**Level 3 School Games Primary Cycling**

**Teams**

* Mixed ability teams of four, two boys and two girls.
* Teams must have qualified through a relevant Level 2 event.
* Years 5 and 6

**Equipment**

* Mountain bikes with gears are supplied (one bike per team). In order to create a fair competition, riders may not use their own bikes.
* Saddle height will be adjusted to accommodate the shortest rider as there is no time to adjust for each rider during the race.
* Helmets are supplied, although riders may bring their own providing their school is satisfied that they are in good order.

**Prerequisites & Safety**

* Participants must be competent with handling and riding a bike. They must be able to start and pedal off unassisted. They must be able to use brakes to slow and stop the bike safely.
* A full safety briefing and course walk-through will be undertaken before racing begins.
* All riders will have the chance to practice on the course.

**Competition Format**

***Team Relay:***

1. Teams decide in which order team members will ride.
2. Rider 1 lines up on the start line.
3. Riders 2,3,4 stand in order behind the tape of the transition area.
4. Whistle / horn is blown to start the race.
5. Rider 1 from each team rides one lap of the course.
6. Meanwhile rider 2 steps forward in to the transition area.
7. Rider 1 dismounts at the start of the marked transition area. Rider 1 runs with the bike to meet rider 2 and hands over the bike. Rider 2 runs with the bike to the end of the marked transition area, gets on and rides one lap.
8. Repeat until last rider.
9. Last rider doesn’t need to dismount, they ride one lap and through the transition area to the finish line.

***Additional Competitions:***

If there is time, additional ‘opt-in’ competitions can take place. These will be separate challenges for teams/individuals which will not count towards the overall competition result. Additional competitions will be decided on the day.

**Officiating**

The event will be officiated by British Cycling Go-Ride Coaches and young volunteers. Times and positions will be held by these officiators and their decision is final.

**Further information / Questions**

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