

### **Upright Bicycle Rules**

Participants will be given 1-minute to prepare or make adjustments for this event.

1. Event official will set the following parameters for the participant
  - a. Program: Hill Plus (press twice)
  - b. Time: 5 minutes
  - c. Level: Women – 12, Men - 15
2. Participants may not make any adjustments to the bike module after the event official has set the bike. Adjustments to the bike after the competition starts may result in disqualification in the event.
3. The event official will record and initial distance traveled upon completion of the up-right bike assessment on the results sheet.