games will be implemented in full compliance with the World Anti-Doping Code and the anti-doping regulations set forth by the OCA.

**16. Victory Ceremony**

Medals for gold, silver, and bronze will be presented to the top three finishers in each event. Fifteen minutes prior to the Victory Ceremony, the medalists will be guided to the designated Waiting Area to prepare. Medalists are required to wear their official NOC uniforms for the ceremony.

**17. Approval of the Technical Handbook**

The Technical Handbook has been approved by the ACC on 12<sup>th</sup> June, 2025



## 18. Key Contact Information

Federations	
Asian Cycling Confederation (ACC)	
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## 19. Appendices

### 19.1 Field of Play

