

For Mountain Bike & Track Cycling:

Born in 1999 or earlier?
 Submit nomination by 08 Sept 2017 deadline?
 Selected into Singapore Cycling Federation (SCF) National Training Squad (NTS)?
 Met the SNOC selection criteria of 6th ranking/timing of the 2014 Commonwealth Games or equivalent?

For Road Cycling:

Born in 1999 or earlier?
 Submit nomination by 08 Sept 2017 deadline?
 Completed Selection Trials by Sept 2017 deadline?
 Selected into Singapore Cycling Federation (SCF) National Training Squad (NTS)?
 Met the SNOC selection criteria of 6th ranking/timing of the 2014 Commonwealth Games or equivalent?

For Mountain Bike & Track Cycling:

“Direct” nomination based on results from 1 January 2016 that have met the minimum 6th place Timing/Ranking for **Mountain Bike & Track Cycling** equivalent to the 2014 Commonwealth Games at the following competitions Singapore National Championships, Asian Cycling Championships, World Championships?

For Road Cycling:

1. Demonstrated commitment and attendance to SCF’s centralized training, competitions, regular power profiling and team building camp.
2. Other Considerations (i.e. Attitude and behavior, Current skill level and fitness, Potential for future development at the Asian Championship level, Ability to demonstrate team spirit and work well with team mates)

No

Yes

For Mountain Bike & Track Cycling:

“Indirect” nomination based on results from 1 January 2016 that have missed the qualifying standard marginally, but show potential to equal or surpass it by the stipulated accreditation deadline provided by the SNOC and in time for the 2018 Commonwealth Games. However he/she must make a nomination submission by 08 Sept 2017 and indicate the upcoming international competition results (such as the 2018 Asian Cycling Championships) which he/she wishes SCF and SNOC to use as a basis towards selection.

Table to list other results which missed the SNOC qualifying standard marginally.

Date	Event	Distance	Time / Average Speed	National Team country ranking	Remarks to justify that you have marginally missed the 6 th time/ranked of the 2014 Commonwealth Games

Steps/ Processes

1. SCF Secretariat to ensure necessary documents are received before 08 Sept 2017.
2. SCF Sport and Technical Manager for compilation
3. SCF Athlete Selection Committee for recommendation
4. SCF Management for approval
5. SCF Announcement on Commonwealth GAMES squad long list
6. SNOC submission of Commonwealth Games Squad + Reserve

**21st COMMONWEALTH GAMES
SUPPLEMENTARY DOCUMENT
(accompanying the MAIN ATHLETE SELECTION POLICY)**

SECTION A: GENERAL NOMINATION INFORMATION

SECTION B: MEN'S & WOMEN'S ROAD CYCLING

SECTION C: MEN'S & WOMEN'S TRACK CYCLING

SECTION D: MEN'S & WOMEN'S MOUNTAIN BIKE

SECTION A:

GENERAL NOMINATION INFORMATION

1. BACKGROUND

The Singapore Cycling Federation's (SCF) Athlete Selection Policy was released on 4 March 2014 and is available on the SCF's website <http://cycling.org.sg/about-us/best-practices-policies-and-guidelines/>. This supplementary document accompanies and should be read together with the Main Athlete Selection Policy. Please take the time to go through the Athlete Selection Policy.

2. OBJECTIVE

The SCF Athlete Selection Committee will recommend athletes to the SCF Management Committee pursuant to the following objectives:

- a. To nominate athletes capable of achieving medal winning results at the 2018 Commonwealth Games.
- b. To nominate athletes with potential to progress toward medal winning results at other Major Games, or beyond in future World/Continental Championships events.

3. GENERAL INFORMATION

3.1 With reference to the Athlete Agreement (Code of Conduct) found on <http://cycling.org.sg/about-us/best-practices-policies-and-guidelines/>, it is the responsibility of each athlete who has indicated his/her wish to be considered for nomination into the NTS, ahead of the 2018 Commonwealth Games, to ensure that his/her full contact details are submitted to the SCF Secretariat. In other words, an athlete must first be in the NTS before he/she can be considered for the 2018 Commonwealth Games. The individual nomination and the submission of contact details must be made by 08 Sept 2017. Detailed nomination deadlines for Mountain Bike, Track and Road Cycling is found in para 4.4.

Information on an athlete's contact details are crucial to enable the monitoring of an athlete's progress, to enable SCF to communicate important information to an athlete and for the athlete to ensure compliance with the obligations of providing whereabouts information in accordance with the WADA, UCI, ADS Anti-Doping Policy.

3.2 All correspondence should be forwarded to:

Singapore Cycling Federation
Secretariat
3 Stadium Drive #01-33
Singapore 397630
Phone +65 67846621
Email admin@cycling.org.sg

3.3 AMENDMENT TO NOMINATION CRITERIA

The nomination criteria may be amended or supplemented, particularly where matters arise which have not been provided for in these criteria. All amendments will be approved by the SCF Management Committee and notified in writing any criteria amendment or supplement and will endeavor to give as much notice as possible to all persons affected by any such amendment or supplement.

3.4 APPEALS

Please refer to the Athlete Selection Policy para 13, of page 11 for more details on the appeals process.

3.5 SPECIALIZATION OF CYCLING DISCIPLINE (i.e. MOUNTAIN BIKE OR TRACK OR ROAD)

Full commitment to training and competitions listed in para 6.1 to 6.5 will be required from all athletes. Athletes who train and compete in multiple cycling disciplines (i.e. Mountain Bike and/or Track and/or Road) will be required to choose and **focus on only one cycling discipline**. Any attempts to train and specialize for multiple cycling disciplines will lead to a decrease in specific competition preparations. As such, training to compete in multiple cycling disciplines for the Commonwealth Games 2018 will not be supported by SCF.

3.6 For the Cycling disciplines of Track and Mountain Bike, the requirements spelt out in para 6.1 to 6.5 will not be imposed. Reasons are due to the lack of local Track and Mountain Bike training and competition facilities Athlete's nomination to SCF for Track and Mountain Bike would be based on competition results which have met with SNOC's selection criteria of having achieved a 3rd ranked/timing of the previous games or the equivalent.

3.7 MANDATORY PARTICIPATION IN NATIONAL COMPETITIONS

Mandatory participation for all NTS at the 2017 and 2018 National Championships.

3.8 CRITERIA FOR NOMINATION TO NTS OR COMMONWEALTH GAMES SQUAD

Athlete may be added or removed from a national squad or Commonwealth Games Squad at the discretion of the Athlete Selection Committee or SCF Management Committee subject to their performances and obligations in accordance with their nomination in the squad.

3.9 PERFORMANCE TIME PERIOD

3.9.1 All achievements attained within a 12 month period before the April 2018 Commonwealth Games, will serve as primary data points. However, the SCF will consider results achieved earlier than the 12 month period starting from 1 January 2016, as secondary information. In the event that 2 athletes achieve the same results, the athlete with the most recent results will be given the priority.

3.10 TEAM SIZE AND EVENTS

Team Size = maximum of **X per National Olympic Council which comprises of X Men & X Women**.

3.11 RESERVE LIST

Out of the **X** Commonwealth Games Squad names, there will be a maximum additional of **X names** on the reserve list, which SCF would submit to SNOC. In the event that any ONE out

of the **X** Commonwealth Games Squad athletes are not able to compete, the next best reserve athlete (reserve A) would be activated. However by the stipulated deadline given by SNOC, if this reserve athlete (reserve A) is not from the list of **X** Commonwealth Games Squad names, this athlete (reserve A) must meet the SNOC selection criteria in order to be included into the Commonwealth Games Squad.

3.12 LATE WITHDRAWAL – medical / fatigue

Particularly for multiday road stage racing, athletes must ensure that for multiday road stage racing in the period that they have been selected run through to the Commonwealth Games, they must provide selectors with assurances of health and ensure that they are not adversely affected by race fatigue, post multiday road stage racing. An athlete can agree to withdraw from the Commonwealth Games team by the stipulated withdrawal deadline provided by SNOC, for medical reasons. This must be approved by SCF and/or Singapore Team Medical officer.

4 NOMINATION CRITERIA – Commonwealth Games Squad only for Road, Track and Mountain Bike disciplines. The Athlete Selection Committee will determine Commonwealth Games Squad based on the following:

- DIRECT NOMINATIONS
- INDIRECT NOMINATIONS
- OTHER CONSIDERATIONS
- NOMINATIONS DEADLINE

4.1 DIRECT NOMINATIONS

Athletes who attain results benchmarked to the 6th position or timing for Track and Mountain Bike disciplines for the 2014 Commonwealth Games or the equivalent, will be awarded Direct Nominations to the 2014 Commonwealth Games Squad provided his/her results were achieved from 1 January 2016 and at the following events.

Events:

- World Championships
- Asian Cycling Championships

4.2 INDIRECT NOMINATIONS

The SCF will consider additional Commonwealth Games Squad inclusive of Reserve List for Athletes who have missed the qualifying standard marginally starting from 1 January 2016, but show potential to equal or surpass it by the stipulated accreditation deadline provided by the SNOC and in time for the 2018 Commonwealth Games. However he/she must make a nomination submission by 08 Sept 2017 deadline and indicate the upcoming international competition results (such as the 2018 Asian Cycling Championships) which he/she wishes SCF and SNOC to use as a basis towards selection.

4.3 OTHER CONSIDERATIONS

- Attitude and behavior
- Current skill level and fitness

- Level of commitment and attendance to National Centralized Training
- Potential for future development at the Asian Championship level
- Ability to demonstrate team spirit and work well with team mates

4.4 NOMINATIONS DEADLINE

4.4.1 ROAD, MOUNTAIN BIKE & TRACK CYCLING

For Road, Mountain Bike and Track cycling disciplines, all expressions of interest for the 2018 Commonwealth Games Squad nominations must be received by 08 Sept 2017 deadline and addressed to the SCF Secretariat email admin@cycling.org.sg. You will receive an acknowledgement within 2 working days from SCF confirming your receipt of nominations. The SCF will not accept any new nominations for the 2018 Commonwealth Games after 08 Sept 2017. The deadlines are key for SCF to process nominations and to provide SNOC with the athlete longlist on time.

SECTION B: MEN'S & WOMEN'S ROAD CYCLING

5. INTRODUCTION TO ROAD CYCLING (INDIVIDUAL TIME TRIAL, INDIVIDUAL MASS START)

5.1 Men's and Women's Individual Time Trial event

The Individual time Trial is raced over 40 – 50km. The riders set off individually at regular intervals (1-2 minutes). The competitor completing the course in the fastest time is the winner. Average speed at best can only be an estimate to gauge an athlete's performance, average speed achieved is highly subjected to the following (i.e. Course profile, Environmental Conditions). Riders that specialize in this event are able to sustain a high average power for approximately an hour in duration. A Time Trial specialist will contribute to the Team for the Road Race and Criterium events. SCF's submission to SNOC will reflect this, i.e. achievements will be team-based and NOT as an individual.

5.2 Men's and Women's Individual Mass Start event (individual medal awarded, success in this event relies heavily on teamwork)

The riders start together in a bunch and the eventual winner is the one that crosses the line first. The distances are typically 165km for Men and 120km for Women. The team composition ranges from 2 to 9 riders. Race tactics requires the depth of specialization of each rider (i.e. climb, sprint or time trial specialist) in adding up to the overall strength in team composition. Riders designated as "domestiques" must work well together as a team by going for attacks and perform defending roles, each depleting his/her own energy stores and allowing the designated "leader" to conserve his/her own energy by drafting and then attacking only when critical. "domestiques" will have a significant lower probability of meeting with SNOC's Selection Criteria, due to high dedication of his/her role. SCF's submission to SNOC will reflect this, i.e. achievements will be team-based and NOT as an individual.

5.4 In a "team event," e.g. Individual Mass Start or Criterium, all athletes must be prepared that he/she may not be identified to be the "designated lead rider" during a particular competition(s). Instead heavy contribution to teamwork will be required from each athlete to work together to contribute towards a podium finish. This is critical and will enable the

highest probability for team Singapore to medal at the Road Race and Criterium events. With the summary of centralized training and competition attendance listed in para 6.1 to 6.5, along with other intricacies of Road cycling would be used as justifications when SCF submits the longlist of athletes who may not have met with SNOC's selection criteria.

6 OTHER CONTRIBUTING FACTORS USED AS A BASIS TOWARDS SELECTIONS

Mandatory attendance for Centralized Team Training for SCF Nominated NTS Athletes into the Road events. Athletes who are not able to meet the stipulated training and competition requirements must inform SCF in writing within 3 working days of the occurrence addressed to admin@cyclining.org.sg

6.1 Physiological Profiling

- a. Athletes must have completed SCF's power profile and met with the SCF's stipulated performance benchmarks (measured in power) in order to be selected into SCF's NTS for Road Cycling discipline. The measurement of power is the gold standard when considering who has the best "physical fitness for cycling". Utilizing power data, an identification into the depth of specialization which will feature climb, sprint, time trial and domestique specializations.
- b. Regular tracking of physiological power profiling conducted by SCF once every 3 months would count towards final selections.

6.2 Annual Training Plan

Athletes making a nomination are required to submit their training and competition plans from the period of April 2017 to April 2018.

6.3 Local / Centralised Training

- a. Attendance at all weekly centralized training in Singapore and within the region for all athletes selected into the Road Events. The commencement of centralized training will be between April 2017 and April 2018. The centralized training will cater towards the schedules of the majority of nominated athletes. Attendance at all centralized training sessions will count towards final selection, and will be a factor when assessing teamwork.
- b. Participation in weekly centralized training commencing from April 2017, inclusive of cycling and non-cycling specific training sessions (i.e. strength and conditioning, cycling intervals, group rides etc...), total weekly commitment of up to 15 hours per week will count towards final selections.

6.4 Local/Overseas Competitions

- a. Participation as a National Road Team at various competitions will count towards final selections. For athlete's advance planning purposes, listed are the Road competitions which SCF has shortlisted.
 - 6.4.1 2017 OCBC South East Asian Speedway Championships
 - 6.4.2 2017 Jelajah Malaysia
 - 6.4.3 2017 Melaka Governs Cup
 - 6.4.4 2018 Asian Road Cycling Championships

6.4.5 2018 Tour Of Thailand

- b. In order to build up competition experience and results, athletes are strongly encouraged to participate in as many local/overseas cycling competitions for the 2017 and 2018 season.

6.5 SCF National Ranking

SCF National Ranking points, acquired during the 2017 local racing season, will be used for considerations as an additional data point.

6.7 CONFIRMATION OF ROAD EVENTS

Events - Road	Team Size (to be confirmed)
Men Individual Mass Start	X athletes
Women Individual Mass Start	X athletes
Men Individual Time Trial	X athletes
Women Individual Time Trial	X athletes

SECTION C:

MEN'S & WOMEN'S TRACK CYCLING

7 INTRODUCTION TO TRACK CYCLING

Track is divided into 3 families (i.e. Sprint events, Endurance events and Sprint & Endurance combined event)

7.1 Sprint Events (Individual Sprint, Team Sprint, Kilometer, Keirin)

7.1.1 The Individual Sprint event is featured at the Olympics, qualification consists of flying start 200m time trials. These are followed by knockout heats of 2 – 3 laps. The best two riders fight it out in the final. Sometimes riders will come to a standstill in an effort to make their opponent take the lead, which is the least advantageous position before the final sprint to the finish line.

7.1.2 The Team Sprint event is featured at the Olympics, this specialty is raced by teams of three riders over three laps of the track (for women, 2 riders over 2 laps). Each rider leads for a lap before dropping back. After the heats, the 2 best teams line up to contest the final. Those who registered the 3rd and 4th fastest times meet up in a B final which decides the last place available on the podium.

7.1.3 The Kilometer (or 500m for women) event is an individual time trial from a standing start. The competitor with the fastest time is the winner.

7.1.4 The Keirin event is featured at the Olympics. Between 3 and 7 riders compete in a sprint race of 600 – 700 m after having followed in the slipstream of a

pacing motorbike for the first 1,400m. The motorbike gradually increases the speed from 30 to 50km/hr (25 to 45km/hr for women).

7.2 Endurance Events (Individual Pursuit, Team Pursuit, Scratch)

7.2.1 The Individual Pursuit event starts with two riders on opposite sides of the track and compete over 4km (3km for Women). The winner is the rider who manages to catch his/her opponent or who records the fastest time.

7.2.2 The Team Pursuit event is featured at the Olympics, two teams of 4 riders start on opposite sides of the track and compete over 4km. The winning team is the one that manages to catch its opponents or that records the fastest time.

7.2.3 The Scratch race event is a race for up to 24 individual riders over 15km for men. The first lap is neutralized.

7.3 Sprint and Endurance combined events (Omnium)

7.3.1 The Omnium event is featured at the Olympics and made up of 6 events (i.e. Scratch race, Individual Pursuit, Elimination, Kilometer Time Trial, Flying Lap, Points Race) and is held over 2 consecutive days. The final classification is established as follows: the points accumulated by the riders over the first 5 events, on the basis of the points scale in force, are added up. During the 6th and final race, this total may increase or decrease according to the points won or lost by the rider. The winner is the rider who has the highest total of points at the end of the 6th event.

7.4 CONFIRMATION OF TRACK CYCLING EVENTS

Events - Track	Team Size (to be confirmed)
Men's Sprint	X athletes
Women's Sprint	X athletes
Men's Team Sprint	X athletes
Women's Team Sprint	X athletes
Women's 500m Time Trial	X athletes
Men's 1km Time Trial	X athletes
Men's Keirin	X athletes
Women's Keirin	X athletes
Men's Individual Pursuit	X athletes

Women's Individual Pursuit	X athletes
Men's Team Pursuit	X athletes
Women's Team Pursuit	X athletes
Men's 15km Scratch Race	X athletes
Women's 10km Scratch Race	X athletes
Men's 40km points race	X athletes
Women's 25km points race	X athletes

SECTION D:

MEN'S & WOMEN'S MOUNTAIN BIKE – CROSS COUNTRY OLMPIC (XCO)

8 INTRODUCTION TO MOUNTAIN BIKE

The Mountain Bike Cross Country event is featured at the Olympic Games. The races are held over undulating circuits (with technical descents, forest roads, rocky paths and obstacles) of 5km to 9km. The race varies from 1 hour 45 minutes to 2 hours and 30 minutes depending on the category.

8.1 CONFIRMATION OF MOUNTAIN BIKE EVENTS

Events – Mountain Bike	Team Size (to be confirmed)
Men's Mountain Bike	X athletes
Women's Mountain Bike	X athletes

9. TENTATIVE SCHEDULE - NOMINATION AND SELECTION PROCESS

Date	Event	Remarks
4 – 8 September 2017	Application for NTS & Commonwealth Games nominations: <ul style="list-style-type: none"> • BMX • Track • Road Cycling • Mountain Bike 	Note: By 8 Sept 2017 shall be the final nomination deadline ahead of 2018 Commonwealth Games.
Mid / End Aug 2017	Notification from SNOC - Accreditation/Nominations from NSAs (Long List) / Entry by Numbers to Malaysia	
Oct 2017	SCF announcement of nominations (longlist) for Commonwealth Games squad selections	

Oct 2017	Deadline for submission of Nominations to SNOC (Long List) / Entry by Numbers to Australia	
Nov 2017	SNOC Selection Committee Meeting - Decision on Commonwealth Games athlete selection	
Nov 2017	SCF to release SNOC announcement of Commonwealth Games athlete selection and open for appeals	
Nov to Dec 2017 (3 to 4 week window)	SCF to process and consider all Appeals made by athletes	
Dec 2017	SCF Deadline for submission of appeals to SNOC	
Dec 2017	SNOC Appeals Committee Meeting	
Jan 2018	Notification from SNOC – Accreditation/ Final Entry by Name from NSAs (shortlist)	
Jan 2018	Deadline for SNOC to submit Final Entry By Names (to Australia)	
4 – 15 April 2018	Commonwealth Games (Cycling Events)	