

TEAM LEADERS' GUIDE

Cycling Road

Mountain Bike



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Welcome Message

Dear Athletes and Team Officials, We are delighted to welcome you to Tokyo and thank you for your participation in TOKYO 2025 DEAFLYMPICS. This guide has been prepared to provide you with essential information to ensure your experience here is smooth, productive, and enjoyable. We have been working diligently to support all delegations and create an environment where you can perform at your best and feel at home. We hope that your time here will be both successful in competition and rich in cultural exchange and friendships. We wish you a safe, memorable, and inspiring stay.

About this Team Leaders' Guide

Published in September 2025, this Team Leaders' Guide offers a summary of competition-related material about cycling road and mountain bike at TOKYO 2025 DEAFLYMPICS and provides a variety of information aimed at helping teams in planning and preparation.

Note: The plans outlined in this Team Leaders' Guide are subject to change.

1.OVERVIEW

Competition Overview

The cycling road and mountain bike at the TOKYO 2025 DEAFLYMPICS will be held from 17 Nov 2025 to 25 Nov 2025 at Japan Cycle Sports Center (Shizuoka Pref.).

The competition will consist of the following events.

Cycling Road

Event	Men	Women
Sprint	✓	✓
Points Race	✓	✓
Individual Time Trial	✓	✓
Individual Road Race	✓	✓

Mountain Bike

Event	Men	Women
Cross-Country Short Track(XCC)	✓	✓
Cross-Country Olympic (XCO)	✓	✓

A total of 84 athletes, 59 men and 25 women, may take part in the cycling road.

A total of 48 athletes, 32 men and 16 women, may take part in the mountain bike.

Expected Participating NOCs

Cycling Road

MEN				
Argentina	Brazil	Colombia	Deaf Individual Neutral Athletes	Deaflympics Team
Denmark	France	Germany	Great Britain	Greece
Hungary	Japan	Malta	People's Republic of China	Poland
Portugal	Republic of Korea	Slovakia	Sweden	Turkiye
United States of America	Venezuela	Zambia		

WOMEN				
Brazil	Cuba	Deaf Individual Neutral Athletes	Germany	Japan
Macau, China	People's Republic of China	Poland	Slovakia	Turkiye
Ukraine	United States of America	Venezuela		

Mountain Bike

MEN				
Argentina	Brazil	Bulgaria	Czech Republic	Deaf Individual Neutral Athletes
Germany	Great Britain	Greece	Hungary	Japan
Poland	Slovakia	Sweden	Turkiye	United States of America
Zambia				
WOMEN				
Brazil	Cuba	Deaf Individual Neutral Athletes	Greece	Japan
Poland	Slovakia	Turkiye	Ukraine	United States of America

Key dates

15 Oct 2025	Sport entries final deadline (23:59 JST)
1 Nov 2025	Deadline for submission of final registration list with each player's name
15 Nov 2025	Opening ceremony
16 Nov 2025	Technical meeting Distribution of race numbers(Cycling Road)
17 Nov 2025	Start of Cycling Road
22 Nov 2025	End of Cycling Road
23 Nov 2025	Course Walk Technical Meeting Distribution of race numbers(MTB)
24 Nov 2025	Start of Mountain Bike
25 Nov 2025	End of Mountain Bike
26 Nov 2025	Closing ceremony

Rules

The Cycling Road and Mountain Bike will be conducted in accordance with the following documents:

- **Technical Regulations**

Cycling Road: <https://www.deaflympics.com/games/tokyo-2025/CR/regulations>

Mountain Bike: <https://www.deaflympics.com/games/tokyo-2025/CM/regulations>

- **UCI Rules and Regulations (version: 2024)**

<https://www.uci.org/regulations/3MyLDDrwJCJJ0BGGOFzOat>

Clothing and equipment

In the Cycling Road and Mountain Bike at the Deaflympics, clothing and equipment used by athletes and other participants must comply with the following Technical Regulations **and** UCI Rules and Regulations (version: 2024)

2.COMPETITION

Competition schedule

Cycling Road

Date – Time		Men	Women
17 Nov 2025 – 09:00	Sprint	✓	✓
18 Nov 2025 – 13:00	Points Race		✓
18 Nov 2025 – 14:00	Points Race	✓	
20 Nov 2025 – 09:00	Individual Time Trial	✓	
20 Nov 2025 – 13:00	Individual Time Trial		✓
22 Nov 2025 – 09:00	Individual Road Race	✓	
22 Nov 2025 – 13:00	Individual Road Race		✓

Mountain Bike

Date – Time		Men	Women
24 Nov 2025 – 13:00	Cross-Country Short Track (XCC)		✓
24 Nov 2025 – 14:00	Cross-Country Short Track (XCC)	✓	
25 Nov 2025 – 09:00	Cross-Country Olympic (XCO)		✓
25 Nov 2025 – 11:15	Cross-Country Olympic (XCO)	✓	

Pre-Match Assembly Area (MAP No.1)

Riders must always check the competition progress on the SID or monitor.

Please gather at the Start/Finish line or the call-up area set up near the Start/Finish line at least 15 minutes before the start of the race.

Award Ceremony Orientation (MAP No.2)

The top three finishers will be called by the event staff at their team tents.

Please return to your team tent immediately after the race and wait there.

Athletes must wear their national team uniforms during the medal ceremony.

During the medal ceremony, the ID card must be temporarily handed to the medal ceremony team staff or kept out of view from others.

During the medal ceremony, athletes are expected to be empty-handed and are not allowed to

bring any personal belongings such as their national flag, cell phones, water bottles, cameras, etc.

Diploma will be distributed to delegation personnel at Deaf Square the day after the medal ceremony onward.

Training schedule

Cycling Road

Date – Time		Men	Women
16 Nov 2025 – 12:00	Sprint	✓	✓
16 Nov 2025 – 12:00	Points Race	✓	✓
19 Nov 2025 – 12:00	Individual Time Trial	✓	✓
21 Nov 2025 – 12:00	Individual Road Race	✓	✓

Mountain Bike

Date – Time		Men	Women
23 Nov 2025 – 09:00	Course Walk Only (XCC & XCO)	✓	✓
23 Nov 2025 – 13:00	XCC & XCO	✓	✓
24 Nov 2025 – 09:00	XCC & XCO Before XCC races start	✓	✓

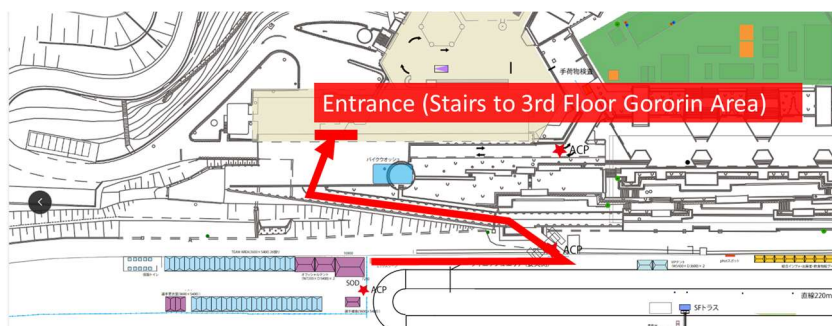
Technical meeting (MAP No.4)

The Technical Meeting will be held on the date below at the “Gororin Area” on the 3rd floor of the Administration Building of the Japan Cycle Sports Center. Each participating NDSF may be represented by a maximum of two officials, of whom at least one must be deaf. The NDSF may also bring an interpreter if necessary.

Cycling Road: 16 Nov 2025 – 16:30

Mountain Bike: 23 Nov 2025 – 16:30

(Flow line)



(Gororin Area)



Hearing Aid Prohibited Area (MAP No.1)

As per Audiogram Regulations, athletes participating in Summer Deaflympics 2025 are strictly prohibited from using any hearing aids or cochlear implant aids during competitions. This rule applies specifically to the restricted zone, which is defined as follows:

- start line



Neutral Support

On the competition days of the Individual Time Trial and Individual Road Race, a common equipment service arranged by the organizer will be provided.

During the Individual Road Race, equipment service will be offered from common equipment vehicles (including motorbikes).

During the Individual Time Trial, common equipment service will be available at several pit areas set up along the course.

License Control and Bib Number Distribution

License control and bib number distribution will be conducted according to the following schedule and locations:

- **Road Cycling**
Date & Time: 16 Nov 2025, 12:00–13:00
Location: SID
- **Mountain Bike**
Date & Time: 23 Nov 2025, 9:00–10:00
Location: SID

To be eligible to participate in the competitions, all athletes must hold a valid UCI license issued by a National Federation.

Please ensure that license control and bib number collection are completed before the official training.

Athletes without bib numbers will not be permitted to participate in the official training.

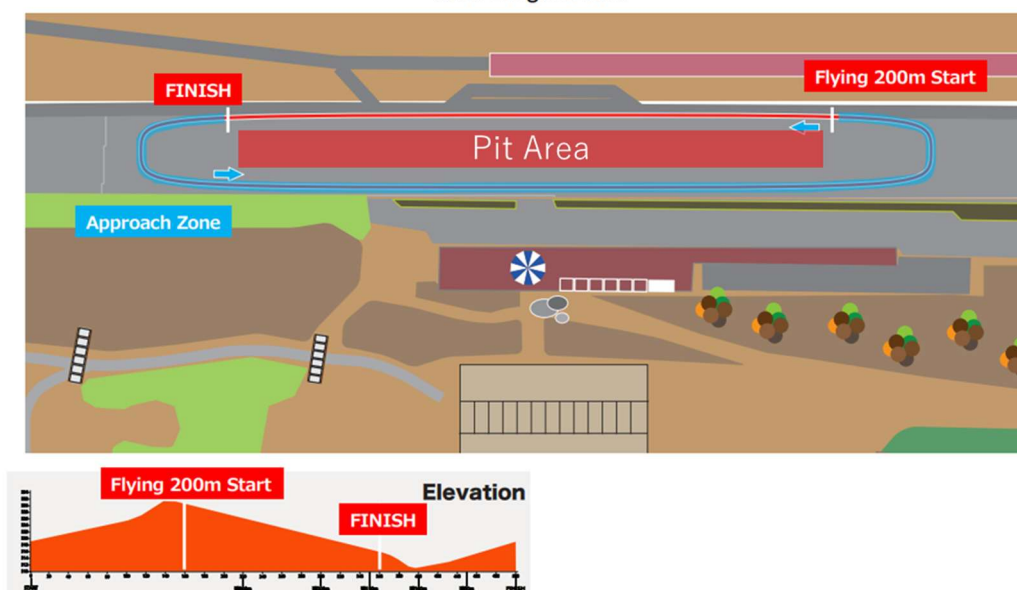
Course Map

TOKYO 2025 DEAFLYMPICS

Road race course for SPRINT

Qualifying Round – 200m Time Trial (Flying Start)
Track Length: 500m

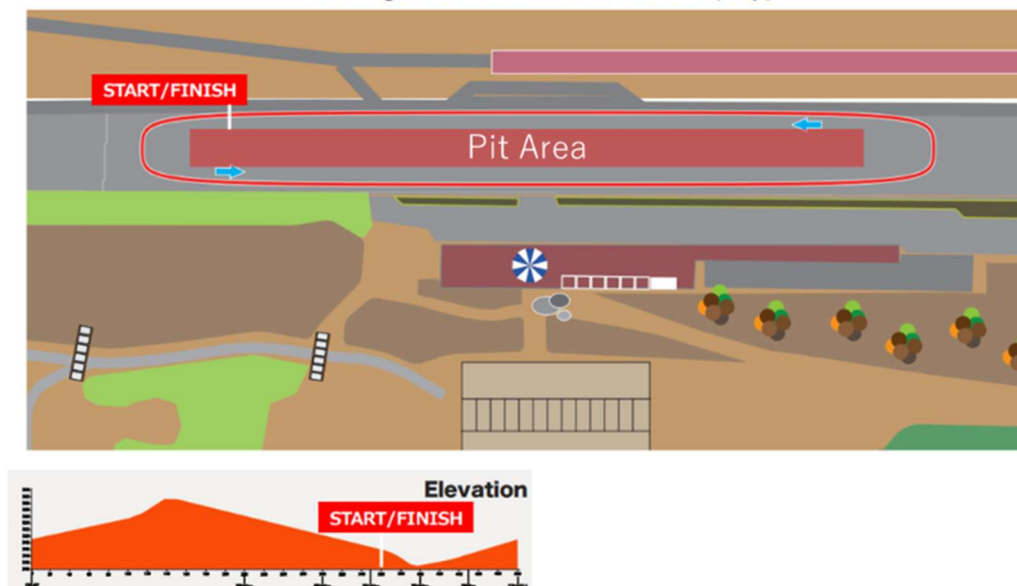
Subject to Change



TOKYO 2025 DEAFLYMPICS Road race course for SPRINT

Knockout Rounds– Sprint
Track Length:500m Total distance :1000m(2lap)

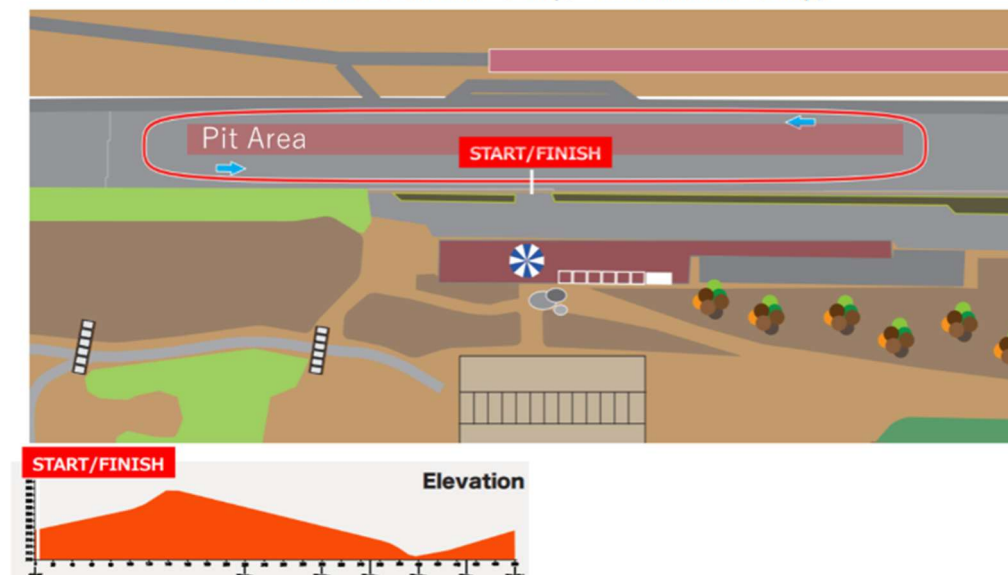
Subject to Change



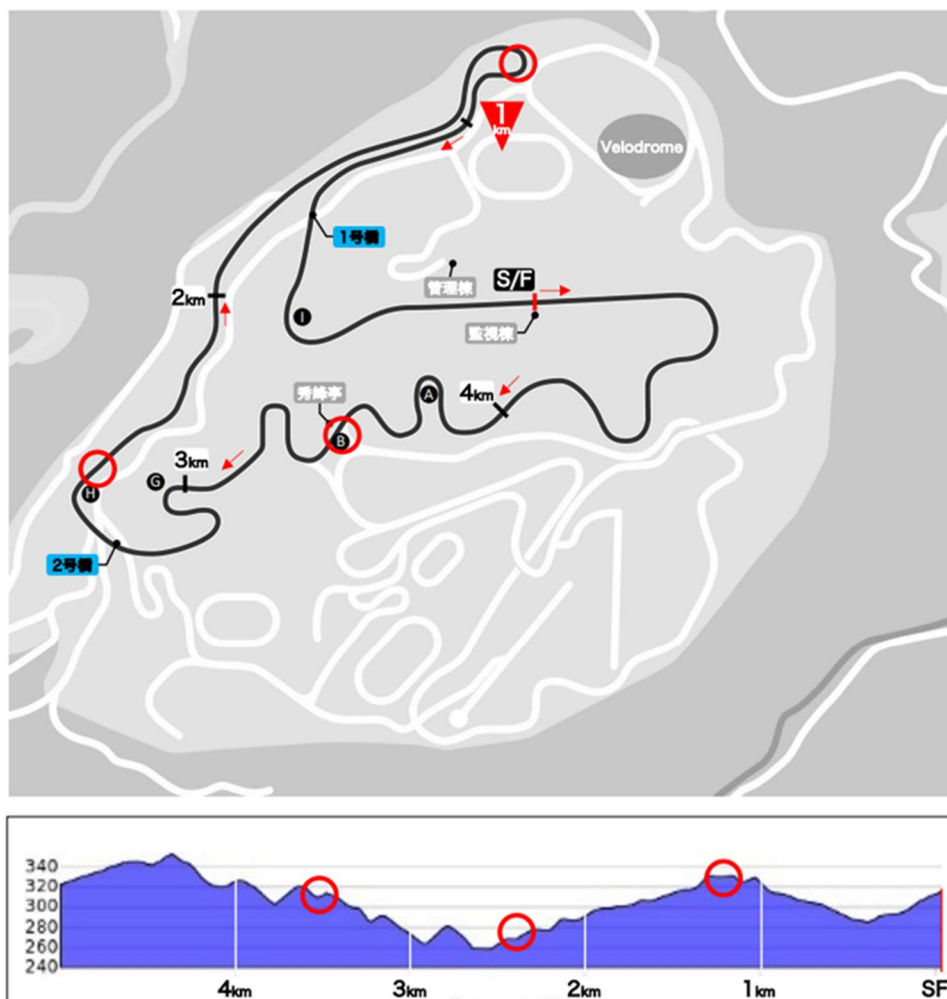
TOKYO 2025 DEAFLYMPICS Road race course for POINT RACE

Track Length:500m
Total distance Men:30km (60lap) Women:20km (40lap)

Subject to Change



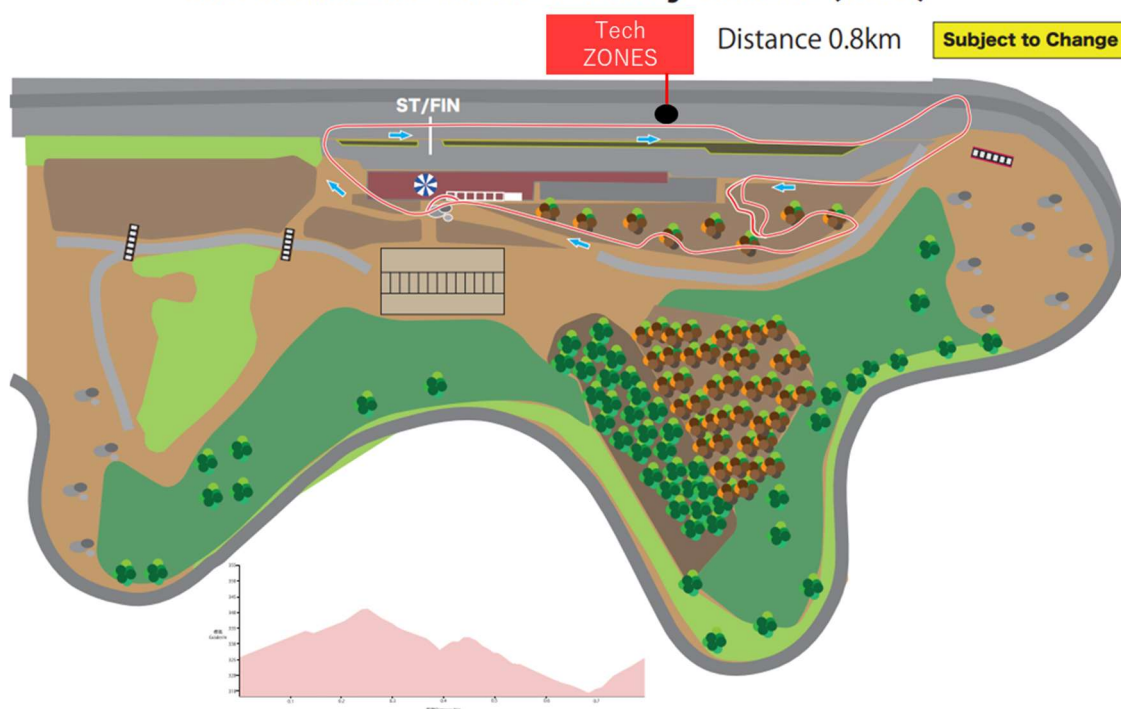
Time Trial · Road Race Course Map (5km/1Lap)



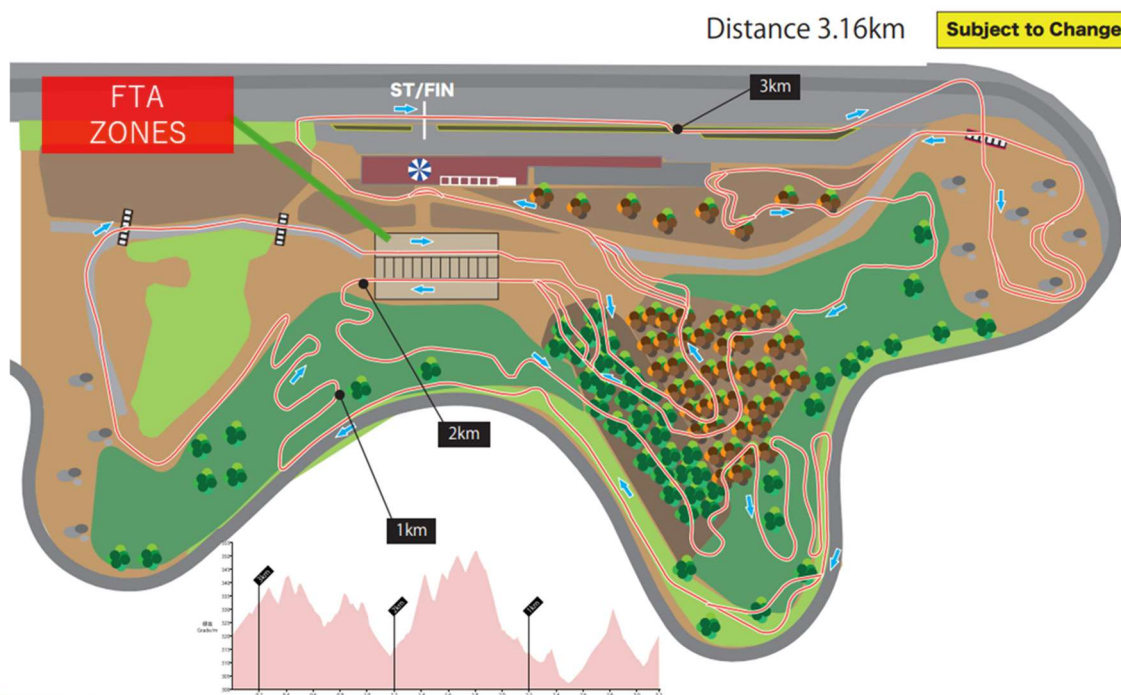
※ IRR : A Feed/Technical Zone and a Green Zone will be established in the vicinity of the Start/Finish area. The number of laps is 20 laps (100 km) for men and 10 laps (50 km) for women.

※ ITT : A pit area will be set up at the red-circled location on the map, where neutral equipment service will be provided. Feeding is not permitted. The number of laps is 5 laps (25 km) for men and 3 laps (15 km) for women.

TOKYO 2025 DEAFLYMPICS Mountain Bike Cross-country Course (XCC)



TOKYO 2025 DEAFLYMPICS Mountain Bike Cross-country Course (XCO)



3.VENUE

Competition/Training venue

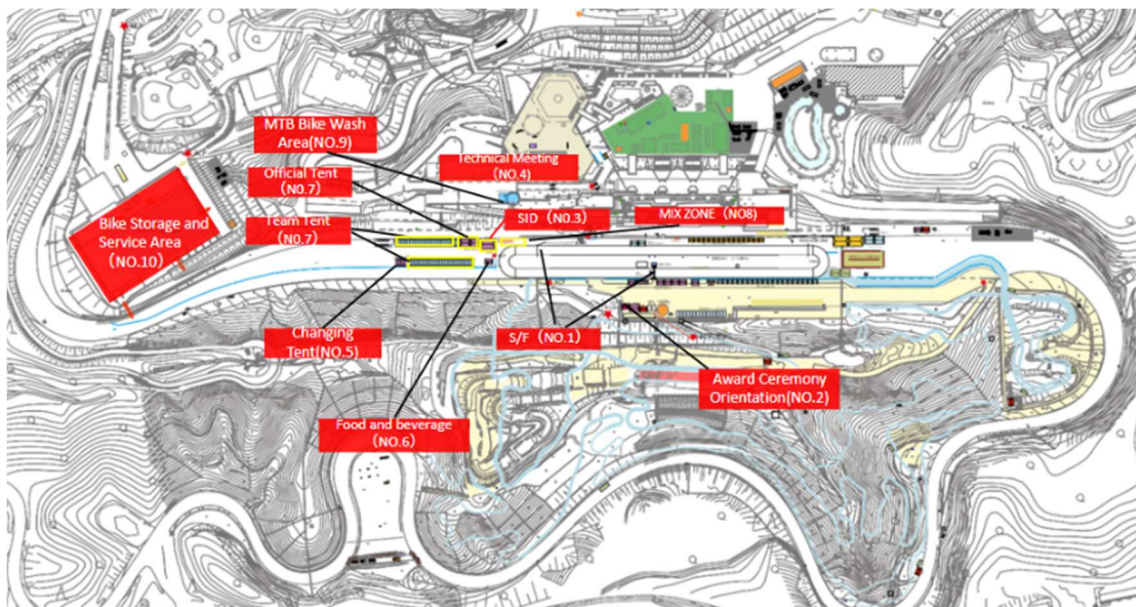
Japanese cycle sportscenter

(1826 Ono, Izu City, Shizuoka Prefecture)

The cycling events for the Tokyo 2025 Deaflympics will be held at the Japan Cycle Sports Center. The Japan Cycle Sports Center's MTB course was used as the MTB venue for the Tokyo 2020 Olympic and Paralympic Games.



Photo: Courtesy of Japan Cycling Sports Center



Admission to the venue

Shuttle buses will run from your hotel to the venue, the Japan Cycle Sports Center.

*Please refer to the link below for the shuttle bus schedule.

[輸送サービス | 東京 2025 デフリンピック | TOKYO 2025 DEAFLYMPICS](#)

Teams may enter the venue using rental cars, but only one vehicle per country is permitted inside the venue.

All other vehicles are generally prohibited from entering the venue.

Parking will be provided west of the team pit area.

Transportation Service

1. Regarding Entry

•The official airport for this event is as follows. The OC will not provide transportation services for use of any other airport.

◆Tokyo International Airport (Haneda Airport) Terminal 2 (International Flights), Terminal 3 Tokyo International Airport (Haneda Airport) Terminal 2 (International Flights), Terminal 3

◆Narita International Airport (Narita Airport) Terminal 1, Terminal 2 Narita International Airport (Narita Airport) Terminal 1, Terminal 2

We will provide one-time transportation directly from the airport to the Japan Cycling Sports Center.

If the team has booked accommodation through the official travel agency (JTB Corporation), transportation will be provided from the Japan Cycle Sports Center to the accommodation.

Since August of this year, our official travel agency (JTB Corporation) has been coordinating flight schedules for each delegation. Buses will be arranged according to these flight schedules. JTB staff will be waiting outside the arrival gates to escort delegation members to the bus boarding area. To ensure smooth transportation for all delegation members, we kindly request your cooperation in submitting your flight schedules.

2. Bus Schedule

•For the latest transportation schedule, please check the “Transportation Services” page on the delegation website.

[輸送サービス | 東京 2025 デフリンピック | TOKYO 2025 DEAFLYMPICS](#)

Bus schedules are posted on this website.

- Please arrive at the bus stop with plenty of time to spare to avoid missing the bus.
- The bus for the outbound and return trips may not be the same.

Please be careful not to leave any belongings behind on the bus.

- You must present your ID card when boarding the bus.

If the team books accommodations through the OC, transportation between the hotel and training/match venues will be provided by OC-arranged tour bus-type vehicles.

3. Departure

• The official airport for this event is as follows. The OC will not provide transportation services for use of any other airport.

◆ Tokyo International Airport (Haneda Airport) Terminal 2 (International Flights), Terminal 3

◆ Narita International Airport (Narita Airport) Terminal 1, Terminal 2 Narita International Airport (Narita Airport) Terminal 1, Terminal 2

• If you have booked your accommodation through the official travel agency (JTB Corporation), one round-trip transfer from your accommodation to the official airport will be provided.

• Official travel agency (JTB Corporation) will provide bus transportation from hotels (or the Japan Cycling Sports Center) to Haneda Airport or Narita Airport based on flight schedules collected from each country. These departure bus services will be arranged by the OC (JTB Corporation) in advance according to flight schedules collected from each delegation.

4. Bicycle Transport

• For bicycle transport services for cycling events, bicycles belonging to athletes arriving between 11 Nov 2025 and 14 Nov 2025 will be accepted at the designated terminal of the official arrival airport (Haneda or Narita).

• The bicycles entrusted to us will be transported collectively by truck to the competition venue (Japan Cycle Sports Center, hereinafter referred to as “CSC”) on 14 Nov 2025. They will be handed over to all cycling athletes at CSC on the same day (14 Nov 2025).

• Competition bicycles will be shipped separately to the competition venue in their packaging via trucks provided by the OC.

However, buses and trucks will operate according to the flight schedules of those arriving on the day, so you may need to wait at the airport until departure.

The OC will not arrange loading/unloading locations at the airport or hotel for privately arranged trucks. Teams must arrange these themselves.

Venue service

- Warm-up Area (MAP No. 7)

Riders may warm up on the course for 45 minutes, starting one hour before the first race of the competition day.

At other times, riders may warm up using their own rollers at their team tents or use the rollers provided by the organizer at the official tent.

For the Individual Time Trial, a dedicated warm-up lane will be provided.

During early morning and evening hours, athlete transport buses will enter the course, so warming up outside the designated times and areas is strictly prohibited.

- Changing rooms (MAP No5)

There are separate changing rooms for men and women on the west side of the team tents.

- Food and beverage (MAP No6)

○ During the event period, the following beverages and snacks will be provided. No advance order is required. *Snacks will be provided on competition days.

- Bottled water
- Banana
- Energy bar
- Sandwich bread

○ You can check the locations of convenience stores and other facilities near your lodging using the QR code below.



○ When you make a reservation through an official travel agency, breakfast and dinner are included in the accommodation fee.

- Lunch will be arranged individually by each team. Food trucks are available within the competition venue, and teams may purchase meals. Both credit cards and cash are accepted.
- For information regarding food and beverage services at this event, please check the delegation portal site.

• ID Card

【ID Card】

○ ID cards will be issued at Hotel Sun Valley Izu Nagaoka. They will not be issued at the venue.

○ ID cards are for personal use only and non-transferable. Please keep them with you at all times within the venue zones.

○ Additionally, you will need your ID card to board buses to each competition venue, so be sure to carry it with you at all times.

○ If your ID card is damaged or lost, contact the tournament headquarters immediately. After doing so, the cardholder must personally visit the ID Center (Sun Valley Izu Nagaoka) to complete the reissuance procedure.

- Sport Information Desk (SID) (MAP No.3)

The SID is located next to the east side of the team tents.

From 16 Nov to 25, 2025, the SID will open 30 minutes before the first bus arrives at the venue and close after the last bus departs.

At the SID, information and results for each event will be available, so please feel free to ask if you have any questions.

- Mixed zone (MAP No8)

The mixed zone, where accredited media will interview athletes and coaches after the competition, is located next to the east side of the SID.

- MTB Bike Wash Area (MAP No9)

The area for washing MTB bikes is shown on MAP NO. 9.

Since the number of washers and space are limited, please share and use the facilities



considerately.

- Bicycle Storage and Maintenance Area (MAP No10)

The bicycle storage and maintenance area is located at MAP NO10.

Storage spaces are partitioned by country and lockable; please manage them accordingly for each nation.

- Baggage Inspection

During the special security period, athletes and officials will also undergo baggage inspections. These will be conducted at access control points established at bicycle storage/maintenance areas, team tents, FOPs, and other locations. We ask for your cooperation when passing through these points.

4. Other

Participation in the Opening and Closing Ceremonies Participation in the Opening and Closing Ceremonies

We will also provide athletes and officials from the Shizuoka venue with an opportunity to participate in the opening and closing ceremonies of the Tokyo 2025 Deaflympics, held in Tokyo. Dedicated buses will operate for round-trip transportation to the venue.

- Opening Ceremony

Date and Time: 15 Nov 2025, 16:30 – 19:00

Location: Tokyo Metropolitan Gymnasium (1-17-1 Sendagaya, Shibuya-ku, Tokyo)

15 Nov 2025, 12:40 Departure from Hotel Sun Valley Izu Nagaoka Main Building Parking Lot

※Regarding the opening ceremony, a public viewing will also be held simultaneously at the Sky Hall banquet hall on the 5th floor of Hotel Sun Valley Izu Nagaoka. (Free admission, limited to approximately 50 people on a first-come, first-served basis)

- Closing Ceremony

Date and Time: 26 Nov 2025, 16:30 – 18:00

Location: Tokyo Metropolitan Gymnasium (1-17-1 Sendagaya, Shibuya-ku, Tokyo)

(Dedicated Bus Departure Time and Location)

26 Nov 2025, 12:40 Departure from Hotel Sun Valley Izu Nagaoka Main Building Parking Lot