



**CAIRNS CYCLING CLUB**

WORKSHOP NOTES

**BASIC SUMMARY  
OF CYCLE  
RACING RULES**

## **Clothes and shoes**

Clothing and shoes must be neat and clean at least at the beginning of an event.

In an open event, no advertising can appear on a competitors clothing including track suits except:

- Where the rider is officially registered as sponsored
- The advertising is related to official sponsorship of the club
- Trademarks that may appear once on any piece of clothing apart from shorts, where they may appear on each leg

If you want to wear a sponsors jersey, (such as your bike shop's) you need to be recognised by the club as a sponsored rider.

In a category 1 or 2 event, riders may only wear

The club racing uniform

The approved racing uniform of their sponsors

Plain clothing without advertising

They may not wear a logo, emblem, inscription or racing uniform or any other club or team that the rider is not eligible to represent.

## **3100 BICYCLES**

All bicycles ridden in competition shall comply with the UCI Bicycle Regulations as outlined in Annexure 4 of these Regulations unless special circumstances are granted from time to time by Cycling Australia (Refer also Annexure 6 UCI Regulations Ch.III: equipment) (January 2004)

### **3101 – RESTRICTIONS – JUNIORS**

#### **A. GEARING RESTRICTIONS - ROLL OUT DISTANCES**

For all Junior Categories, male and female the following maximum roll out distances shall apply:

##### **ROAD TRACK**

1. Junior U.19 – 7.930Metres -
2. Junior U.17 - 6.5 Metres Junior U.17 – 6.5 Metres
3. Junior U.15 – 6.0 Metres Junior U.15 – 6.0 Metres
4. Junior U.13 – 5.5 Metres Junior U.13 – 5.5 Metres
5. Junior U.11 – 5.5 Metres Junior U.11 – 5.5 Metres

To restrict the roll out distances mentioned above, blocking off may be permitted by the adjustment of the derailleur or other means.

#### **B. EQUIPMENT RESTRICTIONS**

For all Junior Categories under 17 (M17, W17, M15, W15, M13, W13, M11, W.11) the following equipment restrictions will apply for road and track competitions.

1. Only high pressure detachable tyres and tubes shall be used. A detachable type tube means the tube is detachable from the tyre casing. Such high pressure tyres shall be beaded (Jan 2004)
2. For all track events a standard triangular frame may only be used. Such frame shall consist of standard tubing of dimensions no more than 80mm maximum and no less than 25mm minimum.
3. Handlebars shall be of the standard "Classic" style. Clip on handlebar extensions, the sole purpose of which is to place the rider in a streamlined position are prohibited.(UCI Rule 1.3.023 does not apply to these categories)
4. For all events wheels must have at least 12 spokes with the sole exception that construction of the rim shall exclude the use of composite fibres (Carbon, Kevlar, Aramid and similar fibres).

### **C. DISTANCE RESTRICTIONS**

For all Junior Divisions, male and female maximum distances apply for **Road Races – Refer Annexure 2.**

#### **(I) RESTRICTED GEARING**

(i) Junior competitors whose division requires them to ride on restricted gearing and/or equipment, must report to the Machinery Commissaire with their bicycle for a gear development check and/or bicycle check at a time and place decided by the Chief Commissaire.

(ii) Competitors must, immediately following a gear development check, report to the starting line or other designated area as instructed by the Chief Commissaire without making any changes to their bicycle, including the inflation of tyres.

(iii) The Chief Commissaire may require the gear development of a competitor's bicycle to be rechecked at any time before a competitor commences to race or following the completion of a race.

(iv) If, upon rechecking the gear development of a competitor's bicycle, it is found that the gear development does not meet the gear restrictions for that age division, the competitor must be disqualified from the race.

#### **3102 - TYRES.**

A tubular tyre or any form of tyre with a completely enclosed tube (such as a tyre that fits both a singular rim and a high-pressure rim) must be securely fixed to the wheel rim used in any race.

(a) It is the responsibility of every competitor to ensure that tubular tyres used by the competitor are securely fixed to the wheel rims.

(b) A competitor who uses insecurely fixed tubular tyres must be penalised.

#### **3200 – GENERAL RACING RULES**

(a) Competitors taking part in racing events must have a clear knowledge and understanding of all racing rules, and Administrative/Organisational Rules that affect the conduct of competitors and the control of events and races. Competitors must apply these rules to all racing situations

(b) A competitor who rides or acts in a manner considered to be dangerous to another competitor or the public must be penalised.

(c) A competitor who removes his hand(s) from the handlebars, **whether in a sprint, or otherwise, without a valid reason, (e.g. Feeding/Drinking)**, will be penalised.

(d) A competitor who pushes or pulls another competitor, or interferes with the progress of another competitor, may be penalised.

(e) An approved helmet must be worn when racing or warming up.

(f) During the 'warm-up' period prior to a race, competitors must ride their bicycles in a safe manner and comply with either the road traffic regulations or the accepted procedure of the Track. In the 'warm-up' or training period, slower moving competitors must ride in accordance with the Chief Commissaires instructions.

(g) Handlebar ends must be plugged.

#### **(h) DELAYING THE START**

(i) A competitor must not unnecessarily delay the start of a race

(ii) A competitor who unnecessarily delays the start of a race must be penalised.

(iii) A competitor who suffers a punctured tyre immediately prior to the start of a race is not deemed to have unnecessarily delayed the start and may be permitted to replace the wheel that has a punctured tyre if a replacement wheel, ready for immediate use, is available at the starting line.

(i) The rules of a race must not be altered by the organising club, body or promoter except in the case of absolute necessity and with the agreement of the race jury.

(j) A competitor, pacer, follower, holder, pusher, coach, manager and race official must be neatly dressed and well behaved at all times when present at a race meeting.

(k) These general rules apply to Championships and all other events.

**(m) RECOGNISED MISHAP**

(i) A recognised mishap is an incident beyond the control of a competitor and includes a puncture, a fall, and the breakage of a frame and/or its accessories.

(ii) A recognised mishap must not include tubular tyres insecurely fixed to a wheel rim, insufficient tightening of a wheel, chain, handlebars, saddle, seat post, toe strap or any other accessory.

**(n) FINISH**

(i) The Finish of a race must be judged from the tip of the front wheel of the bicycle at the point of the tangent with a vertical plane extended above the finishing line except where specifically provided for a particular race.

(ii) Competitors must be placed in the order of crossing the finishing line except where specifically provided for in a specific race

(iii) When a group of competitors finish together, the Chief Judge must attempt to allocate placings to as many competitors as possible. When placings can not be allocated either by physical judgement or by use of camera recording equipment, competitors who finish together in a group must be judged as equal.

(iv) If a competitor's bicycle becomes damaged or suffers a mechanical mishap, the competitor may run with or carry the bicycle across the finishing line, but must not interfere with any other competitor.

(v) A dead heat must be declared when two or more competitors or teams cross the finish line simultaneously.

(vi) A tie must be declared in a race when aggregate points and count-back systems result in two or more competitors or teams being equal or when two or more competitors or teams record identical times. This applies to single discipline and multi discipline races

(vii) When a dead heat or tie is declared for a place in a race, the competitors or teams involved must be declared joint winners of that place. Subsequent placings must be declared taking into account the number of joint winners of each dead heat or tied placing.

**3300 GENERAL ROAD RACING RULES**

(a) A road race may be conducted on a circuit, an out and back course or from one place to another.

(b) A competitor must be familiar with the course of a race.

(c) A competitor must be aware of any itinerary for a race, and if necessary, travel over the course for a race, prior to the commencement of the race.

(d) A competitor must not deviate from the course prescribed for a race unless specifically ordered to do so by a Commissaire or by a Police Officer or a representative of an emergency service. No protest to this effect must be taken into account.

(e) Incorrect or misunderstood directions given by persons along the course of a road race must not be taken into account in the event of a protest regarding those directions.

(f) Non-existent or badly placed course indicators or course indicators that have been altered or removed must not be taken into account in the event of a protest regarding those indicators.

(g) A competitor who does not go to the turning point of an out and back race must withdraw from the race.

(h) A competitor who has withdrawn from a race must not give pace or assistance to, or otherwise interfere with any other competitor remaining in the race.

(i) The Chief Commissaire may withdraw a lapped competitor from a circuit race when the competitor is too far behind to affect the result of the race. If a lapped competitor is permitted to continue in a race, that competitor must not assist or interfere with any other competitor and must not give pace to any competitor who has not been lapped.

(j) A competitor, who withdraws or is withdrawn from a race for any reason, must immediately remove the racing number issued for the race to indicate withdrawal from the race.

(k) All service must be carried out on the left hand side of the road, and as far to the left as practicable, from official vehicles only. Service from a moving vehicle may be permitted at the discretion of the Chief Commissaire.

(l) A bicycle must have two (2) efficient and independent brakes

(m) During a road sprint, it shall be forbidden to interfere with the progress of another rider. Riders must ride a parallel course to the shoulder/edge of the road surface. Failure to do so may incur a penalty.

(n) It shall be an offence to leave the sealed portion of the carriageway to gain an advantage. A rider who leaves the surface must cease to sprint.

(o) These general rules apply to all Championships and all other road events.

#### (p) TRAFFIC LAWS

(i) Every competitor and official must observe the local traffic laws and all cycling rules at all times.

(ii) A competitor who fails to obey a traffic law may be withdrawn from a race and may be fined.

(iii) A competitor must not, unless specifically directed by a Police Officer to do so, cross a closed level crossing, proceed through a red traffic light, fail to stop at a stop sign, cross an unbroken white centre line, or perform any other action which is an infringement of the traffic laws.

#### (q) STARTS

A competitor must not be held at the start of a road race except when holding is specifically permitted for the start of a particular race. Each competitor must start a race from a stationary position with one foot on the ground. Balancing, holding on to another competitor or object is not permitted and a competitor doing so must be penalised. Competitors in the Junior Under 11 and Under 13 Divisions may be held but must not be pushed at the start of a road race.

#### (r) NEUTRALISATION- TEMPORARY STOPPAGES

When a race is to be neutralised, competitors must ride at a steady pace. A competitor who suffers a recognised mishap during a period of neutralisation may be provided with vehicle assistance to return to the position in the field at the time of the recognised mishap. Vehicle assistance must only be permitted to allow the competitor to regain ground lost after a recognised mishap that occurs within the period of neutralisation.

#### (s) LEVEL CROSSINGS; ROAD BLOCKAGES; ETC

It is strictly forbidden to cross level crossings with the barrier down. Apart from risking the penalty of such an offence as provided by law, offending riders shall be disqualified from the race.

1. Where one or more riders who have broken away from the field are held up at a level crossing, but where the gates open up before the field catches up, no action is to be taken and the happening shall be regarded as an unforeseeable incident.

2. Where one or more riders with more than 30 seconds break on the field are held up at a level crossing and the rest of the field catches up while the gates are still closed, the race shall be

neutralised and restarted with the same gaps. If the advance is less than 30 seconds the closed level crossing (or road blockage) shall be considered to be a passing incident.

3. If one or more leading riders make it over the railway crossing before the gates shut and the remainder of the riders are held up, no action shall be taken and the closed crossing shall be considered an unforeseeable incident.

4. When the conditions of a race exist, the organising club, body or promoter together with the Chief Commissaire may decide on a 'temporary stoppage' in accordance with this rule.

5. When circumstances do not permit a 'temporary stoppage' to be declared following the closure of a level crossing, opening bridge or road, the occurrence of such happening shall be regarded as an unforeseeable incident and no compensation must be permitted.

#### (t) ASSISTANCE

1. A competitor who holds onto or receives pace from a moving vehicle or receives any other outside assistance may be disqualified

2. A competitor must not receive any form of outside assistance during a race, including assistance to effect repairs to the bicycle or the supply of bicycle parts except from an official support vehicle or repair pit. A competitor who receives any non permitted form of outside assistance must be penalised.

#### (u) FINISH

Where the finish line is at a place different to the start of a race, the competitors must be informed of its exact location.

#### (v) SEEDING OF COMPETITORS

The organising club, body or promoter is responsible for ensuring that all competitors are seeded by the handicapper and racing numbers are issued in order of seeding.

### **3400 ROAD RACING - SPECIFIC RULES**

#### **3401 – INDIVIDUAL ROAD TIME TRIAL**

(a) For Championship events the individual road time trial should be held, where practicable, but not necessarily, on the same circuit as the individual massed start championship. For normal events the course should be reasonably undulating and of such nature to produce fast times.

(b) The distance, for each division, shall be regulated by the distance of each lap of the massed start championship circuit however they shall be as near as possible to the distances listed in Annexure 2 of these regulations. The distances as stated in Annexure 2 shall be ridden when other than the massed start championship circuit is used.

(c) In Championship events the Technical Committee shall decide the number of laps or distance for each Division when a circuit is used for an Individual Road Time Trial.

(d) In Championship events The Technical Committee or the Road Handicapper must conduct seeding. They must take into account that the place getters, if available from the previous championship, must be allocated the highest seeding. All other competitors must be seeded in accordance with their submitted times or other performance information available to the Technical Committee or Road Handicapper.

(e) The competitor allocated the highest seeding must start last. All other competitors must start in reverse order according to their seedings with the lowest seeded competitor starting first.

#### **WAVES:**

(f) When a circuit is used for an individual road time trial and a division covers more than one lap, the field must compete in 'waves' to avoid the possibility of competitors catching other competitors and drafting.

(g) A time gap must be applied at the end of each 'wave' to allow the last departed competitor sufficient time to have commenced the last lap before the first competitor of the next 'wave' starts.

(h) The number of 'waves' must be determined by the Technical Committee or the Chief Commissaire, who shall take into account the distance of each circuit and the number of competitors in each division.

(i) The highest seeded competitors shall start in the last 'wave'

(j) An official who must release them on the starting signal must hold competitors at the start. Competitors must not be pushed.

(k) In the case of a competitor starting before the starting signal, a ten second penalty shall be applied to the competitors' time.

(l) A late starter may not commence from a flying start and cannot start within ten (10) seconds of another competitor. The late starter's time commences from his original start time.

(m) A competitor who suffers a mechanical mishap in the first 100 metres after a start may be granted a restart after the last competitor in the event. No restart will be permitted for a mechanical mishap that occurs after the competitor has travelled 100 meters or more from the start. Only one recognised mishap must be permitted.

#### RACING PROCEDURE

(n) If a rider is caught by another rider, he may neither lead nor follow in the slipstream of the rider caught up.

(o) A rider upon catching up with another rider shall pass on the right and leave a lateral gap of at least two (2) metres between himself and the other rider. After 1 kilometre, the rider caught up shall ride at least 25 metres behind the other rider.

(p) If necessary the Commissaire or Assistant Commissaire shall force the rider to leave the 2 metre lateral gap and the distance of 25 metres respectively notwithstanding the penalties as provided for in Annexure 3.

#### 3403 – CRITERIUM

(a) A criterium is a circuit race held on a circuit of not less than 800 metres and not more than 3 kilometres. Where possible ALL criterium events should be held on a traffic free circuit.

b) The Technical Committee must decide on the number of entries and qualifying criteria for each championship.

(c) Competitors must not carry bicycle frame pumps in a criterium event.

(d) When an event is conducted on a course of less than one (1) kilometre and for an established time period, plus a number of laps, no free laps must be permitted after the expiration of the established time of the event.

(e) When an event is conducted on a course of one (1) kilometre or more for an established time period plus a number of laps less than five (5), no free laps must be permitted after the expiration of the established time of the event. When the event has five or more laps to cover after the expiration of the established time, no free laps must be permitted in the last five (5) kilometres of the event. Riders who have been allowed free laps shall not be penalised in the final classification

(f) When an event is conducted over a specific number of laps, the Chief Commissaire must, before the commencement of the event, decide the point in the race after which no free laps will be permitted taking into account the distance of the event.

(g) A competitor who has been lapped or who drops so far behind the field to be, in the opinion of the Chief Commissaire, out of contention for a place in the event may be removed from the event by the Chief Commissaire.

(h) A competitor who has been lapped by the field or the main group is deemed to have been lapped. For the purpose of this rule, the competitors in a field or main group that have been lapped by another competitor are not deemed to be lapped competitors but shall be regarded as being

down a lap on the lapping competitor and the lapping competitor shall be deemed to have gained a lap on the field or main group with the advantage of such.

(i) When lapped competitors are permitted to continue in a criterium event, they must not assist or interfere with any competitor who has lapped them and must not provide or make pace for a competitor who has lapped them. The lapped competitors may 'sit on' the lapping competitors. Competitors, who in the opinion of the Chief Commissaire, are lapped competitors, must be withdrawn not later than three (3) laps before the end of the race.

(j) When a recognised mishap occurs, the competitor(s) involved must be allowed a free lap on which to resume the position in the race as at the moment of mishap. A competitor who was in a group must return at the rear of that same group.

(k) A competitor who is ineligible for a free lap must make up any lost ground with disqualification and suspension for fraudulent use of the free lap rule.

(l) When a competitor suffers a mishap all repairs must be carried out in an official repair pit

(m) No support vehicles are permitted for the carrying of spares. However, an official 'pick-up' vehicle may be provided to transport competitors who suffer a recognised mishap to the official repair pit, normally located near the start/finish line. Where an official 'pick-up' vehicle is not provided competitors must proceed in the direction of the race to the next repair pit.

(n) Where an official 'pick-up' vehicle is not provided, official repair pits must be located at intervals of not less than one (1) kilometre around the course.

(o) An official must be stationed in each repair pit to determine recognised mishaps and if the competitor is entitled to a free lap. The official must keep account of all competitors who are granted free laps and report those details to the Chief Commissaire at the completion of the race.

(p) If a competitor or competitors lap the field or the main bunch, a sprint for the minor placings must take place at least two laps before the due completion of the race. Lapped competitors who complete the sprint for minor placings must immediately vacate the circuit to allow the leading competitors to contest the sprint unimpeded.

## **PRIMES**

(q) Primes are sprints contested within a race

The lead competitors or a particular group of competitors may contest them. A bell must be sounded on the lap preceding the prime sprint at the appropriate line for that prime sprint. The finish line used for prime sprints may not be the same line used for the start and finish of the race.

Prime sprints may be either predetermined for certain laps or spontaneously designated under the supervision of the Chief Commissaire.

All primes won must be awarded to the competitors even if they withdraw from the race.

## **GENERAL**

a) When a competitor suffers a recognised mishap during a race, the competitor may obtain and use a replacement wheel or bicycle from a support vehicle. Spare wheels and bicycles must be obtained from authorised support vehicles only.

b) A competitor must not profit by a change of bicycle under any circumstances

c) A replacement bicycle must not be provided with food or drink containers. A competitor may transfer food and drink containers from the competitor's damaged bicycle to the replacement bicycle.

d) If a breakaway occurs, a support vehicle must be directed by the Chief Commissaire or Race Commissaire to follow the breakaway competitors.

e) If a second breakaway occurs, a second support vehicle, if available, must be directed by the Chief Commissaire or Race Commissaire to follow those breakaway competitors.



f) Any remaining support vehicle or vehicles must follow the main group of competitors at all times, except when the Chief Commissaire or Race Commissaire decides that the result is imminent and the main group cannot influence the result. In such instances, the remaining vehicle or vehicles may be directed by the Chief Commissaire or Race Commissaire to advance to the next group immediately forward in case of a further break-up of competitors.

g) Only authorised personnel must give assistance to effect repairs

h) When a competitor requires a wheel or bicycle change from a support vehicle, the competitor must move to the left hand side of the road and put one hand in the air. The competitor must remain facing in the direction of travel so that the mechanic on the support vehicle can see the competitor's racing number and locate the spares wheels or bicycle as quickly as possible.

i) A competitor must present to either the Chief Commissaire, Race Commissaire or Commissaire or official on the support vehicle any surrendered bicycle or equipment after an exchange has been made.