

- **Event Description:** A five-day-long virtual team and individual cycling event, spanning from 8th to 12th October, 2025.
- Teams from different institutions spanning all of India (IITs, NITs and other institutions) compete across three different verticals - distance, elevation gain and average speed. With different weightage on each of these verticals, Overalls of the championship will be added too.
- The two categories are Men and Women. There is no limit to the team size.
- Exciting prizes and goodies are at the stake for winning! (Individuals and teams)

Rules:

- Wearing helmets & Lights is highly suggested for riding
- Must be a part of the Strava Club of Spardha Cycling.
- The Riders must update their rides daily on the form floated during the event.

Further instructions will be given during the event.

In case of foul play which includes, but is not restricted to:

Using motorized vehicles

- Drafting behind vehicles
- Not cooperating with the coordinators
- GPS tampering
- Only riding descents to gain a competitive advantage

The GPS data of all riders will be monitored.

- If any discrepancy is found, the rider will be informed.
- The onus lies on the rider to fix his/her GPS data with the organizers else that ride will not be counted.
- Uploading manual activity is allowed only when valid proof of the ride is presented.
- All rides must be completed by the end of day on October 12th, 2025.

Score Metrics – Individual

- **Distance** : Participants will be ranked on the basis of distance covered
- **Elevation Gain** : Participants will be ranked on the basis of elevation gained
- **Average Speed** : The speed score is the average speed maintained over a week by the rider. The cyclist must cycle a minimum of 100 km (men's category) or 50 km (women's category) to be eligible for this vertical.
- **Overall** : There will be two separate categories for men and women.

The points on the overall category will be calculated on the basis of a rider's standing on the distance, average speed, and elevation gain leaderboard.

Points = (101- (rank in distance)) + (101 rank in average speed)) + (101- (rank in elevation gain))

Note that in the case of similar points, distance will be considered, followed by elevation gain.

Score Metrics - Team

Points will be awarded to every team on the basis of their position on the distance, elevation gain, and average speed leaderboard.

The positions will be calculated as follows:

Distance : The distance score of a team is the sum of distances traveled by its cyclists.

Elevation Gain : The elevation gain score of a team is the sum of elevation gained by its cyclists.

Average Speed : The average speed score of a team is the best possible average speed to travel 500 km, and for a rider to be considered for this, he/she should have done a minimum distance of 100/50 Km during the duration of the event.

If the three fastest cyclists of a team have done

200km - 30km/hr | 250km - 28km/hr | 300km -26km/hr.

Then the average speed of the team will be 28.6 km/hr.

Overall:

The top 100 leaderboard scores will be considered for overall leaderboard.

Recording (Strava) : Strava is an app available on android, IOS and desktop.

It is used to track athletic data for example avg. speed, elevation gain, distance covered etc.

The acquired data will be closely monitored by the SPARDHA PATROLLING TEAM and if any discrepancies are found, an investigation on the respective person/ team will be launched.

Acknowledgements:

Pan-IIT Cycling Club

Games and Sports Council, IIT(BHU)

Strava Guide: <https://www.instagram.com/p/CaHoeveBhsK/>

Follow our Instagram page to explore cycling:

<https://www.instagram.com/cyclingiitbhu/>

IMPORTANT NOTE:

RULES & SCHEDULES ARE SUBJECT TO CHANGE IN THE SPIRIT OF THE GAME & THE FESTIVAL. THE FINAL DECISION IN ALL MATTERS RESTS WITH THE SPARDHA TEAM