



Cycling Rules

1. Championship Program

Day 1: arrival of the teams, technical meeting and ID-Check*

Day 2: team time trials, excursion

Day 3: road race, technical meeting

Day 4: individual time trial, technical meeting and closing ceremony

Day 5: departure of the teams

* Necessary documents from the Head of Delegation for the ID-Check:

Signed form "Declaration of Participation" and personal legitimation from the participants.

The opening ceremony will be held either on day 1 or day 2.

The excursion will be no more than half a day and will be held at the discretion of the organizers during the USIC championships.

The circuits have to be approved from USIC (preferably the core Team president).

2. Composition of Delegations

Each delegation will consist of a maximum number of 9 (10) participants:

| | |
|------------------------|----------|
| Cyclists (men / women) | 5 |
| Head of Delegation | 1 |
| Trainer | 1 |
| Masseur | 1 |
| Mechanic | <u>1</u> |
| Participants | 9 |
| Interpreter * | 1 |

** for delegations who speak no English (only if required)*

3. Jury

The host country shall provide a jury comprising of licensed officials of the national federation affiliated to the UCI.

The jury shall ensure the correct race procedure, produce ranking lists and handle any protests. In the event of any breaches of the regulations or any violation of any sporting rules, the jury shall be authorised to impose sanctions.

4. Competitions

The championship shall consist of three competitions made up of the following disciplines:

- team time trials
- road race

individual time trials

A roadbike (according UCI rules) has to be used for all competitions. The use of timetrial machines, diskwheels and handlebar extension shall not be allowed in any discipline.

A participant that withdraws from a race can participate in the next race.

4.1 Team Time Trials

Distance: min. 30km / max. 50km and a max. height differential of 300m (approx.)

- All registered riders (a max. of five) of each country will participate together in the team time trials.
- The members of each team shall wear identical jerseys, their cycling shorts need not all be identical. The wearing of helmets shall be compulsory.
- Riders shall set off at five minute intervals. The starting order shall be decided by lot to be drawn by the jury.
- The final kilometer (flame rouge) shall be indicated separately and clearly visible.
- A minimum of four riders shall reach the finishing line as a group.
- For classification purposes, the fourth rider to cross the finishing line shall be timed for the finish. The last rider to cross the finishing line shall be timed for the finish in respect of teams entering with fewer than four riders. On the ranking list, the first four riders will be given the time of the fourth rider crossing the finishing line. Any riders who drop behind shall have their actual time gap added to the time of the fourth rider.

Technical Rules

- Any riders who drop behind may not join another team or render any assistance.
- Wheel or bike changes shall be permitted within a team.
- One support vehicle per team carrying spares shall be permitted. The following vehicle with a commissaire on board who has been drawn by lot shall follow behind the team at a distance of approx. ten meters. The support vehicle shall not overtake or draw up level with the riders.
- No food and drink shall be handed out by any third party or from the support vehicle.

4.2 Road race

Distance: min. 80km /max.100km

Topography: 80km: max. height differential 1,600m

90 km: max. height differential 1,300m

100 km: max. height differential 1,000m

Recommendation: The road race should be ridden on a circuit.

Circuit distance: min.10km / max.20km. In addition to any other advantages, a circuit is also popular with spectators.

- In the road race, the riders of all participating nations shall ride together in a bunch.
- The members of each team shall wear identical jerseys, their cycling shorts need not all be identical. The wearing of helmets shall be compulsory for all riders.
- All riders taking part in the road race shall set off together.
- The classification shall be determined by the order of crossing the finishing line. In respect

of ranks one to three, the following time bonuses shall be awarded:

First place: ten seconds

Second place: six seconds

Third place: four seconds

Technical Rules

- During a road race along a circuit, any riders lapped by the lead riders before they start their final lap shall be eliminated and shall leave the race. They will be classified with a time surcharge to be determined by the jury after the last rider who has crossed the finishing line in the same lap as the lead riders, however, the time surcharge shall be at least the time delay which was needed for the slowest lap.
The remaining laps shall be indicated on a display board at the finishing line; in addition, the final lap shall be indicated by means of a red flag and a bell at the finishing line. The final kilometer (flame rouge) shall indicated separately and clearly visible.
- The starting signal shall be given by the race manager by lowering the red flag or by firing a pistol. The race may be neutralised for a certain length of time; the actual start is determined by the race manager by lowering the red flag.
- Riders shall observe road traffic regulations and follow the race manager's instructions.
- At the request of the race manager and following a car horn signal, riders have to let the official following vehicle pass.
- Riders are not allowed to be pushed or pulled along, to ride in the slipstream of the vehicle, or to tag onto any motor vehicles. Any riders who have dropped out may not render any assistance to the other riders and may not stay with the convoy of following vehicles.
Exception: the final vehicle.
- Each country is permitted to have one support vehicle with spares. The following vehicles shall follow the riders in the order of the classification of the team time trials. They have to follow any instructions given by the race manager.
- If a defect is noted, it will be permitted to use spares from the support vehicle to carry out any repairs. It is not allowed to change the bike. Repairs shall always be carried out behind the field or the bunch on the right-hand side of the road.
- The jury shall decide whether food and drink may be handed out by third parties or from the support vehicle, however, riders will be allowed to help each other out with food and drink.
- In case of any unforeseen events which may adversely affect the normal race procedure, the race management may reserve the right to neutralise the race. The neutralisation time and/or course shall be upheld.
- At the finishing line, every rider shall pass the final check point (arrival section) and personally register their name and race number at a location advised by the event organizers, unless the jury decide not to check their signatures. With his/her signature, the rider confirms that he/she has ridden the entire course and has completed the race in a regular manner.

4.3 Individual Time Trials

Distance: min. 20km / max. 30km and a max. height differential of 200m (approx.)

- The individual time trials will be ridden by each individual rider on his / her own.
- The choice of clothing is left to the individual rider. The wearing of helmets shall be compulsory for all riders.

- Riders shall set off at two-minute intervals for the individual time trials. The starting order shall be the reverse order of the interim classification based on the team time trials and road race.
- The classification shall be based on the time ridden. *Technical Rules*
- If one rider is caught up by another, he/she may neither lead nor follow in the slipstream of the rider who caught up (dragging is not allowed). A rider upon catching up with another shall leave a lateral gap of at least two meters between himself / herself and the other rider. Unless the riders involved are clearly separated after one kilometer, the rider who was caught up shall ride at least 25 meters away from the other.
- The remaining distance shall be clearly indicated at least every five kilometers. The final kilometer (flame rouge) shall indicated separately and clearly visible.
- In order to deal with any defects, neutral equipment marshals shall be positioned along the course at 5 kilometers intervals. Spares shall be made available by the event organizers.
- No food and drink shall be made available by any third parties or equipment marshals and shall not be handed out from the following vehicles.
- Commissaires appointed by the jury shall ensure the correct race procedure during the individual time trials.

5. Race Numbers

Each rider will receive a set of race numbers consisting of

- one frame number
- two back numbers
- two axel numbers.

The race numbers shall be worn in all races and shall be affixed clearly visible:

Team time trials: frame number + one back number

Road race: frame number + two back numbers + two axel numbers
There shall be a five-centimeter gap between the two back numbers.

Individual time trials: frame number + one back number

Any instructions given by the jury and the event organizers shall be observed. It is not permitted to alter or fold the race numbers (back and frame).

6. Following Vehicles

- Only official following vehicles (cars and motorcycles) shall be permitted and shall be marked appropriately.
- For the team time trials and the road race, all participating countries shall be allocated one following vehicle each by the host country in order to render technical support to their riders. For the individual time trials, all participating riders shall only be allocated one following vehicle each by the host country for their technical support, if the “Technical Rules” in respect of the individual time trials may be adhered to.
- In addition to the driver, the following persons may also be on board of the following vehicles rendering technical support to the riders:
 - the trainer
 - the mechanic
 - the head of delegation
- The following horn signals may be used for communication within the race convoys:

- a) Three short signals: riders coming up from the rear. The following vehicles shall stay over on the right-hand side and shall leave the left-hand lane clear; the drivers shall keep an eye on the rear.
- b) One long signal and two short signals: The vehicle emitting the signal wishes to go ahead. The event organizers and/or the race manager shall give precise instructions to the drivers of the official following vehicles in respect of driving procedures, behavior and the aforementioned horn and flag signals.
- The drivers of following vehicles shall observe road traffic regulations.

7. Violations

- Penalties shall be imposed in the event of any violations against these rules or instructions given by the jury or event organizers.
- In respect of any racing violations, the jury shall determine the penalty following instructions from the event organizers. Such violations shall always be dealt with on the spot with the involvement of the parties concerned and their heads of delegation.
- The following penalties may be imposed:
 - caution*
 - warning*
 - relegation*
 - disqualification**
- These penalties shall come into effect following a verbal* or written** notification.

8. Evaluation

The USIC Cycling Championship will be conducted as a race conducted in stages.

- team time trials
- circuit race
- individual time trials

After each stage the organizer must hold a medal ceremony at the finish area for the three best individual results (gold, silver, bronze).

Prior to each stage, i. e. team-time trials, circuit race and individual time trials a ranking list shall be produced, which shall be displayed by the event organizers in a clearly visible location for the information of the riders. The interim classification shall also be displayed after two races have been completed.

The ranking lists and interim classification shall contain the following information:

- title of the race
- date of the race
- distance
- average km/h
- type of evaluation (individual / team evaluation)
- ranking
- name, first name
- country
- time
- names of the president of the jury, race manager and timekeeper

8.1 Individual Evaluation

- The classification shall be based upon the conditions applicable to the separate races.

- In respect of the total evaluation, the times (hours, minutes and seconds) of all three competitions shall be added.
- The winner and USIC champion will be the rider with the lowest overall time.
- In the event of a tie, the better rider will be the rider with the lowest ranking score out of all three competitions. If the overall time and ranking score are the same, the individual time trial times shall be the deciding factor. If the overall time, the ranking score and individual time trial times are identical, the riders shall be classified on an ex aequo basis.

8.2 Team Evaluation

- Except for in the team time trials, the times of the four best placed riders of a country will be added for the classification.
- In respect of the total evaluation, the times (hours, minutes and seconds) of all three competitions shall be added.
- The winner and USIC team champion will be the country whose riders have the lowest overall time.
- In the event of a tie, the better team will be the team with the lowest ranking score out of all three competitions. If the overall time and ranking score are the same, the team trial times shall be the deciding factor. If the overall time, the ranking score and team trial times are identical, the teams shall be classified on an ex aequo basis.

Change history

| Approved | Date | Theme |
|------------------|------------------|---|
| PTC Almaty (KAZ) | 6. Sept. 2015 | Minus 1 cyclist, Minus 1 day. Approx. 20% less distance and hightmeters |
| CTT Meeting | 22. January 2020 | Rider give up /Evaluation |
| Board | August 2021 | ID-Check |