



**SCOTTISH  
CYCLING**

# Technical Regulations Update 2016

---

*General, Road & Track Racing*

## Changes Log

The regulations in this document are the Scottish Cycling technical regulations. These regulations are based upon the British Cycling General, Road, Track and Roller racing regulation for 2016.

**Text that is blue** -additions or changes required for to adapt rules to a Scottish context.

**Text that is red** – additions or changes recommend to British Cycling Regulations

**Text highlighted in grey** – changes or additions made by British Cycling for publication of 2016 regulations

### Dec 2016

**Text highlighted in Yellow** – Changes or additions made by British Cycling for publication of 2017 regulations

Age Category Synopsis updated for 2017 season

### Jan 2017

**Additional updates or changes made by Scottish Cycling Board to existing regulations**

## Contents

Changes Log .....	2
1 Application .....	4
2 Definitions .....	4
3 Cycles .....	5
4 Licences .....	7
5 Age Categories .....	8
6 Ability Categories, Event Classification and Licence Points .....	9
7 Eligibility to Compete .....	14
8 Dress .....	16
9 Advertising Agreements .....	18
10 Miscellaneous .....	20
11 Banned Substances Anti-Doping .....	20
12 Race Infringements and Penalties .....	21
13 Prizes .....	22
14 Calendar of Events .....	22
15 Permits .....	23
16 Commissaires and Officials .....	24
17 British National Championships .....	26
18 Scottish National Championships .....	26
19 Discipline .....	29
20 Road Racing .....	30
22 Time Trials .....	35
23 Team Time Trials .....	37
24 Track Racing .....	38
25 Tracks .....	46
26 Scottish Records (Road and Track) .....	46
27 Roller Racing .....	49
Appendix A: Scottish Cycling Equipment Regulations .....	50
Appendix B : UCI Equipment Regulations .....	50
Appendix C : Gear Tables .....	50
APPENDIX D – TIME TRIAL HANDICAP TABLES .....	50
Appendix E - Synopsis of Age Categories For 2016 .....	56

*Note: Also see supplementary Technical Regulations for BMX, Cycle Speedway, Cyclo-Cross and Mountain Bike Racing.*

## 1 Application

- 1.1 Subject always to the overriding authority of the Memorandum & Articles of Association and Rules of the British Cycling Federation and the provisions of the following:
  - 1.1.1 an agreement dated the 18th May 1985 between the Welsh Cycling Union and the Federation;
  - 1.1.2 an agreement dated the 15th December 1991 between the Federation and the Scottish Cyclists Union;
  - 1.1.3 an agreement dated the 1st January 1970 between the British Schools Cycling Association and the Federation;
- 1.2 Where relevant, these Regulations shall apply to all BMX, Mountain Bike, Cyclo Cross, Road (including Time Trial, Circuit, Track or Roller Racing) authorised under these Regulations. Supplementary Regulations shall also apply for BMX, Cyclo Cross, Cycle Speedway and Mountain Bike races as indicated in the appropriate section of [Scottish Cycling technical regulations](#).
- 1.3 The Technical Regulations apply to both sexes.
- 1.4 The Scottish Cycling Board may, in exercise of the power conferred on it by the Scottish Cycling Rules, but subject always to the limitations laid down in this regulation, take any steps it thinks fit in the best interests of the racing authorised under these Regulations. In particular the Scottish Cycling Board may exercise all or any of the powers specifically given to Scottish Cycling Regions in these Regulations. Members of the Scottish Cycling Board and members of Scottish Cycling staff shall, upon proof of identity, have free access to any track or enclosure used for racing under these Regulations.

## 2 Definitions

- 2.1 In these Regulations, and in the racing authorised under these Regulations, the following terms shall, where the context so admits, have the following meanings:
  - 2.1.1 **Banned Substances** - any of the categories of substances and doping methods included in the list of banned substances and methods adopted and published by the Union Cycliste Internationale(UCI) and referred to in the Anti-Doping Regulations of British Cycling
  - 2.1.2 **Circuit Race** or **Circuit Racing** or **Closed Circuit Race** - a race or racing on roads in an enclosed area such as a park, motor racing circuit, or disused airfield, and not subject to the provisions of the Cycle Racing on [Highways Regulations \(Scotland\), 1960](#).
  - 2.1.3 **Circuit Race League** - a series of more than ten mid-week race meetings confined to members affiliated to the league which provides racing for all categories.
  - 2.1.4 **Club Race** or **Club Event** - a race or event open only to members of groups of the same club, school, or similar organisation.
  - 2.1.5 **Compete** - the act of taking part in any event or attempting any record authorised by these Regulations.
  - 2.1.6 **Competing Under These Regulations**

An entrant to any event authorised by these Regulations shall be deemed to be competing under these Regulations from the time that he either first enters a track centre until the end of the meeting or he signs on for a road or circuit event until **the event is deemed complete by the Chief Commissaire**.
  - 2.1.7 **CONFINED RACE** or **CONFINED EVENT** - a race or event open only to members of groups of clubs, Associations of Clubs, or similar organisations, affiliated to [Scottish Cycling](#).

**FIRST CLAIM MEMBER** – club members are first claim members of the club shown on their [Scottish Cycling/British Cycling membership for road and track](#). They can also be first claim members of another club for another discipline as long as this is also shown on their [Scottish Cycling/British Cycling membership card](#).
  - 2.1.8 **HANDICAP ROAD RACE** or **HANDICAP ROAD RACING**, frequently referred to as **APR** -- a road race or racing taking place on public roads, whether open or closed to members of the public at the time of racing, between two or more approximately equal sized, groups of riders, handicapped by time according to ability.
  - 2.1.9 **INTERNATIONAL EVENT** - an event involving riders from more than four overseas Federations, plus a [British Cycling National Team](#) selection.
  - 2.1.10 **MATCH** or **MATCH RACE** - a race between riders on not more than two cycles, or a race between not more than two teams.
  - 2.1.11 **OPEN RACE** or **OPEN EVENT** - a race or event open to any licensed affiliated or individual member of [Scottish Cycling/British Cycling](#).
  - 2.1.12 **POINTS RACE** - a road or track race or racing, scratch or handicap, whereby points are awarded during the race or racing to determine the final placings.

- 2.1.13 RIDER - Any competitor taking part in a cycle race or related activity.
- 2.1.14 ROAD CRITERIUM SERIES - a series of events (with a minimum of three and a maximum of eight races) in which the award of individual placings or prizes, or both, is determined by the total points accumulated throughout the series. Road criterium events must not exceed 100 kilometres.
- 2.1.15 ROAD RACE or ROAD RACING - a race or racing on public roads whether open or closed to members of the public at the time of racing. Where the race or racing is on a circuit or closed public roads, it may be termed a closed circuit criterium; all such racing must conform to the provisions of the [Cycle Racing on Highways Regulations \(Scotland\)1960, \(Statutory Instrument No. 270 of 1960\), the Amendment of 1982 \(Statutory Instrument No. 1639\), the Amendment of 1996 \(Statutory Instrument No. 2665\).](#)
- 2.1.16 ROAD RACE LEAGUE - a collection of Clubs associated together to promote road races for their members.
- 2.1.17 T.R. – Abbreviation of Technical Regulation(s)
- 2.1.18 TRACK - a symmetrical circuit (preferably under 500 metres) constructed for cycle racing and generally having banked corners. The surface may be concrete, asphalt, wood, shale, cinders or grass, the dimensions being in accordance with the current recommendations of [Scottish Cycling](#). The racing will be in an anti-clockwise direction.
- 2.1.19 TRACK RACE or TRACK RACING or TRACK MEETING - all forms of cycle racing on facilities as referred to in T.R. 2.1.18.
- 2.1.20 TRACK LEAGUE - a series of 6 or more race meetings confined to members affiliated to the league which provides racing for all categories.

### 3 Cycles

- 3.1 The following cycles only are eligible for races held under these Regulations, and in every case the whole motive power must be that of the rider or riders:
  - 3.1.1 For Bicycle Races. Any two-wheeled one-track cycle carrying one rider.
  - 3.1.2 For Tandem Bicycle Races. Any two-wheeled one-track cycle carrying two riders seated one directly behind the other.
  - 3.1.3 For Tricycle Races. Any three-wheeled cycle, two or more tracked, carrying one rider, the width of the track made by its wheels being at least 18 inches, and having all wheels on the ground.
  - 3.1.4 For Tandem Tricycle Races. Any cycle fulfilling the conditions of T.R. 3.1.3. With the exception that it carries two riders, seated one directly behind the other.
  - 3.1.5 For Multicycle Races. Any cycle carrying three or more riders, all seated one directly behind another.
  - 3.1.6 For Handcycling Races. Disabled users of hand and arm propelled tricycles (referred to as "Handcycles") may compete on machines as approved by the [Scottish Cycling](#) Technical Commission and defined in T.R. 3.5
- 3.2.1 All cycles shall have their wheels securely fastened to their frames, with their tyres, if of tubular construction, secured firmly by tubular cement or similar means.
  - [The riding position adopted must allow the rider unrestricted forward visibility.](#)
  - [Triathlon type bars are permitted in road time trials and track time trials and pursuits.](#)
  - [Disc wheels are permitted on the rear wheel only, except in track time trial and pursuit where they are permitted on both wheels.](#)
  - [Fairings and windbreaks must not be used.](#)
- 3.2.2 In motor-cycle paced events both wheels of the pace following cycle must have the tyre bound on to the rim by two continuous bands, divided by the tread and passing under the rim and stuck one to the other. The bands must also be stuck to the walls of the tyre and the rim. Pedals shall not overlap the front wheels.
- 3.2.3 Handlebar ends shall be plugged, not merely covered by tape, and other projections shall be protected as far as possible.
- 3.2.4 Cycles used for track racing shall not be fitted with freewheels, quick release wheels, wing nuts, brakes or similar accessories, except by permission of the [Scottish Cycling](#) Board. Riders may carry no object on them or on their bicycles that could drop onto the track. They may not bear or use on the track any music player or radio communication system. In addition, any electronic device with display (for instance speedometer or powermeter) must be hidden so that it cannot be read by the riders.
  - 3.2.4.1 Tyres used for grass track racing must have treads suitable for such racing.

- 3.2.5 Cycles used for road or circuit racing shall be fitted with a freewheel and two independent brakes in good working order, with their brake levers securely fastened to the handlebars. [Cycles used for individual road time trials may have a fixed wheel and single front brake in good working order.](#) The use of disc brakes is forbidden [except in individual road time trials.](#)
- [Those machines used on roads must conform to current road transport regulations.](#)
- [Scottish Cycling strongly advises competitors contesting an individual road time trial to display a rear light, operating in flashing mode.](#)
- 3.2.6 In all track events Youth B and younger riders shall conform to the following requirements, except where dispensation under T.R. 3.3.3 is supplied -
- Wheels shall have a maximum rim depth of 35mm, have minimum of 16 and a Maximum of 40 spokes. Spokes can be round, flattened or oval but must not exceed 10mm in width.
- Machines with dropped handlebars shall be used. Tri-bars, arm extensions and/or arm pads shall be prohibited.
- 3.2.7 In all [time trial and](#) circuit events Youth B and younger riders shall conform to the following requirements:
- Wheels shall have a maximum rim depth of 35mm, have a minimum of 16 and a maximum of 40 spokes. Spokes can be round, flattened or oval but must not exceed 10mm in width. Tri-bars, arm extensions and/or arm pads shall be prohibited.
- 3.2.8 Pumps, spare tyres and race computers must be securely fastened. All other equipment not essential for racing purposes must be removed.
- 3.2.9 In all other respects cycles shall be in accordance with the requirements as laid down [in the Scottish Cycling Equipment regulations in Appendix A.](#) [These equipment regulations will be reviewed](#) from time to time by the Scottish Cycling Board.
- 3.2.10 Where a rider is found to be using a machine which in the opinion of the Chief Commissaire presents a danger to himself or others he shall be withdrawn from the event **and shall be noted by the Chief Commissaires report.**
- 3.2.11 It is the responsibility of the competitor and/or the parent or guardian in the case of under 18s, to ensure that for every race held under these regulations his cycle is in a safe condition.

### 3.3 Gear Restrictions

- 3.3.1 In all road events (other than events promoted in accordance with T.R. 7.13) juniors shall be restricted to a maximum gear such that the distance covered per crank revolution is 7.93 metres. The gear restriction shall not apply to seniors.
- 3.3.2 In all events other than under the provisions of 3.3.3 below, Youth category riders shall be restricted to maximum gears as shown in the following table.

YOUTH CATEGORY GEAR RESTRICTIONS			
CATEGORY	ROAD RACING	TRACK RACING	ROLLER RACING
YOUTH A	6.93 metres	6.93 metres	7.93 metres
YOUTH B	6.45 metres	6.45 metres	7.40 metres
YOUTH C	6.05 metres	6.05 metres	6.94 metres
YOUTH D	5.40 metres for all events.		
YOUTH E	5.10 metres for all events.		

- 3.3.3 For track and roller racing events where a Youth A, B or C rider has received dispensation to compete against riders of an older category, then the rider shall be permitted to utilise the gearing applicable to that older category.
- 3.3.1 Gear checks must be performed on the equipment of all riders subject to gear restrictions. Supplementary gear checks may take place after the race.
- 3.4 [Machines used for domestic road and track competition in Scotland must conform to the criteria set in Appendix A.](#) [At British Cycling events hosted in Scotland the British Cycling Board requires cycles to comply with UCI Regulations covering bicycles. Set in Appendix B.](#)

### 3.5 Handcycles

- 3.5.1 Handcycling is for riders who normally require a wheelchair for general mobility and are not able to use a conventional bicycle because of severe lower limb disability. For competition, riders must satisfy the specific disability requirements for handcycling, as currently specified by the UCI.

A purpose built handcycle, or a wheelchair with a handcycle attachment, should conform to the following specification.

- 3.5.1.1 An upright, or semi-recumbent, tricycle with an open frame of tubular construction and a safe and effective method of steering.
- 3.5.1.2 Motive power must be from the hands, arms and upper body only, through a conventional cycle drive train, of crank arms, chain wheels, chain and gears, with handgrips replacing foot pedals. Cranks need not be at 180 degrees to each other.
- 3.5.1.3 Wheels and tyres must be conventional cycle components, with modified hub attachment if necessary and a maximum tyre size of 700c.
- 3.5.1.4 Two independent brakes must be fitted. It is recommended that one or both brakes can be locked to act as a parking brake.
- 3.5.1.5 The final drive will normally be to the single front wheel and the largest chain wheel must have a guard securely fitted to protect the rider.
- 3.5.1.6 Maximum frame tube dimension, irrespective of tube material, or profile, to be 80mm. Any fillets, or ribs, inserted at joints between tubes, must be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition.
- 3.5.1.7 Leg and foot rests must be fitted as necessary, with a secure means of protecting static lower limbs from all moving parts.
- 3.5.1.8 The rider must be seated in a relatively upright position, with bodyweight supported through the seat. Although a backrest is permitted, the riding position must not be reclined backwards so that the backrest provides the primary upper body support.

### 3.6 New Regulation: Equipment Checks

- 3.6.1 Before the start, or after the conclusion of any competition or stage of competition, any equipment used by a rider (including, but not limited to cycles, wheels, gears, helmets and clothing) may be subject to inspection in order to ascertain compliance with these regulations.
- 3.6.2 If, before the start, any equipment is found not to comply with the regulations, the rider shall not be permitted to use that equipment.
- 3.6.3 If, after the start, any equipment is found not to comply with the regulations, the rider shall be disqualified.
- 3.6.4 If, in the opinion of the Chief Commissaire, there has been a deliberate attempt to gain an advantage by using non-conforming equipment, the Chief Commissaire shall report the rider, and any other potentially relevant parties, to the British Cycling disciplinary process for further action.

## 4 Licences

- 4.1.1 Every entrant in a race held under these Regulations (other than as provided in British Cycling Bye- Law 3.5, British Cycling T.R. 7.13, an entrant in Roller Racing held in Scottish Cycling/British Cycling Territory or a member of an overseas Federation) and those officials detailed in these Regulations must be members of Scottish Cycling/British Cycling.
- 4.1.2 Licences shall be issued in accordance with the current Regulations of the Union Cycliste Internationale
- 4.1.3 The member must have obtained a licence from Scottish Cycling/British Cycling before the race in question other than for time trials held under Scottish Cycling/British Cycling Regulations.
- 4.2 The following licences shall be issued by British Cycling.
  - 4.2.1 Racing
  - 4.2.2 Team Manager
  - 4.2.3 Commissaire
  - 4.2.4 Time Keeper
  - 4.2.5 Motor Pacer
  - 4.2.6 Masseur
  - 4.2.7 Anti-Doping Inspector
  - 4.2.8 Doctor
  - 4.2.9 Mechanic
  - 4.2.10 Handicapper
- 4.3.1 The issue of Racing Licences is governed by T.R. 4.4.

- 4.3.2 All other licences are issued under conditions laid down from time to time by the British Cycling Board.

#### 4.4 Racing Licences

- 4.4.1 Racing Licences issued by virtue of British Cycling Bye-Law 3.5 shall be valid for all racing disciplines
- 4.4.2 A licence other than a temporary single or Provisional event licence shall expire on 31st December of the year for which it is issued.
- 4.4.3 Where a licence holder is under suspension extending into a period requiring a new licence, no new licence shall be issued until the period of suspension has expired.
- 4.4.4 A licence may be withheld or withdrawn on medical grounds and licence holders must advise the [British Cycling](#) Chief Executive of any disability or medical condition, physical or mental, which could affect their ability to ride safely as a racing cyclist. The [British Cycling](#) Chief Executive may refer such matters to the [British Cycling](#) Board or the Medical Commission.
- 4.5.1 The racing licence will carry the separate discipline, age and ability categories of the rider.
- 4.5.2 Should the licence holder change any category during any year, then a new licence will be issued free of charge showing the new category.
- 4.5.3 Riders upgraded during the year will start the following season with their new category, where appropriate, even if they have obtained no points in their new category.
- 4.5.4 Each rider will start with zero points at the beginning of each year (i.e. no points will be carried forward from the previous year).
- 4.6 Licences will be required to carry a photograph showing a good likeness of the holder and it is the responsibility of the holder to affix such a photograph.

#### 4.7 Temporary Licences

- 4.7.1 No such temporary licence shall permit a rider to ride in any other category than if he had taken out an annual licence.
- 4.7.2 Acceptance of a temporary licence will constitute an acceptance of and an agreement to comply with and to be bound by the [British Cycling](#) Bye Laws, the [British Cycling](#) Technical Regulations and the [British Cycling](#) Disciplinary Rules and a breach of the [British Cycling](#) Technical Regulations and/or the [British Cycling](#) Disciplinary Rules by a temporary licence holder may result in disciplinary action being taken against him or her thereunder, whether or not he or she was a member of [Scottish Cycling/British Cycling](#) at the time of such breach.

**Note** *In the context of a temporary licence holder in Scotland the understood agreement is to comply with [Scottish Cycling Bye Laws](#), [Scottish Cycling Technical Regulations](#) and the [British Cycling Disciplinary rules](#) which [Scottish Cycling](#) use.*

- 4.7.3 All temporary licence holders under 18 years of age shall submit a parental consent form and all riders, regardless of age, shall pay any entry fee and levy in addition to the licence fee. The completed signing on sheets shall be retained by the Race Organiser who shall forward them [with a completed levy form to SC](#).
- 4.7.4 Only holders of full annual racing licences may compete in [British Cycling](#) National Championships, other [British](#) national level events, [Scottish Championships](#) and events falling under [British Cycling](#) Technical Regulation 15.2 except where specific competition regulations specify otherwise. Temporary licences are not acceptable for these events.

### 5 Age Categories

Licences, which shall be valid for all disciplines, shall be issued as follows:

#### 5.1 Youth

- 5.1.1 **Youth E** - Under 8 - Until 31 December in year of 8th birthday.
- 5.1.2 **Youth D** - Under 10 – From 1 January in year of 9th Birthday until 31 December in year of 10th birthday.
- 5.1.3 **Youth C** - Under 12 -. From 1 January in year of 11th Birthday until 31 December in year of 12th birthday
- 5.1.4 **Youth B** - Under 14 - From 1 January in year of 13th Birthday until 31 December in year of 14th birthday
- 5.1.5 **Youth A** - Under 16 - From 1 January in year of 15th Birthday until 31 December in year of 16th birthday.

**Note:** *Whilst the above categories may be grouped together in events, promoters should be conscious of the range of abilities of riders within the youth categories. This can be helped by running events for different age groups,*



*different sizes, similar ability, by forming suitable handicaps or by offering separate awards for different groups. Girls are permitted to compete in events open to, and for awards available to, those Boys of the next youngest age category at the discretion of the Chief Commissaire. In such situations, such Girls must restrict themselves to that gear restriction as per the Boy's category. Two or three shorter races on an omnium basis may also be more suitable than one longer race.*

## 5.2 Junior

- 5.2.1 **Junior** - To any male or female junior member of [Scottish Cycling/British Cycling](#).
- 5.2.2 A member who has not reached his 18th birthday may not compete without having provided the consent of their parent or guardian in the form as prescribed from time to time by the [British Cycling](#) Board.
- 5.2.3 Applicants for an annual licence must send such a Parental Consent Form, duly completed and signed, to [British Cycling](#) Headquarters and any licence issued is only valid if such a form has been received. At the time of application for an annual licence the parent's or guardian's signature must be witnessed by an official of the member's club or other responsible adult.

## 5.3 Senior

- 5.3.1 **Senior** - To any member of Scottish Cycling/British Cycling from the 1st January of the year of their 19th birthday.
  - 5.3.2 All licences issued to seniors will be further categorised by age:
  - 5.3.3 **Under 23** - To any male member from 1st January of the year of their 19th birthday until 31st December of the year of their 22nd birthday. A rider registered as a member of a U.C.I. Pro-Tour or Professional Continental Trade Team shall be ineligible to compete in the Under 23 category on the road.
  - 5.3.4 **Over 23** - from 1st January of the year of their 23rd birthday.
  - 5.3.5 **Master** - Any member from the 1st January of the year of his 30th birthday who is not a member of a U.C.I. Pro-Tour or Professional Continental Trade Team in the discipline of that event.  
  
Master's age groupings are Group A: 30- 34, Group B: 35-39, Group C: 40-44, Group D: 45-49, Group E: 50-54, Group F: 55-59, Group G: 60-64, Group H: 65-69 and Group I: 70 +
- Note:** *Riders aged over 30 are advised that this definition of a Master only applies to events run under the Technical Regulations of [Scottish Cycling and British Cycling](#).*
- 5.3.6 **Disabled** - To any member of [Scottish Cycling/British Cycling](#) of any age who satisfies the minimum disability requirements as currently specified by the Union Cycliste Internationale. Classes of disability include locomotor, amputee, deafness, visual impairment, cerebral palsy and learning disabilities.
  - 5.4.1 Riders eligible for the Masters and Disabled categories may take part in events organised solely for those categories.
  - 5.4.2 While competing in such events the riders shall be eligible for the groupings as indicated.
  - 5.4.3 All age groupings are defined as being on the 1st January of the year of the appropriate birthday. For Cyclo-cross age definitions refer to the cyclo- cross specific technical regulations.

**Note:** Refer to Appendix E for Synopsis of Age categories

## 6 Ability Categories, Event Classification and Licence Points

- 6.1 All junior and senior licence holders, male or female, irrespective of the age category into which they fall will be categorised by their ability. Riders of the same ability category will continue to compete together in races irrespective of their age category, except in the case of events organised for specific age related groups.
- 6.2 Ability categories will be as follows:
  - 6.2.1 **4th Category** - new junior or senior licence holder. As a guide this will equate to Fun Category in Mountain Biking.
  - 6.2.2 **3rd Category** - To any junior or senior licence holder who has gained at least 12 points during any one season whilst holding a 4th category licence. As a guide this will equate to Sport Category in Mountain Biking. Riders are not downgraded to 4th category once a 3rd category licence has been achieved.
  - 6.2.3 **2nd Category** - To any junior or senior licence holder who has gained 40 points during any one season whilst holding a 3rd category licence. As a guide this will equate to Expert Category in Mountain Biking.
    - 6.2.3.1 To retain a 2nd category licence for the following season, a rider must obtain at least 25 points in events open to that category of rider.

- 6.2.4 **1st Category** - To any junior or senior licence holder who has gained 200 points during any one season whilst holding a 2nd category licence. As a guide this will equate to most Elite Category riders in Mountain Biking with the exception of those in the top 10 of the [British Cycling](#) National Rankings.
- 6.2.4.1 To retain a 1st category licence for the following season, a rider must obtain at least 100 points in events open to that category of rider.
- 6.2.5 **Elite Category** - To any member who:
- 6.2.5.1 Has gained 300 points during the previous season whilst holding an elite or 1st category licence.
- 6.2.5.2 At the 31st December of the previous year was listed in the top 10 riders in the Senior Men's National Cross Country Mountain Bike Ranking System.
- 6.2.6 **Junior Riders** – On reaching the junior age category, existing licence holders will be awarded initial ability categories as follows:
- 6.2.6.1 4th Category – any rider who has gained no Youth licence points in the previous year.
- 6.2.6.2 3rd Category – any rider who has gained Youth licence points in the previous year.
- 6.2.6.3 2nd Category male – Any rider who has achieved:
- Top 15 in the Youth A Boys in the previous year's National Circuit Race Series
  - Top 10 in the Youth A Boys in the previous year's Track Omnium Series
  - Top 3 in any in the previous year's Road/ Track Youth A Boys National Championship
  - Top 10 in Youth A Boys National Rankings in the previous season
- 6.2.6.4 2nd Category female – Any rider who has achieved:
- Top 5 in the Youth A Girls in the previous year's National Circuit Race Series
  - Top 10 in the Youth A Girls in the previous year's Track Omnium Series
  - Top 3 in any in the previous year's Road/ Track Youth A Girls National Championship
  - Top 5 in Youth A Girls National Rankings in the previous season
- 6.2.6.5 Junior riders will not be eligible for elite licences

### 6.2.7 Dispensation

- 6.2.7.1 Masters over the age 40 having gained an elite category licence may apply to Headquarters for a first category licence if that is their wish.
- 6.2.7.2 At the discretion or instruction of the [British Cycling](#) Board, a rider who, although not meeting the criteria set out in [British Cycling](#) T.R. 6.2.1 to T.R. 6.2.6, may be issued with a licence of a different category.
- 6.2.7.3 Category B Youth riders who gain 50 licence category points in the year of competition may apply to the [British Cycling](#) Board for dispensation to compete for the remainder of that year in closed road events restricted to Youth A riders. This dispensation does not extend to national and regional championships, which must be ridden in the listed age category of the rider.
- 6.2.7.4 Category A Youth riders who gain 50 licence category points in the year of competition may apply to the [British Cycling](#) Board for dispensation to compete for the remainder of that year against riders of any older category in closed road events. This dispensation does not apply to National A events, or to national and regional championships, which must be ridden in the listed age category of the rider.
- 6.2.7.5 **Category A and B Youth** riders may, at the discretion of the Chief Commissaire, apply for dispensation to compete in track events open to Junior category riders. **Youth B riders** are not permitted to compete in track events open to Elite or First category senior riders. **Youth C and younger riders may not compete in any track British National championship.**
- 6.2.7.6 Riders receiving dispensation under [British Cycling](#) T.R. 6.2.7.3 to 6.2.7.4 shall be issued with an authorisation card and this must be produced by the rider when signing on at events to which the dispensation applies.

### 6.3 Event Classification

- 6.3.1 Road and Circuit events, other than those exclusively for Youth riders, Juniors, Women or Masters shall be classified as follows:
- 6.3.1.1 **National A** – open to Senior male Elite, 1st and 2nd category riders. National A closed road circuit races shall also be open to 1st and 2nd category Junior riders.
- 6.3.1.1.1 Only one National A event shall be held on the same day.

- 6.3.1.1.2 The minimum distance for a single day road race shall be 130 km if terrain is demanding, rising to a maximum of 180 km on flatter terrain.
- 6.3.1.1.3 The minimum distance for a road stage of a stage race shall be 80 km.
- 6.3.1.1.4 The minimum time for a circuit race shall be 60 minutes, and the maximum 90 minutes.
- 6.3.1.1.5 The main prize list shall be a minimum of £2,000. Prize money shall be paid to riders placed at least 1st to 20th, in accordance with the following structure:
- |            |                               |
|------------|-------------------------------|
| 1st - 20%  | 8th - 4%                      |
| 2nd - 15%  | 9th - 3.5%                    |
| 3rd - 12%  | 10th - 3%                     |
| 4th - 8.5% | 11th - 2.5%                   |
| 5th - 7%   | 12th-14th - 2%                |
| 6th - 6%   | 15th-17th - 1.5%              |
| 7th - 5%   | 18th to 20 <sup>th</sup> - 1% |
- 6.3.1.2 **National B** – open to Senior male Elite, 1st, 2nd and 3rd category riders, final year Junior male 1st, 2nd and 3rd category riders and Senior female Elite, 1st and 2nd category riders. Where the minimum distance for a road race is not achieved, the race shall be open to all Junior male 1st, 2nd and 3rd category riders and all Junior female 1st and 2nd category riders.
- 6.3.1.2.1 The minimum distance for a road race shall be 120 km on demanding terrain.
- 6.3.1.2.2 The minimum time for a circuit race shall be 60 minutes.
- 6.3.1.3 **Regional A** – open to Senior and Junior male 2nd, 3rd and 4th category riders and Senior and Junior female riders of all categories
- 6.3.1.3.1 The minimum distance for a road race shall be 80 km.
- 6.3.1.3.2 The minimum time for a circuit race shall be 50 minutes.
- 6.3.1.4 **Regional B** – open to Senior and Junior male 3rd and 4th category riders and Senior and Junior female riders of all categories
- 6.3.1.4.1 The maximum distance for a road race shall be 90 km.
- 6.3.1.4.2 The minimum time for a circuit race shall be 40 minutes.
- 6.3.1.5 **Regional C+ and Regional C** – open to Senior and Junior riders of all categories, to be run as a handicap event, or other appropriate format. Such events may also be restricted to 4th Category riders only.
- 6.3.1.5.1 The minimum time shall be 60 minutes, and the maximum 90 minutes. Where the circuit is too small to allow for a handicap event which meets the minimum time requirement, the organiser may choose to use an alternative format, provided that the chosen format reasonably caters for the widest possible range of ability.
- 6.3.1.6 **Go Race** – open to 4th category riders, British Cycling members without racing licences and non-members. Youth A & B riders without any licence ranking points in the current year may also compete in these events. Such events must be no more than 30 minutes in duration and off the open highway.
- 6.3.2 Time Trials shall be run as Regional C+ or Regional C events.

## 6.4 Licence Points

- 6.4.1 Licence points are awarded as shown in the table below:

Points Band	1	2	3	4	5
Position	Nat A Road	Nat B Road Nat A Circuit	Reg A Road Nat B Circuit	Reg B Road Reg A Circuit	Reg C+ Reg B Circuit
1	100	60	30	15	10
2	85	52	25	12	8
3	75	45	21	10	7
4	66	40	17	8	6
5	58	35	14	6	5

6	51	31	12	5	4
7	45	27	10	4	3
8	39	23	8	3	2
9	34	20	7	2	1
10	29	17	6	1	1
11	25	15	5		
12	21	13	4		
13	18	11	3		
14	15	9	2		
15	12	7	1		
16	10	6			
17	8	5			
18	6	3			
19	4	2			
20	2	1			

6.4.2 Regional C and Go Race events do not qualify for licence points.

6.4.3 For stage races, points shall be awarded for final standings in the general classification.

6.4.4 Where the minimum road race distance, as defined in [British Cycling T.R. 6.3](#), is not achieved, the next lower points band allocation is utilised.

6.4.5 For specific road and circuit events, other than those restricted to women or youth riders, the following points bands shall apply:

Event	Points Band
National A Stage Race: Individual Stage (including Time Trials)	3
National B Stage Races: Individual Stage (including Time Trials)	4
Regional Stage Races: Individual Stage (including Time Trials)	5
British National Championship or National Series event for Juniors	2
Other event open only to Juniors	3
British National Championship or National Series event for Masters	3
Other event open only to Masters	4
National Championships for Paracycling sport groups MC5, FC5, MC4, FC4, MB & FB	3

6.4.6 For road and circuit events restricted to women, the following points bands shall apply:

Event	Points Band
British National Championship Road Race for Women	1
British National Championship Circuit Race or National Series Road Race for Women	2
British National Series Circuit Race event for Women	3
Other Road Race event for Women: (E/1/2/3 Category)	3
Other Road Race event for Women: (2/3/4 Category or 3/4 Category)	4
British National Series Stage Race for Women: Individual Stage (including Time Trials)	4
Other Circuit Race event for Women: all categories	4
Other Stage Race for Women: Individual Stage (including Time Trials)	5
Other Circuit Race event for Women: 3/4 category only	5

6.4.7 Points Band 5 shall apply to all closed road circuit races run between 1st November and 28th February, and to weekday closed circuit races taking place on 'permanent traffic free' facilities throughout the year, other than those covered by [British Cycling T.R. 6.4.2](#) or [T.R. 15.2](#).

6.4.8 For road and circuit races with fewer than 10 entrants, the licence points awarded will be limited to 3 points for the winner, 2 points for 2nd place and 1 point for 3rd place.

- 6.4.9 For track racing, only endurance non-handicap events, including pursuits and time trials of not less than 3 km, and the final standings in track leagues, shall qualify for licence points, except for events restricted to Youth riders. For omnium events, only the final overall result shall qualify. The following points bands shall apply, but only the first six shall receive points:

	Points Band
Senior & Junior World Championships	2
Other UCI Calendar Races	3
British National Championship or National Series event	3
Final standings in Track League	4
Standard event	5

- 6.4.10 Where there are fewer than 10 entrants for an open meeting track race of 3km or over and not restricted to youth riders, the licence points awarded shall be limited to 3 points for the winner, 2 points for 2<sup>nd</sup> place and 1 point for 3<sup>rd</sup>. This shall be multiplied by 3 for British Cycling National Championships.

- 6.4.11 For road, circuit and track races limited to riders of Masters E age and older, the awarding of licence points shall be by rider claim.

### 6.4.12 Youth Competition

- 6.4.12.1 For road and circuit events restricted to Youth A or Youth B riders, the following points bands shall apply:

Event	Points Band
British National Championships	3
British National Series event	4
Standard event	5

Where a Youth race includes riders of both genders, and/or both A and B categories, then points shall be awarded as if all categories and genders are separate races. Where there are fewer than 10 entrants for any category, the licence points awarded will be limited to 3 points for the winner, 2 points for 2<sup>nd</sup> place and 1 point for 3<sup>rd</sup> place. For Youth C or younger category riders, no points shall be awarded.

- 6.4.12.2 For any open track event including the overall result (but not the constituent events) of any Omnium Competition (but excluding course des primes events) restricted to Youth category riders, the following points shall apply:

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Track League (overall) & British National Championships	9 pts	6 pts	3 pts
British National Series Event	6 pts	4 pts	2 pts
Standard event	3 pts	2 pts	1 pt

Where a Youth race includes riders of both genders, and/or both A and B categories, then points shall be awarded as if all categories and genders are separate races. For Youth C or younger category riders, no points shall be awarded.

- 6.4.13 In the case of equalities of placing, the relevant combined points shall be divided amongst the riders concerned equally and rounded up to the nearest whole number.
- 6.4.14 A rider who has obtained sufficient points for upgrading, but who has entered an event for which the closing date has passed under his current category may compete in that event but will not be eligible for any upgrading points.
- 6.4.15 Where an event is restricted to specific categories of senior rider it shall only be open to similar categories of Masters.
- 6.4.16 Senior riders selected for British Cycling international duty shall be issued with an elite category licence in the following season. Junior riders shall receive a first category licence.
- 6.4.17 In the case of events restricted to members of the same club no points will be awarded

**Note:** Surplus points remaining after an upgrade shall be carried forward in the new category (e.g. a third category rider has 33 points to date. In the next race the rider gains 10 points to reach a total of 43. 40 points are lost through upgrading and the remaining 3 are carried forward to be credited towards the rider's second category licence).

## 6.5 National and Regional Rankings

- 6.5.1 Licence points gained in National events will be utilised to determine the following National rankings:
- 6.5.1.1 National Individual Rankings. A ranked list of all riders will be determined by total points scored in National events, and produced for Elite, 1st, 2nd and 3rd category riders.
  - 6.5.1.2 National Club /Team Rankings. A ranked list of clubs / teams will be determined by total points scored in National events, with a maximum of 3 scoring riders per Club / Team in any one event.
  - 6.5.1.3 National Region Rankings. A ranked list of all Regions will be determined by total points scored in National events, with a maximum of three scoring riders in any one event.
  - 6.5.1.4 Women's Rankings. Separate National Individual, Club / Team and Region rankings will also be produced for women. Such rankings will be determined by total points scored in all events, and in the case of Individual rankings, will be produced for all ability categories.
  - 6.5.1.5 National Youth A Rankings. A ranked list of all Youth A riders will be determined by total points scored in Youth A events. Points scored in non-Youth A events (for example, where a rider has dispensation to ride in Junior events) shall not count towards a rider's Youth A ranking. Separate lists shall be produced for boys and girls.
  - 6.5.1.6 National Youth B Rankings. A ranked list of all Youth B riders will be determined by total points scored in Youth B events. Points scored in non-Youth B events (for example, where a rider has dispensation to ride in Youth A events) shall not count towards a rider's Youth B ranking. Separate lists shall be produced for boys and girls.
  - 6.5.1.7 No national rankings shall be produced for Youth C or younger category riders.
- 6.5.2 Licence points gained in Regional events will be utilised to determine the following Regional rankings:
- 6.5.2.1 Regional Individual Rankings. A ranked list of all riders will be determined by total points scored in Regional events, and produced for 2nd, 3rd and 4th category riders.
  - 6.5.2.2 Regional Club /Team Rankings. A ranked list of clubs / teams will be determined by total points scored in Regional events, with a maximum of 3 scoring riders per club / team in any one event. Points will only be scored for a club / team if the event is held in the Region in which the club / team is registered.
- 6.5.3 Points scored by Elite and 1st category riders in Regional C+ events will count towards National rankings.
- 6.5.4 Points scored by 2nd, 3rd and 4th category riders in Regional C+ events will count towards Regional rankings
- 6.5.5 Points scored by 2nd and 3rd category riders in National events will count towards both National and Regional rankings
- 6.5.6 For the purpose of National Region Rankings and Regional Individual Rankings, points will be awarded on the basis of the rider's region of residence, and not of his club / team affiliation. Those residing at a non-permanent address, e.g. full-time students and members of the armed forces, may opt to record their points for the region of either their temporary or permanent address.

## 7 Eligibility to Compete

- 7.1 A rider is ineligible to compete unless he holds the level of membership and/or licence, appropriate to the event, of a Federation recognised by the Union Cycliste Internationale.
- 7.2.1 Entries must be made to the organiser by the closing date. The entry shall be accompanied by the appropriate entry fee, failing which the entry shall be void. The organiser may reject any entry, and any rejections shall be returned to the entrants no later than three days after the closing date of the event. The organiser shall ensure that all entry details are available at the race for inspection by the Chief Commissaire
- 7.2.2 The maximum number of competitors in all open events shall be accepted except where an application for an extended or restricted field or an overflow event has been approved by the Scottish Cycling Board. The field shall be selected on merit taking account of any category or other restrictions published in the National Calendar. Fields shall not be compiled in advance of the published closing date.
- 7.2.3 In Scottish National Championship events due regard shall, when appropriate, be made for team entries. The closing date for Scottish National Championships shall be 14 days prior to the event. In all other events an organiser may set a preferred entry date of up to 7 days prior to the event. Entries received after this date may be accepted and may be subject to an increase in the published fee of up to a maximum of double the stated fee for that event.
- 7.3.1 A competitor must not enter, nor accept an invitation to compete, in more than one event (whether under the regulations of [Scottish Cycling](#), [British Cycling](#) or [Cycling Time Trials](#)) on the same day except when his entry or

- acceptance for one event has been withdrawn before the closing date for that event, or it is possible and reasonable for him to start and finish in both events, or with the consent of both event organisers.
- 7.3.2 Where a rider fails to compete in an event under these Regulations after previously having accepted an offer of expenses or an invitation to compete in the event, such failure shall be a breach of these Regulations, unless it was caused by illness or other reason satisfactory to the organiser of the event.
- 7.3.3 **The designated organiser of an event is ineligible to compete in that event.**
- 7.4 Whenever a resident outside the United Kingdom, Isle of Man and the Channel Islands and holding a licence issued by the U.C.I. or by an overseas Federation is invited and agrees to compete in an event which carries UCI ranking points in [Scottish Cycling or British Cycling](#) territory the organiser shall notify full details of the invitation to the Competition Director of British Cycling.
- 7.5 An individual who is not normally resident in the United Kingdom, the Isle of Man or the Channel Islands and who is not a member of a club affiliated to [Scottish Cycling or British Cycling](#) may compete in events promoted under these regulations provided that he is a member of a club which is affiliated to a national governing body which is itself affiliated to the U.C.I. and holds a current racing licence issued by such governing body, and is authorised by it to compete in the U.K. Any such individual shall compete in the name of his home club unless he is a member of a national or regional representative team.
- 7.6.1 Where a rider is invited by the [Scottish Cycling](#) Board to represent [Scottish Cycling](#) the invitation shall take precedence over any entry he may already have made to another event, and the rider shall so inform the organiser.
- 7.6.2 Where a rider has withdrawn from an event due to accepting a [Scottish Cycling](#) Board selection, the organiser may accept a substitute entry from the rider's club or representative team provided the substitute rider can enter without being in breach of T.R. 7.3.1.
- 7.6.3 Where [Scottish Cycling](#) National teams are selected to ride in a British event the selection must be made not less than seven days before the closing date for the event.
- 7.6.4 Where a rider has been entered into an event on a team entry form, the organiser may accept a substitute entry from the rider's team provided the substitute rider can enter without being in breach of T.R. 7.3.1.
- 7.7.1 No team or individual may represent [Scotland or one of its Regions unless chosen by the Scottish Cycling Board or appropriate Region](#).
- 7.7.2 No composite team may compete abroad without having obtained [Scottish Cycling Board](#) approval. Such applications must be made in writing to the [Scottish Cycling](#) Board at least three weeks in advance of the event concerned.
- 7.8 No [Scottish Cycling/British Cycling](#) member shall in any way compete or interfere in an event when not an eligible competitor.
- 7.9.1 Every competitor shall produce his current racing [licence or membership, as appropriate](#), before he is issued with his competitor's number or allowed to compete.
- 7.9.2 Whilst he is competing the licence shall be retained in the custody of an official appointed for the purpose by the event organiser.
- 7.9.3 For all events, only competitors whose names appear on the list of competitors and/or signing- on sheet shall be allowed to start.
- 7.9.4 No organiser shall enter or advertise as a competitor any rider who has not submitted an entry or acceptance.
- 7.9.5 The current holder of a Championship or Trophy shall be given free entry to defend his title or trophy.
- 7.10.1 A rider may only be a first claim member of one club for all forms of road and track competition, [refer to TR 2.1.7 for definition first claim club](#).
- 7.10.2 A competitor in an open event may only enter and compete in the name of his first claim club, as an individual member, or as a member of a National, Region or Association representative team.
- 7.10.3 For club and team events, a rider may only represent that club, team or [Scottish Cycling](#) region as reflected on their competition licence or membership on the date on which entries are advertised as closing.
- 7.10.4 When changing his first claim club a member must immediately send his [Scottish Cycling/British Cycling](#) membership certificate to [British Cycling](#) Headquarters for the change to be made. The membership certificate will be forwarded to the Secretary of the new Club.
- 7.10.5 A rider may apply to include more than one club or team on his competition licence where he wishes to ride for different clubs or teams in different disciplines. All such clubs or teams must be affiliated to [Scottish Cycling/British Cycling](#) or another UCI affiliated Federation.

- 7.10.6 Competitors who are regular members of HM Armed Forces are also permitted, when chosen by their parent service or by the Combined Services Cycling Association, to represent those organisations in open events.
- 7.10.7 Competitors who are full-time students at University or other establishment of further education are also permitted to represent the affiliated Club of that establishment during term time.
- 7.11.1 All entries shall be made and all races ridden in the real name of the competitor.
- 7.11.2 The submission of an entry form [or application via an online system](#) shall be taken to mean that the particulars contained on the form are accurate and complete.

## 7.12 Youth Events

Youth category riders may only compete amongst themselves except in the following circumstances:

- 7.12.1 Where dispensation is issued under the provisions of T.R. 6.2.7.3, 6.2.7.4 or 6.2.7.5, or under the provision of T.R. 6.3.1.6.
- 7.12.2 Races open to male Youth A category riders, with the exception of [Scottish and British National Championships](#), will also be open to 1st category junior female riders, and 2nd, 3rd & 4th category female riders of any age.
- 7.12.3 All female-only Youth A races, with the exception of [Scottish and British National Championships](#), shall also be open to 3rd and 4th category female riders.

## 7.13 Non Member Events

Affiliated clubs may promote events for non- members. Participation in such an event by a non-member will constitute an acceptance of and an agreement to comply with and to be bound by the [Scottish Cycling Bye Laws](#), the [Scottish Cycling Technical Regulations](#) (subject to T.R 7.13.3 and 7.13.4, below) and the [Disciplinary Rules of British Cycling](#).

- 7.13.1 These events must be on closed circuits, closed roads, or on the track.
- 7.13.2 Applications shall be made and a permit issued in accordance with the appropriate Regulations.
- 7.13.3 Competitors in these events need not comply with T.R. 8.1.1, 8.1.2. and 8.1.3. except that protective headgear as laid down in T.R. 8.6 must be worn.
- 7.13.4 Competitors in these events need not comply with the gear restrictions contained in T.R. 3.3.1 and 3.3.2.
- 7.13.5 For these events an insurance fee as defined in [Scottish Cycling Bye Law 12.8](#) shall be charged in addition to the entry fee set by the organiser.
- 7.13.6 Entrants for these events shall complete an entry within the signing on sheet and this shall be retained by the event organiser together with a completed parental consent form for any person who is under 18 years of age on the day of the event.
- 7.13.7 The signing on sheet, parental consent forms and the insurance fees shall be forwarded to [Scottish Cycling](#) no later than 7 days after the event.

## 8 Dress

- 8.1.1 When competing under these Regulations competitors (other than as provided in T.R. 7.13 and 8.1.8.) must be completely clothed from neck to no shorter than mid-thigh in a costume which consists of a sleeved jersey and racing shorts, or tights or a one-piece costume resembling this.

**It is forbidden to wear non-essential items of clothing or items designed to influence the performances of a rider such as reducing air resistance or modifying the body of the rider (compression, stretching, support).**

**Note This clause prohibits the use of compression socks.**

- 8.1.2 When competing under these Regulations riders (other than as provided in T.R. 8.1.8 and 8.1.9) shall wear Club or Region registered design and colours, as is appropriate.
- 8.1.3 The racing costume of a competitor must be free of all lettering except for the name of his club or representative team and as permitted by T.R. 9.
- 8.1.4 Registered club clothing may carry contact details such as E-mail or Web Site addresses. Where within such an address there is a reference to a commercial enterprise, a separate advertising agreement shall be registered and sponsorship registration fee shall be paid where one does not already exist.
- 8.1.5 No competitor shall wear a political sign or badge on his racing costume.
- 8.1.6 Any form of eye protection or spectacles worn must be of a non-splinterable material.
- 8.1.7 No competitor who is dirty or untidily dressed shall be permitted to start.



8.1.8 Foreign competitors shall be permitted to wear any jersey which complies with their own Federation's requirements.

8.1.9 In Road and Track events Youth, Fourth and Provisional category licence holders and [Scottish Cycling/British Cycling](#) non licence holders will be allowed to wear any suitable clothing whilst competing in events under the [Scottish Cycling](#) Technical Regulations, including that bearing registered or unregistered advertising except in the case of [Scottish](#) National Championships when they must comply with T.R. 8.1.1 to 8.1.6. However protective headgear must be worn in accordance with T.R. 8.6. [When competing in time trials competitors with silver membership and above must wear registered club colours.](#)

**Note:** [Any option to wear alternative suitable clothing is solely for the purpose of removing barriers to newcomers entering the sport. When selecting clothing for competition competitors should give consideration to how easily they can be identified by race officials, other competitors and third parties not participating in the competition. This is significant for Road and Time Trial events on the open road and competitors should consider clothing that makes them clearly visible to other road users. For clarification, above the waist clothing that is predominately black or dark coloured is considered unsuitable for use in competition.](#)

## **8.2 Registration of Clothing**

8.2.1 Affiliated Clubs, Trade Teams and Individual Members shall register the design and colour of their racing costume with [Scottish Cycling](#) Headquarters. Affiliated Clubs and Teams are permitted to register only one kit per calendar year for all forms of competition. Members of an affiliated Club or Team may not wear a kit registered during a previous year if that kit is different from the currently registered Club or Team kit. Upon approval [Scottish Cycling](#) Headquarters shall notify the appropriate Region of the design and colour.

8.2.2 [Scottish Cycling](#) Headquarters shall keep a Register of Colours and shall have power to require clubs with similar colours to alter the designs to prevent duplication.

8.2.3 Any organisation, other than the club or team itself, wishing to place its club name on racing clothing shall register an advertising agreement.

8.2.4 Each [Scottish Cycling](#) Region shall register the design and colours of its racing costume with [Scottish Cycling](#) Headquarters.

8.2.5 The [Scottish Cycling](#) Board shall have power to require Regions with similar colours to alter the design to prevent duplication.

## **8.3 Representative & Championship Jerseys**

8.3.1 [Riders may wear the Scottish national or Scottish regional representative jersey only when competing as members of a team selected by the Scottish Cycling Board/Regional Board to represent Scotland or Scottish Region as the case may be.](#)

8.3.2 Only the current holder of a World, National or Scottish Championship shall wear the jersey appropriate to those Championships and then only when competing in the type of racing at which he is Champion.

## **8.4 British National Championship Jerseys**

8.4.1 The design of a British National Championship jersey for men and women shall be white with 5 cm wide red, white and blue bands around the chest, the red band being uppermost.

8.4.2 The design of a British National Championship jersey for Masters shall be blue with 5 cm wide red, white and blue bands around the chest, the red band being uppermost.

8.4.3 The British National Championship jersey must be worn by the holder when competing in events of the relevant discipline, unless eligible to wear the jersey of World Champion, European Champion or event/series leader. Duration of the event is taken from signing on to the completion of any presentation ceremonies.

8.4.4 The following advertising inscriptions are permitted on British National Championships jerseys:

8.4.4.1 On the front and back - within a rectangle with a maximum height of 10 cm.

8.4.4.2 On each side - a lateral band with a maximum height of 9 cm.

8.4.4.3 On quarter sleeves - one line with a maximum height of 5 cm.

8.4.4.4 The garment manufacturer's mark may also appear once and within a maximum area of 25 sq. cm.

8.4.4.5 The only inscription which is permitted on the British National Championship jersey presented to a rider on the podium immediately after a British National Championship is that of the garment manufacturer which may appear once and within a maximum area of 25 sq. cm.

## **8.4.5 Scottish National Championship Jersey**

*Design and specification to be agreed by Scottish Cycling*

## 8.5 Race Numbers

- 8.5.1 The wearing of numbers shall be compulsory on track and road.
- 8.5.2 The number(s) shall be securely attached and not be folded, obscured or mutilated in any way.
- 8.5.3 With the exception of time trials, motor pace, tandem events and pursuits where a single number only is required, two body numbers, or a one piece panel equivalent to this, shall be worn in all road and track events.
- 8.5.4 When photo finish equipment is being used for an event, shoulder or frame numbers must be worn or fitted as appropriate and shall be attached as specified.

**Note:** *Details of recommended sizes for numbers are available from Scottish Cycling Headquarters.*

## 8.6 Protective Headgear.

- 8.6.1 A rider whilst racing or training in any cycling discipline, with the exception of training on the open road shall wear properly affixed protective headgear which must be of a hard/ soft shell construction. "Aero Style" helmets are acceptable for individual time trials (road or track) providing they are in line with that which is permitted under the current UCI regulations.

**Note:** *In order to assist riders [Scottish Cycling](#) and [British Cycling](#) advises all competitors that protective headgear must take the form of a hard/soft shell helmet which should conform to a recognised Standard such as SNELL B95 (Snell Memorial Foundation), AUS/NZS 2063:96 (Australian and New Zealand standard), DIN 33-954 (TUEV Institute Germany), CPSC or EN 1078 (Europe). Other Standards are available, but competitors and/or parents/guardians should obtain proof that a Standard is adequate for the purpose for which they intend to use the article.*

*The current British Standard (BS 6863) is primarily intended for use by young riders. This standard is not intended to provide a complete specification for helmets for high speed or long distance riding. A copy of the complete foreword to the British Standard can be obtained from [British Cycling](#) Headquarters.*

*It is emphasised that it is the responsibility of the rider (or the parent or guardian if the rider is under 18 years of age) to select a standard of protective headgear which offers protection against head injury and does not restrict the rider's vision or hearing. This responsibility also applies to ensuring that the headgear is undamaged and in good condition. It is pointed out that any helmet which suffers damage (e.g.. in the case of an accident or through mishandling) may no longer afford the same level of protection.*

*[Scottish Cycling](#) and [British Cycling](#) makes no warranties or representations regarding the adequacy of any Standard or the fitness for the purpose of any brand of protective headgear and will not accept any claims arising from the use of any particular headgear.*

## 9 Advertising Agreements

- 9.1 Any Affiliated Club, Region, Trade Team or individual member may enter into agreement with commercial sponsors of unlimited number.
- 9.2 Each sponsorship agreement entered into by a club, trade team, [Region](#) or individual rider will be required to be registered with the [Scottish Cycling HQ](#) at the start of each season, together with details of jersey design, and placing of advertising material [and the appropriate fee](#).
- 9.3 Two copies of the advertising agreement registration form should be forwarded to [Scottish Cycling Headquarters](#) together with the appropriate fee.
- 9.4 Each advertising agreement must be registered with [Scottish Cycling](#) annually, even if the agreement between the parties covers a longer period. [A copy of the advertising agreement registration form should be forwarded to the Scottish Cycling HQ together with the appropriate fee. The appropriate fee shall be payable in respect of each of the first 4 advertising agreements specific to any club, Region, trade team or individual, with any additional agreements being registered without charge.](#)

*[Note:](#) If a club has sponsorship and an individual member of that club gains further support, the clubs agreements do not count towards the rider's total number of agreements. i.e. the first four agreements of an Individual Member are subject to registration fees regardless of how many agreements the member club may have.*

- 9.5 Riders, once subject to a formal agreement, may display without restriction any related advertising material, with the exception of political signs, on clothing, etc.
- 9.6 Riders shall not compete in the name of, wear the colours or advertising material of, nor have their names or cycling performances advertised in any manner whatsoever by any sponsor unless the latter is currently registered with [Scottish Cycling](#).

## 9.7 Contracts

- 9.7.1 Individual riders entering into personal contracts, either directly with a sponsor or with a third party, as part of a team or individual agreement, may, if they wish, lodge with the [Scottish Cycling](#) details of the core elements of their personal contract without disclosing specific financial details confidential to parties to the contract.
- 9.7.2 No rider shall enter into contract with more than one main sponsor or group of main sponsors, nor with more than one secondary sponsor for a specific accessory.
- 9.7.3 No rider shall contract with a secondary sponsor without the approval of the main sponsor with whom [they](#) have an existing contract.
- 9.7.4 Any dispute between the parties to a contract made under this Regulation shall be decided by the [Scottish Cycling Board](#). Its decision shall be final and binding on all parties.
- 9.7.5 Should a rider involved in such dispute be considered at fault, he shall be regarded as being in breach of these Regulations and may, in addition, be required to return or make good to his sponsor or sponsors any benefit he has received under the contract. This shall also apply to a rider penalised for any other breach of these Regulations.
- 9.7.6 Where a sponsor shall be considered at fault his sponsorship may be suspended in which case the [Scottish Cycling Board](#) shall rule that:
- 9.7.6.1 Any riders under contract to him shall then be free to compete as individuals but not to enter into any other contracts, or
- 9.7.6.2 The sponsorship may be revoked entirely, in which case the riders shall be free to enter into other contracts by permission of the [Scottish Cycling Board](#). No benefits had by the riders shall be returnable in this case, but the sponsor may be held liable for the full payment of contract fees, or
- 9.7.6.3 The contract declared void, in which case the parties shall be free to enter into new contracts.
- 9.7.7 Every contract shall be valid for a period of [one year](#) from the date specified therein, and shall be registered with the Chief Executive of [Scottish Cycling](#). Where the period of the contract runs from one year into another the contract shall become void from the 1st January of the second year unless and until such time as the rider concerned shall have renewed [his SC/BC licence](#) for that year.

## 9.8 Advertising Material

- 9.8.1 All riders under contract shall wear the colours and advertising material of the sponsor, and their names and cycling performances may be advertised. In such advertisement the correct title, style and year must be stated.
- 9.8.2 The inscriptions on each item of clothing shall comply with the requirements laid down from time to time by the [Scottish Cycling Board](#) in accordance with U.C.I. Regulations.
- 9.8.3 No sponsor may advertise past successes unless currently registered with [Scottish Cycling](#) and having riders under contract. No rider's name or performances shall be used by the sponsor for publicity purposes unless that rider is currently under contract.
- 9.8.4 Trade team vehicles, and other vehicles used for the purpose of race service support to sponsored clubs, must carry the names of the principal sponsors.

## 9.9 Event Entries and Contracts

- 9.9.1 The sponsor or his agent may enter his riders under contract in events, and all negotiations concerning these riders shall be between the organiser and the sponsor or his agent.
- 9.9.2 A rider under contract retiring from a race after the start for no apparent good reason shall be the subject of special enquiry by the Chief Commissaire who shall report the matter to the [Scottish Cycling Board](#) if necessary.
- 9.9.3 Throughout an event no publicity matter associated with the contracted riders competing shall be concealed, defaced or otherwise obscured until the event is declared completed by the Chief Commissaire.
- 9.9.4 Appearance and/or starting money may only be paid as permitted by U.C.I. Regulations, and in such circumstances a contract will be entered into. This contract may be revoked by mutual agreement in writing, up to 15 days before the commencement of the event but, if not so revoked, the contract shall be binding.
- 9.9.5 When a rider is not contracted as in T.R. 9.9.4 above, he shall submit an entry form to the organiser.
- 9.9.6 Entry for events shall be governed by T.R. 20.4.1.
- 9.10 [SC Regions](#) may register Advertising Agreements in accordance with the provisions of the [Scottish Cycling Bye Laws and Technical Regulations](#), except that no fees shall be payable.
- 9.11 These Regulations, and all decisions of the [Scottish Cycling Board](#) in relation to sponsorship issues, shall be binding on all sponsors, whether main or secondary.

## 10 Miscellaneous

- 10.1 All those who compete in any of the events authorised under these Regulations do so at their own risk, whether or not they be members of [SC](#), and no liability shall attach to [Scottish Cycling](#) or to any of its officials in respect of any loss or injury sustained or caused by anyone competing in such events.
- 10.2 All entry forms, prospectuses, programmes, start and finishing sheets, contracts, advertisements (except for those which appear in official [Scottish Cycling](#) or [British Cycling](#) publications) and other similar literature used or displayed in connection with races held under these Regulations must bear the words 'Under the Technical Regulations of [Scottish Cycling](#) and, except for contracts and advertisements, must bear the name and contact details of the organiser.
- 10.3 Any competitor who is not ready at the advertised time of start of a heat or race, or when called upon to start, shall not be allowed to compete.
- 10.4 The use in competition of cameras attached to riders, cycles or helmets is prohibited, unless previously authorised in writing by the British Cycling Board. Unless prohibited by the regulations of individual disciplines, cameras are permitted during practice or designated training sessions. The rider is solely responsible for securing the fixation of the camera in order to avoid any danger or distraction
- 10.5 Any member who strikes or interferes with another member during the course of an event or whilst still under the jurisdiction of the commissaire(s) or as a consequence of any race shall be liable to disciplinary action under the Technical Regulations and/or the Disciplinary Rules.
- 10.6.1 If a rider falls in the course of a race and is assisted on to his machine by another person, he is entitled to any prize he may win, and is not disqualified by reason of this outside assistance.
- 10.6.2 If a cycle be disabled in a race, the rider may use another cycle which fulfils the conditions of T.R. 3.
- 10.7 It shall be a breach of these Regulations for riders to combine or conspire improperly to affect the course of a race, but this Regulation shall not prevent the employment of ordinary team tactics by members of the same team.
- 10.8 The placings of competitors at the finish of a race shall be according to the order in which the first part of their respective machines crosses the finishing line.
- 10.9 A race shall end, if no time has been fixed or other notification made beforehand when the last rider has crossed the finishing line, or at the discretion of the Chief Commissaire.
- 10.10 Any matter that may constitute Misconduct (as that term is defined in the [British Cycling](#) Disciplinary Rules) must be reported to [Scottish Cycling](#) for forwarding to the [British Cycling](#) Disciplinary Officer as soon as reasonably practicable (and ordinarily within 72 hours of occurring).
- 10.11 The promoter of any event shall have the right before the day of the event to make any alterations that he may deem necessary to the published programme except that the prize values may not be reduced and where a programme is timed, no heat or race may be started before the time stated in the programme, except with the consent of all the competitors in the heat or race.
- 10.12 No Club, Association, Promoter, Sponsor or an Agent for any such Club, Association, Promoter, or Sponsor may enter into negotiations for or permit any cycling event to be televised either live or subsequently, or filmed, videotaped, or sound recorded, without the prior permission in writing of [Scottish Cycling](#). This Regulation shall not apply to films, tapes or recordings made and used solely for news coverage.
- 10.13 Betting is only permitted on racing held under these Regulations if conducted in accordance with the Disciplinary Rules and under conditions laid down by the [Scottish Cycling](#) Board.
- 10.14 No lotteries may be held on any events held under [Scottish Cycling Technical Regulations](#) or under a [Scottish Cycling permit](#) except with the permission of the [Scottish Cycling](#) Board.

## 11 Banned Substances Anti-Doping

- 11.1 The administration to, or use by, a rider of a banned substance or method shall be a breach of the Technical Regulations for all disciplines of British Cycling Federation and its associated bodies and Cycling Time Trials events.
- 11.2 Any rider or other person committing or attempting to commit a fraud which may influence the result of a test shall also be in breach of these Regulations.
- 11.3 Any Member of [Scottish Cycling](#) or [British Cycling](#) or other person who is directly or indirectly an accessory to the fact in the case of a rider being found to have breached T.R.11.1 or 11.2 shall be deemed to be in breach of the Regulations.

- 11.4 The procedures laid down in the [British Cycling's](#) Anti-Doping Regulations, which shall be considered to be an integral part of these Technical Regulations, shall apply to all tests for banned substances and methods carried out at races held under these Technical Regulations and to tests for banned substances and methods conducted on members outside of competition, including the whereabouts requirements and responsibilities which apply to selected riders in the UCI and the National Whereabouts Pools.

Note: Further information on Anti-Doping can be found at <https://www.britishcycling.org.uk/antidoping>

- 11.5 [British Cycling's](#) Anti-Doping Regulations shall be subject to amendment from time to time by the [British Cycling](#) Board to ensure that the Regulations continue to comply with the Anti-Doping Examination Regulations of the U.C.I. and/ or WADA and advice supplied by the relevant Advisory Bodies.

- 11.6 All disciplinary matters in connection with alleged breaches of the [British Cycling's](#) Anti- Doping Regulations shall be dealt with by an Anti-Doping Tribunal appointed by [British Cycling](#) Board. The procedures for hearings shall be as laid down in the [British Cycling](#) Bye-Laws.

**Note:** *Full details of the Anti-Doping Regulations and the List of Prohibited Substances are available from [British Cycling](#) Headquarters or from the UCI Website.*

## 12 Race Infringements and Penalties

- 12.1 Depending on the nature of the offence, commissaires may at their discretion impose a range of penalties upon riders, managers, helpers or officials. Such penalties may range from a reprimand/warning, relegation, time or points penalty, disqualification or a fine.

- 12.2 Fines may be imposed on any category of rider in any type of event. In deciding upon the most appropriate form of penalty to impose, commissaires must take into full account the nature of the offence and the category of rider concerned.

- 12.3 Where fines are imposed the guide for race infringements by Elite category riders shall be:

- 12.3.1 Ignoring road and traffic signs.

### 12.3.1.1 Single day race.

- 12.3.1.1.1 First offence. Minimum fine £5.00; maximum fine £15.00 or all of the prize money won in the race if over £15.00;
- 12.3.1.1.2 Second offence. Minimum fine £10.00; maximum fine £30.00 or all of the prize money won on the race if over £30.00;
- 12.3.1.1.3 Third offence. Minimum fine £25.00; maximum fine £75.00 or all of the prize money won on the race if over £75.00;
- 12.3.1.1.4 Fourth offence - Disqualification.

### 12.3.1.2 Stage race

- 12.3.1.2.1 First offence. Minimum fine £5.00; maximum fine £15.00 or all of the prize money won on the stage during which the offence was committed if over £15.00 plus a time penalty of 2 minutes.
- 12.3.1.2.2 Second offence. Minimum fine £10.00; maximum fine £30.00 or all of the prize money won on the stage during which the second offence was committed if over £30.00 plus a time penalty of 5 minutes.
- 12.3.1.2.3 Third offence. Minimum fine £25.00; maximum fine £75.00 or all of the prize money won on the stage during which the third offence was committed if over £75.00 plus a time penalty of 5 minutes.
- 12.3.1.2.4 Fourth offence. Disqualification and all prize money won during the stage forfeited.

### 12.3.2 Pacing

- 12.3.2.1 Single day race. Minimum fine £10.00; maximum fine £20.00. The Chief Commissaire may also disqualify.
- 12.3.2.2 Stage race. Minimum fine £10.00; maximum fine £20.00 plus a time penalty of 20 seconds per offence.
- 12.3.3 Towing. Fine £100.00 plus disqualification.
- 12.3.4 Race conduct. Minimum fine £5.00; maximum fine £100.00. The Chief Commissaire may also disqualify.
- 12.3.5 Race procedure. Maximum fine £10.00.

### 12.3.6 Dangerous riding

- 12.3.6.1 Single day race
- 12.3.6.1.1 First offence. Minimum fine £10.00; maximum fine £30.00 or all prize money won on the race if over £30.00.

- 12.3.6.1.2 Second offence. Minimum fine £40.00; maximum fine £75.00 or all prize money won on the race if over £75.00.
- 12.3.6.1.3 Third offence - Disqualification.
- 12.3.6.2 Stage race
- 12.3.6.2.1 First offence. Minimum fine £10.00; maximum fine £30.00 or all of the prize money won on the stage when the offence was committed if over £30.00 plus a time penalty of 2 minutes.
- 12.3.6.2.2 Second offence. Minimum fine £50.00; maximum fine £150.00 or all of the prize money won on the race if over £150.00 plus a time penalty of 10 minutes.
- 12.3.6.2.3 Third offence - Disqualification.
- 12.4 All penalties issued under this Regulation shall be reported to [Scottish Cycling HQ which shall be responsible for collecting any fines imposed.](#)

## 13 Prizes

- 13.1 Unless the race has been subject to an Anti- Doping control, prizes must be presented on the day to their winners.
- 13.1.1 Where a single day race has been the subject of an Anti-Doping control, prizes due to riders selected for testing shall be withheld until the result of the control is known.
- 13.1.2 Where a stage race has been the subject of an Anti-Doping control, all prizes must be presented on the final day to their winners.
- 13.2 The award of any prize to a successful competitor shall be subject to his eligibility to compete, and to the statements on his entry form being accurate and complete.
- 13.2.1 If it be shown subsequently that a prize winner was not eligible, or that the statements on his entry form were inaccurate or incomplete, the award of the prize shall give him no claim or title to it and he must return it forthwith to the organiser of the event.
- 13.3 No rider shall be entitled to any prime or lap prize unless he completes the full distance of the race, or satisfies the Chief Commissaire that his retirement is due to some good and sufficient reason.
- 13.4 In open road races mixed or composite teams consisting of riders from different clubs or sponsors will not be eligible for a team award, unless the teams are national, area, centre of excellence, or Region teams entered as such.

## 14 Calendar of Events

- 14.1.1 Each [Scottish](#) Region shall, by the 1st September in each year, compile [and submit to Scottish Cycling HQ](#) a calendar of the forthcoming year's races in its area, holding a Date Fixing Conference of organisers if necessary.
- 14.1.2 [Scottish Cycling](#) shall adjudicate when two or more events clash in date and/or route, and its decision shall be final.
- 14.1.3 Other than where sanctioned by the [British Cycling](#) Board under the provisions of T.R. 15.2.1. any club, Association, league or other organisation promoting competitive events under these Regulations shall be affiliated to the [Scottish Cycling/British Cycling](#).
- 14.2 [Scottish Cycling's Events Manager](#) will compile all [Scottish Regional calendars](#) into a [National calendar for Scotland](#) for the forthcoming year and sent it to the Competition Director of the British Cycling by 30th October, accompanied by that part of the permit fees for the events listed in the Calendar due to be sent to the Competition Director under the provisions of T.R. 15.2. The Competition Director of the Federation shall compile a National Calendar incorporating the [English, Welsh and Scottish](#) Calendars as submitted to him. The [British](#) National Calendar shall be reproduced in an appropriate format. Non-standard closing dates and events where entries will be accepted on the day shall be so indicated as will the categories of riders from whom entries will be accepted, e.g. E, 1, 2, 3, 4, Jun, Youth A, B, C, D or E, W1, W2, W3, W4, or the various Masters categories. The description "All" is not acceptable.
- 14.3.1 The levies and any temporary single event licence fees (as detailed in British Cycling Bye-Laws 3.5, 3.7 and 3.8) shall be collected by the race organiser and forwarded, no later than 7 days after the event, [via the online levy collection system or direct to Scottish Cycling HQ](#). The organiser shall forward with the levies a copy of the programme, indicating those reserves, if any, whose levy was returned as per T.R. 20.2.5.3., and the levy return form completed by the Chief Commissaire. In the case of races where entries have been taken on the day a copy of the signing on sheet must be sent in place of one of the programmes.

- 14.3.2 [Scottish Cycling HQ](#) shall make a detailed return to the [British Cycling](#) for each calendar month, setting out all events held in Scotland for which the levy is due during the month whether payment has been received for them or not and where possible giving the number of entries received in those events and the amount paid by the organiser to [Scottish Cycling](#). This shall be done within 14 days of the end of the month and shall be accompanied by the levies and any day membership and licence fees received by [Scottish Cycling](#) during the period in question.
- 14.3.3 Where an organiser fails to forward the levy within 7 days of the event the [Scottish Cycling](#) shall issue no further permits to the organiser or promoting club or organisation until the outstanding levy is paid and withdraw any permits already issued.

## 15 Permits

### 15.1 Standard Event Procedures

- 15.1.1 A Club, Association, or organisation, whether or not affiliated to [Scottish Cycling](#), wishing to promote an event on the open road or on a circuit under these Regulations (other than those referred to in T.R. 15.2.1.) shall apply to [Scottish Cycling](#) for a permit at least eight weeks prior to the date of the proposed event.
- 15.1.2 A Club, Association, or organisation, whether or not affiliated to [Scottish Cycling](#), wishing to promote a Track or Closed Circuit Meeting under these Regulations (other than those referred to in T.R.15.2.1.) shall apply to [Scottish Cycling](#) for a permit at least eight weeks prior to the date of the proposed event.
- 15.1.3 No event may be styled as a championship (except a club or association championship) without the approval of the [Scottish](#) Region concerned.
- 15.1.4 No event may be styled as a [Scottish](#) National Championship without the approval of the [Scottish Cycling](#) Board.
- 15.1.5 Organisers of race meetings on closed circuits or closed roads or on tracks shall include events for youth category riders and/or non-members. The [Scottish Cycling](#) Board shall have the power to waive this Regulation upon the request of the event organiser.
- 15.1.6 No event shall be sanctioned by the permit issuing body without the completion and submission of the appropriate Risk [Assessment\(s\) and event documents to that body](#).

### 15.2 Special Event Procedures

- 15.2.1 Applications for permits for races by organisations not affiliated to, [Scottish Cycling](#), or applications in respect of international events on the U.C.I. Calendar, [British](#) National Championships, [British](#) National Series, [British](#) Inter Region Championships, the Tour of Britain, events lasting 5 days or more and any National A road events shall be forwarded to [British Cycling](#) HQ for approval. [British Cycling](#) HQ shall publish any deadline for such applications in advance.
- 15.2.2 The permit shall be issued by the [British Cycling](#) Board.
- 15.2.3 The granting of a permit to events within the jurisdiction of the [British Cycling](#) Board shall involve the signing of such contracts as the Board sees fit, to ensure that such race or races take place, that prize monies are all paid, and that other necessary facilities be provided, dependent on the stature of the promotion concerned.
- 15.3 If a permit be granted it may subsequently be withdrawn by the [British Cycling](#) Board.

### 15.4 Circuit Races

- 15.4.1 An application for a permit for circuit racing shall describe the course to be used, and if it has not previously been used for such racing [Scottish Cycling](#) shall be given facilities for an inspection of the course if so desired.
- 15.4.2 No circuit race shall be held on a circuit of less than one kilometre in circumference without the permission of [Scottish Cycling](#).
- 15.4.3 Where a circuit is within the jurisdiction of another Region application must have been made to and approval given by the Secretary of that Region prior to the permit being issued.

### 15.5 Road Races and Time Trials

- 15.5.1 An application for a permit [for an event on the public highway shall](#) describe the course to be used (giving DoT identification numbers of the roads), and if it has not previously been used for an event, [Scottish Cycling shall ask the](#) [Scottish](#) Region, if necessary, [to carry out an inspection of the course](#).
- 15.5.2 Once approved, a [road race](#) course shall not be altered without the permission of the appropriate Chief Constable. The term Chief Constable shall, where necessary, mean the police officer appointed to deal with cycle racing under the Regulations.

- 15.5.3 Where a course extends into the area of another [Scottish](#) Region, application for approval must have been made to and had from the Secretary of that [Scottish](#) Region prior to application being made to the police. [For events that cross the border into England application should be made to the secretary of the relevant English region prior to application being made to the police.](#)
- 15.5.4 [The Event Organiser shall notify Chief Constable of their intention to organise a cycle event. Organisers should follow the process outlined in the Police Notification process. This process may be amended from time to time but the Event organiser shall provide the Chief Constable preliminary race details which shall include the course description; the length of the race; time of start; number of starters; and, where exemption is required from any of the provisions in paragraph 5\(1\) of the Cycle Racing on the Highway Regulations \(Scotland\), such details as are necessary to support the application for exemption.](#)
- 15.5.5 Where the preliminary race details are approved by [Scottish Cycling](#) the details shall be forwarded by [the organiser](#) to each Chief Constable in whose area the ~~road-race~~ event or any part of it takes place not less than seven weeks prior to the event.
- 15.6 All dealings with Police Scotland shall be by the Event Organiser
- Note:** [Please refer to the Cycle Racing on the Highways Regulations \(Scotland\) in the reference section of this Rulebook.](#)

## 16 Commissaires and Officials

- 16.1 The control of races shall be conducted by Commissaires trained and registered ~~by~~ [with British Cycling](#) as meeting the standards required for each discipline.
- 16.2 Registered Commissaires shall be graded as follows:
- 16.2.1 International Commissaires
- 16.2.2 [Elite National Commissaires](#)
- 16.2.3 National Commissaires
- 16.2.4 Regional Commissaires
- 16.2.5 [Trainee](#) Commissaires
- 16.3.1 The [British Cycling](#) Board shall set standards for training and qualifications for the training and registration of Commissaires at National, Regional and [Trainee](#) level which shall be published from time to time.
- 16.3.2 [British Cycling](#) shall, at intervals not exceeding 5 years, conduct examinations to enable Regional Commissaires to qualify as National Commissaires.
- 16.3.3 The [British Cycling](#) Board shall biennially seek evidence from individuals registered as National Commissaires of their continuing activity as Commissaires. Failure to provide such evidence may result in individuals being removed from the list of qualified persons.
- 16.3.4 International Commissaires shall be those commissaires who have passed a UCI examination as UCI International Commissaire.
- 16.3.5 All UCI and National Track Commissaires shall be accredited as Official Observers for the verification of event records.
- 16.4 International and National Commissaires may act in any part of the territory controlled by the Federation.
- 16.5.1 The appointment of Chief and Assistant Commissaires and Handicappers for track, road and circuit racing shall be subject to the approval of [the Scottish Cycling HQ or Scottish Region as appropriate.](#)
- 16.5.2 [No appointment shall be made allowing a person to act as the Chief Commissaire for a race promoted by a club of which he is a member. \(Modified Dec 2016\)](#)
- 16.5.3 The appointment of other officials shall rest with the organiser except that he must choose from the lists published by [Scottish Cycling](#).
- 16.6.1 The key Commissaires for events listed in T.R. 15.2. shall be appointed by the [British Cycling](#) Board. Officials so appointed must have successfully completed an approved and appropriate Commissaires Course as a U.C.I. or National Commissaire. An official appointed to an event by the [British Cycling](#) Board or a Region Committee shall be paid all out-of- pocket expenses
- 16.7.1 All persons appointed as event officials shall be permitted to wear uniform and advertising material issued by the event organiser.
- 16.7.2 Such material shall in general comply with regulations applicable to sponsored clubs (lettering sizes etc.).



- 16.7.3 The Chief Commissaire in conjunction with the event organiser can insist on appointed officials removing advertising material they consider inappropriate to the meeting concerned.
- 16.8 The officials at any racing authorised under these Regulations may not compete in the racing.
- 16.9.1 The Chief Commissaire shall have power to decide:
- 16.9.1.1 whether a competitor is properly entered (including if he possesses a current licence, or is under penalty); or
- 16.9.1.2 if a competitor is eligible for a race.
- 16.10.1 The Chief Commissaire (or other senior race official) must report in writing any breach of the Technical Regulations at an event to the Disciplinary Officer ([ordinarily through the Scottish Cycling Events Officer](#)) as soon as reasonably practicable, in accordance with the Disciplinary Rules. The Disciplinary Officer will then determine whether disciplinary action should be commenced against the individual(s) who committed such breach(es), pursuant to the Disciplinary Rules. For the avoidance of doubt, the fact that an individual has been penalised at an event in respect of an incident will not preclude or limit in any way the Disciplinary Officer's powers to instigate further disciplinary action in respect of the same incident, pursuant to the Disciplinary Rules.
- 16.10.2 The Chief Commissaire shall complete and forward to [British Cycling](#) Headquarters the official result card for each event for which licence points are awarded.
- 16.10.3 The Chief Commissaire must report details of any incidents requiring medical treatment, involving a third party, or involving damage to property which occur during the course of an event, and submit a separate incident report form in relation to such incidents. A copy of the incident and commissaire' report shall be forwarded directly to [British Cycling](#) Headquarters and copied to [Scottish Cycling](#) Headquarters.
- Note:** *A reportable incident is one that involves a third party or where any rider or official receives medical attention.*
- 16.10.4 All documentation shall be forwarded to arrive no later than three days after the completion of the event.
- 16.11 Protests against decisions made by the Commissaires/Referees should be laid with the Chief Commissaire/Referee whose decision shall be final.
- 16.12 Except in regard to reporting disqualifications or fines, the powers of a Chief Commissaire/Referee shall end when the other officials for the event have dispersed.

### 16.13 Payments to appointed officials

The event organisation shall pay reasonable travel, meal and accommodation expenses incurred by appointed officials in relation to the event. They shall ordinarily be at the rates defined by [Scottish Cycling Volunteer](#) expenses policy on travel and subsistence.

### 16.14 Timekeepers

- 16.14.1 [Scottish Cycling will facilitate training to qualify Regional Road and Regional Track Timekeepers. Qualification as a National Timekeeper is via British Cycling. All timekeepers must be Scottish Cycling/British Cycling members.](#)
- 16.14.2 No individual shall be appointed a Chief Timekeeper unless he has previously held appointment as an Assistant Timekeeper for at least one year, save that the [Scottish Cycling](#) Board may waive this qualification where it is satisfied the individual warrants immediate appointment as a Chief Timekeeper.
- 16.14.3 The [approval](#) of operators of fully automatic electronic timing devices shall rest with the [Scottish Cycling](#) Board.
- 16.14.4 Scottish Regions may appoint Regional Timekeepers, who must be members of Scottish Cycling for the purpose of timing Regional Championships and other Regional races.
- 16.14.5 Where more than one timekeeper is employed, the slower time for two, and the middle time for three, timekeepers shall be taken, unless two of three agree, in which case the agreed time shall be taken. Where a fully automatic electronic timing device is employed the time recorded by that device shall be taken. Hand held devices shall be for back-up only.
- 16.14.6 *Deleted*

### 16.15 Watches and Timing Devices

- 16.15.1 Timing devices used by Timekeepers shall be hand-held quartz crystal controlled timers. They shall meet the appropriate conditions prescribed below.
- 16.15.2 *Deleted No longer applicable*
- 16.15.3 *Deleted No longer applicable*
- 16.15.4 Quartz crystal controlled timers shall have a digital display with a height of not less than 5 mm and capable of showing times to at least 1/100<sup>th</sup> second. They shall have a split facility and be capable of recording two or more times. [They should also have the capability of displaying time of day.](#)

When first purchased, receipt of purchase or watch certificate should be sent to [Scottish Cycling](#) for registering before the watch is used to time a counting event for any of the Time Trial Best All Rounder competitions, or other championship event.

**16.15.5 Certificate of Measurement: Deleted**

16.15.6 Deleted

16.15.7 For track and roller events all timing shall be to 1/100<sup>th</sup> second. For road and circuit events timing shall be rounded down to the whole second. For time trials timing shall be to the next whole second, unless fractions of a second are required by the Organiser.

16.15.8 A fully automatic electronic timing device as approved by the [Scottish Cycling](#) Board may be used. Where they are used the times shall be recorded to the nearest 1/1000th of a second. Records manually timed shall be as required by T.R. 26.4.

16.15.9 Deleted

## 17 British National Championships

*Note: Please refer to the [British Cycling Technical regulations for the full list of British Championships and regulations applicable to those events.](#)*

## 18 Scottish National Championships

18.1.0 The [Scottish Cycling Board](#) may negotiate with approved promoters to stage any Scottish National Championship on agreed terms. The holding of each Scottish National Championship shall be at the discretion of the [Scottish Cycling Board](#), and it may cancel the holding of any Scottish National Championship where it is of the opinion that the quantity or quality of the entries received, or the arrangements made, for such Championship do not justify holding the Championship.

18.1.1 The [Scottish Cycling Board](#) reserve the right to inspect new courses submitted for proposed Championship events before granting Championship status in the event. It also may send representatives in advance to the scene of any Championship, to see that the arrangements for the Championships are satisfactory.

18.1.2 All Scottish Cycling Championships shall be open to: -

- a) Scottish Cycling/British Cycling members (members of clubs affiliated to the Scottish Cycling)
- b) Scottish Nationals (persons born in Scotland)
- c) Scottish Residents (persons who have lived in Scotland for three of the last five years)
- d) Persons who have at least one parent who was born in Scotland.
- e) Members of the armed forces who meet none of the above, but who by necessity are required to live in Scotland away from their normal residence.
- f) **For all team championships, eligibility requires at least one of the above criteria to be met, as well as each rider's licence showing the same club or team. Clubs or teams, in this instance, may be affiliated to any UCI registered governing body. For special cases see the current Scottish Track Championship regulations.**

Persons in sections (b), (c), (d) and (e) must be members of an UCI recognised Cycling Federation.

18.1.3 Where a Championship exists for male competitors, a Championship will also be recognised for the same category of female competitors. In Championships, defined distances need not be the same for male and female competitors.

18.1.4 Where a National Championship is postponed during competition, the results of any completed rounds shall stand and remaining rounds rescheduled, except in cases specifically approved by the [Scottish Cycling Board](#). Where no competition has commenced, the event may be re-scheduled. The closing date shall be set at 14 days prior to the re-scheduled date. Existing entries will have priority over new entries.

18.1.5 In all individual Championships, awards will be as follows:

8 or more entries	3 medals
6 or 7 entries	2 medals
5 entries or fewer	1 medal

Except where this is covered specifically in the rules of the discipline, whether [Scottish Cycling](#) Technical Regulations or Discipline Specific Championship Regulations, the [Scottish Cycling](#) Board may authorise races that combine championships run within the framework of a single race. In such cases the Board shall approve the allocation of medals and championship jerseys (if applicable) in advance on a race by race basis and shall inform the race organiser of the specific details within the terms and conditions laid down for the allocation of the championship(s).

- 18.1.6 Competitors in all Scottish Cycling Championships **other than Road Time Trials and Team Time Trials** are required to have a full Scottish Cycling/British Cycling or UCI racing licence. **Exceptions are as follows.**

In Road Time Trials and Team Time Trials the minimum eligibility is SC/BC Silver membership.

In MTB and Cyclo cross disciplines unlicensed riders may compete in a championship but will not be eligible for a championship placing. **In all other Scottish championships no other rider may participate in the event.**

### **Time Trial B.A.R. Championships**

- 18.2.1 All [Scottish](#) Best All Rounder championships, unless otherwise stated, shall be decided using the following formula

18.2.2 [Scottish](#) Championships shall be decided by the average miles per hour over the qualifying distances. This shall be done by adding the average speed at each of the qualifying distances and dividing by the number of distances. For example in the Scottish Middle Distance Time Trial BAR Championship the average speeds at 25 miles, 50 miles and 100 miles will be calculated, added together, divided by 3 and corrected to the third decimal place. Each rider's fastest performance in eligible events will be used for Championship purposes.

- 18.2.3 The [Scottish](#) Championship shall be limited to those open events over the qualifying distances which are entered on the [Scottish](#) National Time Trials Calendar.

- 18.2.4 For the Senior Middle Distance BAR, the individual awards shall be determined according to TR 18.1.5

Medals for 1st and 2nd fastest teams consisting of 3 first claim members.

Certificates of merit to the 12 fastest individuals.

For Women, male and female Junior, male and female Youth BARs the individual awards shall be determined according to TR 18.1.5

Medals for 1st fastest team consisting of 2 first claim members

Certificates of merit to the 6 fastest individuals

- 18.2.5 *Deleted*

- 18.2.6 Results **must be listed with British Cycling member number, name, club, time and** sent to [results@britishcycling.org.uk](mailto:results@britishcycling.org.uk) and [events@scottishcycling.org.uk](mailto:events@scottishcycling.org.uk) 3 days of the event being run. Promoting organisations failing to do so shall not have their events included in the [Scottish](#) BAR Championships in the following year. Promoters coming under this ban shall have the right to appeal against it to the [Scottish Cycling](#) Board.

- 18.2.7 *Deleted*

- 18.2.8 The final date upon which events shall be eligible for inclusion in the [Scottish](#) BAR championships shall be the last Sunday in September.

### **18.3 Best All Rounder Time Trial Championships**

Senior Middle Distance BAR      25, 50 and 100 miles

Women's BAR                              10, 25 and 50 miles

Junior BAR                                 10 and 25 miles, (2 fastest at each distance)

Youth BAR                                 10 and 25 miles

### **18.4 Team Time Trial Championship**

- 18.4.1 Open to club teams

Men    Teams of four

Women                                      Teams of three

Awards shall be 1st, 2nd and 3rd fastest teams.

### **18.5 Time Trial Championships**

- 18.5.1 SC shall recognise individual and team championships annually for men and women as follows:
- a) Men and Women at 10, 25, 50 and 100 miles.
  - b) Olympic Time Trial Men, between 40 and 60 km,  
Olympic Time Trial Women, between 20 and 50 km
  - c) Hill Climb Men and Women (not less than 1 mile).
  - d) Junior Men and Women, 10, 25 and 50 miles, non-standard distance between 20 and 30km
  - e) Individual Time Trials for youths over a sporting course.  
Youth A (Boys) 20 to 30km  
Youth A (Girls) 20 to 30km  
Youth B (Boys) 20 to 30km  
Youth B (Girls) 20 to 30km

18.5.2 A gold medal will be awarded to each member of the winning team in each of the above championships as per TR 22.16.

### Road and Circuit Race Championships

18.6.1 A National Championship Road Race will be held annually for each of the following categories over one event at the distance indicated: -

1. Senior between 80 and 100 miles.
2. Junior (Men) between 90 and 120km.
3. Junior (Women) between 60 and 80km
4. Veteran (Men) between 55 and 65 miles.
5. Veteran (Men aged over 50) between 45 and 55 miles.
6. Women between 40 and 60 miles.
7. Veteran (Women)
8. Veteran (Women aged over 50)
9. Men's Criterium
10. Women's Criterium
11. Youth A (Boys) Circuit race 45km maximum
12. Youth A (Girls) Circuit race 35km maximum
13. Youth B (Boys) Circuit race 25km maximum
14. Youth B (Girls) Circuit race 25km maximum
15. Youth C (Boys) a maximum of 20km
16. Youth C (Girls) a maximum of 20km

**Note** Youth circuit races must take place on a circuit closed to traffic

- i) Scottish Champion's jerseys will be awarded to male and female road race champions in the senior, junior and youth A categories. Jersey design will be approved by the Board.

### Track Championships

18.7.1 Each year the following Track Championships will be held in accordance with Scottish Cycling National Hard Track Conditions and Regulations, which may be amended as necessary by the [Scottish Cycling Board](#):

- |                                       |   |
|---------------------------------------|---|
| 1. Sprint                             | 18. Women's Individual Pursuit 3000m        |
| 2. Individual Pursuit 4 Km            | 19. Women's Scratch Race 10km               |
| 3. Team Sprint                        | 20. Women's Time Trial 500 metres           |
| 4. Kilometre Time Trial               | 21. Women's Keirin                          |
| 5. Scratch Race 20km                  | 22. Women's Sprint                          |
| 6. Keirin                             | 23. Women's Team Sprint                     |
| 7. Points Race                        | 24. Women's Point Race                      |
| 8. Madison                            | 25. Women's Madison                         |
| 9. Omnium                             | 26. Women's Omnium                          |
| 10. Team Pursuit 4km                  | 27. Women's Team Pursuit 4km                |
| 11. Junior (Men) Sprint               | 28. Junior (Women) Sprint                   |
| 12. Junior (Men) Kilometre Time Trial | 29. Junior (Women) 500m Time Trial          |
| 13. Junior (Men) Pursuit 3000 metres  | 30. Junior (Women) Keirin                   |
| 14. Junior (Men) Scratch Race 20km    | 31. Junior (Women) 2000m Individual Pursuit |
| 15. Junior (Men) Keirin               | 32. Junior (Women) Points Race              |
| 16. Junior (Men) Points Race          | 33. Junior (Women) Scratch Race             |
| 17. Junior (Men) Madison (teams of 2) | 34. Junior (Women) Madison                  |

- |  |  |
|--|--|
| 35. Veteran (Men) Ind. Pursuit 3km         | 45. Youth A (Girls) Ind. Pursuit 2km       |
| 36. Veteran (Women) Ind. Pursuit 2km       | 46. Youth A (Girls) Points Race            |
| 37. Youth A (Boys) Sprint                  | 47. Youth A (Girls) Scratch Race           |
| 38. Youth A (Boys) 500m Time Trial         | 48. Youth A (Girls) Madison, teams of 2    |
| 39. Youth A (Boys) Ind. Pursuit 2km        | 49. Youth B (Boys) Omnium                  |
| 40. Youth A (Boys) Scratch Race 10 to 12km | 50. Youth B (Boys) Scratch Race 5 to 8 km  |
| 41. Youth A (Boys) Points Race 15km        | 51. Youth B (Girls) Omnium                 |
| 42. Youth A (Boys) Madison, teams of 2     | 52. Youth B (Girls) Scratch Race 5 to 8 km |
| 43. Youth A (Girls) Sprint                 | 53. Youth C (Boys) Omnium                  |
| 44. Youth A (Girls) 500m Time Trial        | 54. Youth C (Girls) Omnium                 |

#### Grass or Cinder Track

Men 800 metres, 1500 metres, 5km

Women 800 metres, 1500 metres, 5km

Track Championships shall follow as closely as possible the World Championship Regulations of the UCI, bearing in mind the number and standard of competitors expected. A copy of the National Hard Track Regulations can be downloaded at [www.scottishcycling.org.uk](http://www.scottishcycling.org.uk).

Where no approved electronic timing is being used 4 timekeepers should be engaged. Where electronic timing is used 2 timekeepers should be engaged to provide backup timing.

### Cyclo-Cross Championship

18.8.1 SC shall recognise the following Scottish Cyclo Cross Championships for both male and female -

1. Seniors
2. Juniors
3. Youth A
4. Youth U14
5. Youth U12
6. Veterans over 40
7. Veterans over 50
8. Veterans over 60.

18.9 **Roller Championship** *Deleted*

### Mountain Bike Championship

18.11.1 **Downhill, male and female**

1. Juvenile
2. Youth A
3. Junior
4. Senior
5. Master
6. Veteran

#### **Cross Country, male and female**

1. Juvenile
2. Youth A
3. Junior
4. Senior
5. Master
6. Veteran

The organisers may, at their discretion, accept entries for the Mountain bike Championships after the closing date.

## 19 Discipline

These Technical Regulations incorporate the [British Cycling/Scottish Cycling](#) Disciplinary Rules, which apply to and bind any individual who participates in any event held in accordance with these Regulations. Any breaches of these Technical Regulations, excluding those relating to Anti-Doping, shall be dealt with in accordance with the Disciplinary Rules. **Matters already dealt with by the Chief Commissaire at an event may still be referred for further action under the Disciplinary Rules.**

## 20 Road Racing

### 20.1 Officials

- 20.1.1 The officials at a road or circuit race shall consist of the Organiser, a Chief Commissaire and one Assistant Commissaire whose presence shall be obligatory, other Assistant Commissaires as necessary, a Finishing Commissaire and a Gear Checker {where necessary to ensure compliance with T.R. 3.3} , who must be either, affiliated, private or life members of the [Scottish Cycling/British Cycling](#).
- 20.1.2 Other officials such as Timekeeper, Recorder, Lap Scorers, Licence Steward, and Marshals shall be appointed as necessary.

#### 20.1.3 Chief Commissaire

- 20.1.3.1 The Chief Commissaire shall be the senior official for road or circuit racing who shall decide on all matters concerning the race and who shall submit a written report to [Scottish Cycling](#) within 7 days of the event.
- 20.1.3.2 The powers and duties of a Chief Commissaire shall be as set out in these Regulations.

#### 20.1.4 Other Commissaires

- 20.1.4.1 Assistant Commissaires at road or circuit racing shall have such powers and carry out such duties as the Chief Commissaire directs.
- 20.1.4.2 The Finishing Commissaire at road or circuit racing shall be responsible for the placing of riders in primes or at the finish of an event and in this respect his decision shall be final.

#### 20.1.5 Race Jury

- 20.1.5.1 The conduct of all stage races will be in the hands of a Race Jury.
- 20.1.5.2 The Race Jury will consist of the Chief Commissaire, Finishing Commissaire and the Race Organiser.
- 20.1.5.3 All decisions of the Race Jury shall be final.

## 20.2 Road Races

- 20.2.1 Road races may be scratch or handicap events, promoted singly, or in stages spread over a day or days consisting of scratch and/or handicap events. Handicap races may be individual, team or group events. In team handicaps all the members of a team shall be started together. In group handicaps each rider shall be individually handicapped and all riders with the same allowance shall be started together.

### 20.2.2 Junior Stage Races

- 20.2.2.1 Stage races for juniors must not exceed three days duration and may contain one day's racing of 120 km if made up of 2 stages, the shortest of which shall be not less than 30 km.
- 20.2.2.2 Racing on other days shall not exceed 100 km each day.
- 20.2.3 Youth competitors may not take part in road races except on roads closed to all other traffic. [With the exception for events held in Scotland that on reaching 12 years of age they may ride in road time trials.](#)
- 20.2.4 In road races the maximum number of starters shall be [60 unless application for a field of 80 riders has been made to and approved by Scottish Cycling and approved by the appropriate Police Officer.](#) [Exceptionally a field in excess of 80 may be approved by Scottish Cycling and the appropriate Police Officer.](#)

### 20.2.5 Reserves

- 20.2.5.1 Reserves may be allowed up to 25% of the authorised number of starters.
- 20.2.5.2 These reserves to be notified on the programme or start sheet in order of preference, and allowed to ride in that order, provided that at no time shall the maximum number of riders exceed that authorised by these Regulations. Where there is a team award, a reserve replacing a rider in his own club or representative team shall have preference over all other reserves and shall be eligible for a team award. Entrants shall indicate on their entry form if they do not wish to be nominated as reserves.
- 20.2.5.3 When more than the permitted maximum number of riders present themselves for an event, entry fees and levies shall be returned to those reserves who, having signed on for the race, are not allowed to start.

## 20.3 Circuit Races and Closed Circuit Criteriums.

- 20.3.1 Circuit races and closed circuit criteriums may be scratch or handicap events, and the maximum number of starters shall be prescribed by [Scottish Cycling](#)
- 20.3.2 Circuit races and closed circuit criteriums for U16's shall not exceed the following distances:

Category	Single race	Distance per day in stage events
Youth A Boys	60 km	80 km
Youth A Girls	60 km	80 km
Youth B Boys	45 km	60 km
Youth B Girls	45 km	60 km
Youth C Boys	20 km	30 km
Youth C Girls	20 km	30 km

20.3.3 (Abrogated Dec 2016)

## 20.4 Entries

20.4.1 Entries for all **time trial**, road and circuit races must be made **via an online Entry Management System** or on the current **Scottish Cycling** entry form, and sent to the organiser by the closing date. The entry form must be signed and **whether online or paper**, be accompanied by the appropriate entry fee, failing which the entry shall be void. The organiser may reject any entry, for whatever reason, and such rejections shall be returned to the entrants no later than three days after the closing date of the event. The organiser shall ensure that all entry forms, or **Entry Management System printout, as applicable**, are available at the race for inspection by the Chief Commissaire.

**Note:** *Those entering on the line need not submit an entry form but must complete the relevant sections of the signing on sheet.*

**20.4.2 Closing dates** are as follows:

20.4.2.1 British National Championships, Stage Races, Premier Calendar and International Races: 28 days before the date of the event.

**Scottish national Championships 14 days before the date of the event**

20.4.2.2 Circuit Races: (i.e. events not subject to Cycle Racing on Highways Regulations) 6 days before the date of the event.

20.4.2.3 All other races: 7 days before the date of the event.

20.4.2.4 However the organiser may stipulate an alternative closing date or accept entries on the day of the race provided that the maximum permitted number of starters shall not be exceeded. Riders who submit entries on the day shall not be permitted to start in preference to riders whose names appear in the programme/ start sheet. The fee for entries on the day may be up to a maximum of double the stated fee for that event. Any deviation from the standard closing dates shall be detailed in the **published race calendar**.

20.4.3 Organisers shall not accept entries from riders in categories other than those to which the **event classification** listing in the **published race calendar** indicates the event to be open.

## 20.5 Race Manual

20.5.1 The information in the start sheet and/or **race manual** shall as a **minimum** include the names of the accepted entrants, reserves (if any), description of the course, event headquarters, date, time and place of start, and names of officials together with the name and contact details of the organiser.

20.5.2 A copy of the start sheet and/or **race manual** shall be sent to each race official, accepted entrant.

20.5.3 The organiser of a circuit race shall not, less than 3 days before the event, inform each entrant of the venue, event headquarters, and time of start and if necessary provide means of admission. A copy of the programme or start sheet shall be sent to the Region issuing the permit for the event and to each race official. Programmes for competitors shall be made available free of charge.

## 20.6 Local Bye-Laws and Inconvenience to the Public

20.6.1 The organiser of a road race shall ensure that his race, and the arrangements for the race, do not contravene the law of the land, or any local bye-laws, relating to noise, litter, street collections, bill posting, display of banners, programme selling, or the like.

20.6.2 The starts and finishes of road races shall be sited so as to cause the least possible inconvenience to other road users.

## 20.7 Feeding Stations

20.7.1 Organisers shall announce the location of feeding stations prior to the start of an event, or in stage races immediately prior to the commencement of each stage, and no other feeding stations shall be set up, except as appointed by the organiser.

- 20.7.2 An official shall be appointed at each feeding station to ensure that it is left in a clean condition after the event.

## 20.8 Race Controls

- 20.8.1 There shall be a control point at the start of road and circuit races where riders shall sign on for a race, hand in their licences, collect their race numbers, have their gears checked (where necessary) and receive instructions and information about the race. Team Managers shall also sign on, indicating the riders in their charge, and hand in their licences. Similarly there shall be a control point at the finish of a road or circuit race where riders shall hand in their race numbers and recover their licences. The organiser shall ensure that the control points for a road race do not cause obstruction of the highway or annoyance to passers-by.
- 20.8.2 Organisers shall have at the start control point of a road or circuit race a signing-on sheet in duplicate which shall be signed by all competitors at least 20 minutes before the advertised time of start of the event. The signing-on sheet shall show the name, club and licence number of each rider. The following heading shall appear on every signing-on sheet.
- 20.8.2.1 "I agree to abide by the Bye Laws and Technical Regulations of Scottish Cycling, and understand and agree that I participate in this race entirely at my own risk, that I must rely on my own ability in dealing with all hazards, and that I must ride in a manner which is safe to myself and others. I am aware that when riding on a public highway the function of marshals is only to indicate direction and that I must decide whether the movement is safe. I agree that no liability whatsoever shall attach to the promoter, promoting club, race sponsor, Scottish Cycling or any race official or member of Scottish Cycling/British Cycling or member of the promoting club in respect of any injury, loss or damage suffered by me in or by reason of the race, however caused. I will participate in cycling competitions or events in a loyal or sporting manner. I will submit to disciplinary measures taken against me and will take any appeals and litigation to the authorities provided for in the Regulations. Subject to that reservation, I shall submit to any dispute that may arise exclusively to the courts. Should I be required to participate in any anti-doping control test under Scottish Cycling/British Cycling regulations, I shall agree to submit to those tests. I agree that the results of the analysis to be released to the public and communicated in detail to my Club/Team or to my coach or Doctor. I undertake to submit any objections concerning drug abuse to the British Cycling Executive Board/ Appeals Panel, whose decision I shall accept as final. I accept that all urine samples taken become the property of British Cycling and that they may have them analysed, notably for the purposes of research and information on health protection. I agree to my doctor/or the doctor of my club/Team communicating to British Cycling, on its request, the list of medicines I have taken and treatment I have undergone before any given competition or cycling event. I have read and agree to abide by the above declarations".
- 20.8.2.2 The original signing-on sheet shall be attached to the Chief Commissaires report and filed by [Scottish Cycling](#) with all other documents relating to the race in question. The report and signing-on sheet shall be retained by [Scottish Cycling](#) for a period of six years.

## 20.9 The Start

- 20.9.1 Riders shall line up not more than two abreast unless it is a closed circuit criterium or the start is off the public highway when the Chief Commissaire shall use his discretion. Riders shall start with one foot on the ground and pushers/holders shall not be permitted.
- 20.9.2 The Chief Commissaire or person appointed by him will signal the start of the race by lowering a flag.

## 20.10 Race Vehicles and First Aid

- 20.10.1 All road races (except those taking place on a circuit of 5 km or less) shall be preceded by a vehicle displaying a sign on which shall be inscribed in bold lettering the words CAUTION CYCLE RACE APPROACHING and that a standby vehicle and sign shall be available to cover the second group of riders, at the discretion of the Chief Commissaire, in the event of a split in the field.
- 20.10.2 The organiser of a road race shall provide suitable motor vehicles for the use of the Commissaires except where a closed circuit criterium is 1 km or less.
- 20.10.3 All official motor vehicles connected with a road or circuit race shall have a sign showing to the front with the words CYCLE RACE OFFICIAL and a sign showing to the rear with the words CAUTION CYCLE RACE IN PROGRESS, both inscribed in bold lettering.
- 20.10.4 Where a vehicle, not being an official vehicle, but connected with a rider or riders in a race, immediately precedes or follows a race without the permission of the Chief Commissaire, or where in the opinion of the Chief Commissaire such vehicle is adversely affecting the progress of a race, the rider or riders concerned shall be withdrawn from the race.
- 20.10.5 The organiser of any road, circuit or track event shall arrange provision of one or more qualified first-aiders.
- 20.10.6 The First Aider shall travel in an independent vehicle behind the race, normally behind the last remaining large group on the road, though the final positioning of this vehicle shall remain at the discretion of the Chief Commissaire.



## 20.11 Race Service

- 20.11.1 Subject to the approval of the Board or the Region concerned and with the agreement of the Organiser and Chief Commissaire, representative, trade and club teams consisting of at least three riders starting the event shall each be permitted one service vehicle to follow the race, such vehicles shall be provided by the team. The driver and mechanic shall be full members of the Federation and one of the occupants of the vehicle must be the holder of a Team Manager's licence.
- 20.11.1.1 Riders may receive service from the technical personnel of their team or from a neutral service vehicle.
- 20.11.1.2 Whatever the position of a rider in the race, he may only receive such service at the rear of his bunch and on the left hand side of the road.
- 20.11.1.3 **All mechanical servicing of cycles must be done when the cycle is stationary.**
- 20.11.1.4 Persons riding in service vehicles shall not reach or lean out of the vehicle whilst it is in motion.
- 20.11.1.5 If motorcycle service is permitted, the only service equipment to be carried shall be spare wheels.

## 20.12 Competitors

- 20.12.1 The onus of keeping to the course rests with the rider.
- 20.12.2 All competitors must observe the law of the land in relation to road travel, and exercise extreme care when contesting sprints or primes. All forms of traffic signals and direction indicators must be obeyed. Competitors who ride dangerously shall be liable to disqualification and may be subject to further disciplinary action under the Disciplinary Rules. Race officials must not attempt to regulate other traffic on the road.
- 20.12.3 If a breakaway group, or individual, having a lead of more than 30 seconds, is halted by a closed railway level crossing and is caught by the main field, the Chief Commissaire shall ensure that the time is recorded accurately and he shall cause the main field to be halted for an identical period of time. When only the main field is halted by a closed railway level crossing the Chief Commissaire shall take no action to halt any breakaways which have passed through the crossing.
- 20.12.4 A competitor in a road or circuit event when lapped must, unless otherwise instructed by the Chief Commissaire, retire from the race and report to the control point at the finish of the race.
- 20.12.5 Where a lapped rider is allowed to continue, he shall not give pace or shelter to a rider by whom he has been lapped. Otherwise riders in a road or circuit race may take pace or shelter from each other, but not from any other vehicle.
- 20.12.6 Any rider who passes the first lead vehicle in an event may be liable to disqualification.
- 20.13 Competitors may exchange among themselves machines, food, drink, wheels, tyres, tools and pumps. Otherwise no food, drink or equipment may be handed to a competitor other than by a person on foot. The use of breakable vessels of any kind is prohibited.
- 20.14 Riders who have finished must proceed at once to the control point at the finish, hand in their numbers, and collect their licences. The Finishing Commissaire shall cause an announcement of the official placings to be made at the control point as soon as is practicable by the posting up of a written result.

## 20.15 Race Control Flags and Placards

In all open events flags shall be displayed at the following points:

- 20.15.1 The National Flag at the starting point.
- 20.15.2 A black and white chequered flag to denote the finish.
- 20.15.3 A yellow flag 200 metres from the finish.
- 20.15.4 A white flag at every prime point.
- 20.15.5 A green flag with a white border 200 metres from every prime point.
- 20.15.6 A blue flag at the commencement of each hill prime.
- 20.15.7 A red flag at all danger points.
- 20.15.8 A red and white chequered flag at the start of a neutralised area.
- 20.15.9 A red and white chequered flag with a wide black border at the finish of a neutralised area.
- 20.15.10 A black flag may be shown to stop the race on the instructions of the commissaire.
- 20.15.11 All flags, with the exception of the National Flag, shall be one metre square.

- 20.15.12 A placard not less than 500 millimetres square, bearing the words ONE KILOMETRE TO FINISH shall be placed at that point.
- 20.15.13 A placard not less than 1 metre square, bearing the words CAUTION CYCLE RACE FINISH AREA shall be placed 250 metres after the finish line in a position to be seen by all traffic approaching the finish line from the opposite direction to the riders excepting closed circuit criteriums.

## 20.16 Incidents, Accidents and Complaints

- 20.16.1 Any competitor involved in an accident during a road race must within three days of the accident report it, or have it reported on his behalf, to [Scottish Cycling](#). [Scottish Cycling](#) shall report the accident to [British Cycling](#) Headquarters within seven days of the race.
- 20.16.2 Where a rider or official in a road race receives a summons as the result of any incident alleged to be in connection with the race he shall forward the summons immediately to [Scottish Cycling](#).
- 20.16.3 Where a rider or official in a road race is convicted as the result of an incident in connection with the race (and where he or she was not subject to disciplinary action under the Disciplinary Rules at the time of the incident) he may be subject to disciplinary action under the Disciplinary Rules.
- 20.16.4 Police co-operation is desirable for all events and organisers and others shall avoid giving grounds for criticism and adverse relations. Any complaint received from the Police in respect of a road race must within three days of its receipt be communicated to [Scottish Cycling](#), which shall deal with the complaint immediately.

## 20.17 Race Results

- 20.17.1 The organiser of a road race shall within **48 hours** of the event send a copy of the race results to [Scottish Cycling](#).

## 20.18 Road or Closed Circuit Criterium Series

- 20.18.1 The provisions of T.R. 20 inclusive shall apply to a road or closed circuit criterium series and to each event in the series.

## 21 Stage Races

Stage races will be conducted under regulations as set out below in addition to the normal technical regulations, unless the organiser specifies to the contrary on the entry form or prospectus and issues his own special regulations to all competitors and all officials prior to the event. Such special regulations may only deal with items which are not already covered by [Scottish Cycling](#) Technical Regulations.

- 21.1 Penalties (time, disqualification or fines, as appropriate) may be imposed at the discretion of the Chief Commissaire upon individual competitors or teams. See T.R. 12.
- 21.2 In the event of any accident, mechanical trouble or puncture occurring within the last three kilometres of any stage, the competitor(s) concerned will be credited with the finishing time of **rider or riders in whose company they were riding** at the time of the incident, (T.R. 21.13).
- 21.3 In timing stage finishes each rider in a group will be awarded the time of the leading rider at the line save that, where the timekeeper can ascertain a gap of one full second or more between riders, the riders after that gap shall be timed as another group and given the time of the leading rider in the group. Where photo finish is in use the same principle will apply.
- 21.4 Individual General Classification shall be calculated as the total time taken by the rider to complete each stage of the race plus penalties and less bonuses.
- 21.5 Team Classification shall be calculated as follows: for stage and/or overall classification, the times of the best three riders of a team on any stage added together Team times for each stage will be added together to calculate the Team General Classification.
- 21.6 In the Individual General Classification, **where two or more riders make the same time the fractions of a second registered during individual time trials (including any prologue) shall be added back into the total time to decide the order**. In the event of two or more riders having equal times, the order shall be determined by adding together the places obtained on each stage, the rider having the lowest number taking precedence. Should two or more riders still be equal, then the places on the final stage shall decide the order.
- 21.7 In the Team General Classification, the winner of the competition shall be the team having the lowest net time. In the event of two or more teams having equal times, the order shall be determined by the number of **team** stage wins obtained by each team and then by the number of second places and so forth. **If there is still a draw, the teams shall be separated by the placing of their best rider in the Individual General Classification**.
- 21.8 A rider who does not complete a stage of the race or is disqualified or finishes outside the time limit shall be excluded from the remainder of the race.

- 21.9 Time bonuses for stage finishes, unless specified otherwise in the event regulations as issued by the organiser, shall be 1st **-10** sec; 2nd **-6** sec; 3rd **4** sec. (Time bonuses for intermediate sprints may be awarded if announced previously). Time bonuses shall not be awarded for time trial stages.
- 21.10 *Deleted*
- 21.11 **Even if a stage finishes on a circuit, times shall always be taken on the finish line.**
- 21.12 *Deleted*
- 21.13 A time limit of 20% of the stage winner's time shall apply on each stage. This limit may be increased at the discretion of the Race Jury.
- 21.14 Organisers shall provide a minimum of one neutral service vehicle for all stage races.
- 21.15 Race organisers may accept substitute riders in races for teams of 3 or more riders. These substitutions may take place up to one hour before the start time, after which no further substitutions may be effected. No reserves shall be permitted for events invoking this regulation. Application to invoke this regulation must be made to the permit issuer at least six weeks prior to the date of the event.

## 22 Time Trials

- 22.1 All events will be held under a permit issued by [Scottish Cycling](#) in accordance with the Technical Regulations.
- 22.2 Permission to hold the event should not be sought from the Police Authority but appropriate notification given to the Police, **at least 28 days prior**, as required by section 3 of the Cycle Racing on Highways Regulation (Scotland) 1960.
- 22.3 **The maximum number of competitors permitted in a Time Trial shall be 120, except where an application for an extended or restricted field, or an overflow event, has been approved by the Scottish Cycling Board. The field shall be selected on merit with due regard to team where appropriate.**
- All time trials open to men shall also be open to women except where otherwise indicated in the rules.**
- Competitors must give the maximum information when entering time trials. This must include the fastest performance at the relevant distance, done in the last three years, in open or confined club events, or as requested on the Entry Management System.**
- Nomination of Improvement – Competitors in events with a handicap classification must notify the promoters if they have improved since they submitted their entries. The improvement must be notified before the start of the event.**
- 22.4.1 Competitors not ready to start at the stated time must report to the timekeeper when ready. The **Timekeeper shall apply a penalty** and use his discretion as to when such competitors shall start. These competitors **shall be penalised** the time between their original starting time and their time of reporting to the timekeeper.
- 22.4.2 No competitor shall be allowed a re-start.
- 22.4.3 Competitors shall be started at intervals of not less than one minute **and except as detailed in subsequent regulations, promoters shall arrange the order of starting so that the short-markers shall be at least 5 minutes apart (e.g. in a field of 100 the 10 fastest according to handicap shall be at 10 minute intervals, and the next 10 fastest shall be at 5 minute intervals of the 10 fastest and so on). In 100 mile and 12 hour events promoters may use discretion in the application of this rule.**
- 22.4.4 **In 10, 25, 50 mile and Olympic Time Trial Championship events, the 10 fastest men shall be started at the end of the field at intervals of two minutes, with no other rider starting on the minute between these riders. The highest number will be allocated to the defending Champion.**
- 22.4.5 **In 10, 25, 50 mile and Olympic Time Trial, the 5 fastest women shall be started at the end of the field at intervals of two minutes, with no other rider starting on the minute between these riders. The highest number will be allocated to the defending Champion. When less than five riders have entered, the arrangements may be amended as necessary.**
- 22.6 Competitors must ride entirely alone and unassisted. They must not ride in company with, nor take shelter from, any other rider or from any vehicle on the road. If one competitor overtakes another he must pass as widely as possible and no shelter must be given or received. The onus of avoiding riding in company shall be upon the rider overtaken who must drop back by at least 25 metres **before attempting to repass the other rider**. Competitors when dismounted must wheel or carry their machines without assistance whilst covering any portion of the course.
- 22.7 Competitors shall not be accompanied, followed, or in any way encouraged, by a helper in or on a motorised vehicle whilst such a vehicle is moving except that the [Scottish Cycling](#) Board may permit each rider to be

followed by a single motor vehicle in certain specified events. Such vehicles must carry a bold identification name and/or number to the front and rear of the vehicle.

- 22.8 Any permitted following vehicle shall carry an assistant commissaire/observer approved by the Chief Commissaire. Such following vehicle must remain at least 20 metres behind the competitor and is not permitted to pass the competitor or draw alongside. In the event that service is required, the competitor must come to a complete stop.
- 22.9 When one competitor is catching any permitted vehicle following the slower competitor, the latter vehicle must drop back behind any permitted vehicle following the faster competitor as soon as the distance between the two competitors is 100 metres. When the faster competitor catches the slower, the vehicle following the faster competitor must not pass the overtaken competitor until the gap is 60 metres. If the gap should subsequently close, the vehicle must drop behind the second competitor.
- 22.10 Any contravention of these regulations by drivers/occupants of permitted following vehicles may result in disciplinary action being taken under the Disciplinary Rules against those persons and the competitor concerned.
- 22.11 All competitors shall wear properly affixed protective headgear which should be of a hard/ soft shell construction (see T.R. 8.6.1). Junior and Youth riders' gears shall be restricted as per T.R. 3.3
- 22.12 The use of loudhailers or speaker systems for the purpose of encouraging riders is not permitted.
- 22.13 All relevant Scottish Cycling Technical Regulations appertaining to road races must be observed in addition to the aforementioned regulations.
- 22.14 Where permitted by the local Police Authorities flashing/rotary amber beacons shall be fitted where possible to all following race vehicles. The only exception to this shall be motorcycle officials.
- 22.15 With the exception of British National Championships the minimum licence status criteria for participants in Time Trials and Team Time Trials shall be that of Provisional. The minimum membership status shall be that of Silver. Scottish Cycling/British Cycling non-members may take part in time trials subject to the payment of a non-member's surcharge in addition to any entry fee.
- 22.16 In all individual road time trials, the number of counting riders in a team shall be : Men ( Senior and Veteran) – 3 counters per team; all other categories – 2 counters per team.
- 22.17 All complaints regarding results must be made in writing to the Chief Commissaire within 30 minutes of the result being announced
- 22.18 The maximum distance that a Youth category rider may contest is 25 miles.
- 22.19 The maximum distance that a Junior category rider may contest is 50 miles

## 22.20 Courses

- 22.20.1 Courses shall be of an out and home or circuit nature (or of a combination of the two).
- 22.20.2 All fixed distance events up to and including 50 miles and all non-fixed distance events: No length of single carriageway road may be covered more than three times, regardless of the direction travelled. On dual carriageways, each carriageway may be covered no more than twice.
- 22.20.3 100 mile and 12 hours events: A length of road may be covered up to four times provided that overlapping of riders, can be strictly monitored.
- 22.20.4 12 Hour events: Competitors must cover not less than 200 miles out and home or circuit except as allowed for in TR 22.20.5 before going onto the finishing circuit which may be covered as many times as required. The circuit must not be less than 7 miles.
- 22.20.5 During 12 and 24 hour events, when it becomes apparent that a competitor will not cover sufficient distance in order to reach the finishing circuit and have a total distance accurately measured, the organiser and/or his assistants may direct a rider to omit part of the course. The exact distance of the section omitted must be accurately known.
- 22.20.6 The straight line distance between start and finish of events must not exceed:
- i.) 1.5 miles in the case of 10 mile events;
  - ii.) 2.5 miles in the case of 25, 30, and 50 mile events;
  - iii.) 5 miles in the case of 100 mile events;
  - iv.) 25 miles in the case of 12 and 24 hour events.
- 22.20.7 The Scottish Cycling Board may in particular circumstances, on the application of an event organiser, approve the use of a course which does not comply with these Rules on such conditions as the Scottish Cycling Board thinks fit.

- 22.20.8 All courses shall be measured by a revolution counter and the basis of measurement shall be an accurate measured distance on the road of not less than one mile. Local surveyors should be asked to measure the standard distance, which shall have been checked and approved by the Scottish Cycling and each Region shall measure a mile of roadway contiguous to the courses used and mark and maintain the markings at the start and finish thereof, which shall form the basis in wheel revolutions of all measurements of these courses.
- 22.20.9 Competitors in these events shall be credited with distance done on the course as registered. Any deviations from the course, for whatever reason, cannot be added to the distance done on the course. The onus of keeping to the course rests with the competitor.
- 22.20.10 All courses used in open events must be registered by the Region with the Scottish Cycling HQ and full details of such courses must be furnished.
- 22.20.11 Detailed descriptions — using Department of Environment road numbers where appropriate — together with intermediate distances of all registered courses will be given in the handbook with a course index reference for use in the National Calendar.
- 22.20.12 No standard distance time trial course shall be used for an open event until the course details have been registered with Scottish Cycling HQ and the course has been added to the Scottish Cycling approved list.
- NOTE: Acceptance of a course to the Scottish Cycling approved list does not imply that it is safe to use, merely that it fulfils the technical requirements of Scottish Cycling. Organisers and Regions must ensure that the course is suitable in all other aspects including traffic flow, siting of turns, starts and finishes, marshalling requirements etc.
- 22.20.13 Not less than three months' notice of the proposed use of any new course shall be given to the Scottish Cycling HQ in writing by the Region concerned.
- 22.20.14 Regions wishing to register a new course shall pay a registration fee per course.
- 22.20.15 Alterations to courses necessitated by road closing or repairs shall be dealt with as a matter of urgency by the Region concerned.

## 23 Team Time Trials

- 23.1 Regulations for Time Trials shall apply to Team Time Trials as appropriate.
- 23.2 Teams shall be of two, three or four riders and all teams in any one event shall consist of an equal number of riders. Teams shall be started at intervals of not less than two minutes for teams of two and not less than three minutes in other cases.
- 23.3 Incomplete teams may start but (except teams of three starting in a competition for teams of four) shall not qualify for an award.
- 23.4 All members of a team must belong to the same club except in the case of invitation events, gentlemen's events, or special events authorised by the Scottish Cycling Board. All riders in each team shall be attired in jerseys of similar colour and design.
- 23.5 Each competitor must be issued with a separate number with the numbers of each team including reserves being numbered consecutively.
- 23.6 Teams may nominate one reserve in the case of teams of three and two reserves in the case of four. The names of all reserves shall appear on the start sheet and may be a rider in a second or otherwise graded team. In the Scottish Championship, teams may only be selected from riders entered and reserves nominated by the closing date for the championship.
- 23.7 The normal formation of a team shall be single file with the minimum amount of echelon to allow a view ahead for each rider. In passing other teams or vehicles, teams shall always be in single file.
- 23.8 No teams or members of teams shall take shelter from other vehicles or members of other teams. If one team overtakes another the onus shall be upon the overtaken team to avoid such racing by dropping back at least 25 metres. An overtaking team must pass on the outside leaving a reasonable gap between itself and the other team.
- 23.9 Each rider in each team shall be separately responsible for keeping a continuous look-out ahead and obeying all laws, road signs and Police signals.
- 23.10 The time of a team shall be that recorded by the last member of the complete team to finish, except that in teams of four the time shall be that recorded on the third member of the team to finish who shall have completed the course. Awards won by a team shall be given to all starting members of that team and no special award shall be given to any individual member of a team.

- 23.11 Competitors shall not be accompanied, followed, or in any way encouraged, by a helper in or on a motorised vehicle whilst such vehicle is moving except that the [Scottish Cycling Board](#) may permit each team to be followed by a single motor vehicle in certain specified events. Such vehicles must carry a bold identification name and/or number to the front and rear of the vehicle **and will carry no more than four persons who shall be the driver, two persons to carry out such servicing as may be necessary and a neutral observer approved by the Chief Commissaire.** At no time may a following vehicle approach closer than 20 metres behind the last man of the team or the third rider of a four man team if the fourth rider has been dropped. **All servicing must be carried out from the rear.**
- 23.12 Any exchange of food, drink and equipment may only take place among members of the same team.
- 23.13 Pushing between team members is not permitted. **Any infringement of the Rules by a member of a team may entail disqualification and/or suspension of the whole team.**
- Team time trials shall be held on courses that dispense with dead turns.**
- Competitors machines will conform to TR 3 laid down for road and circuit races with the exception that handlebar extensions are permitted.**

## 24 Track Racing

**New rule** All Scottish National championships shall be run in accordance with these regulations, together with separately issued Scottish National Track Championship Regulations. Should any conflict arise between the two sets of regulations, the Scottish National Track Championship Regulations shall take precedence for championship events

### 24.1 Officials

- 24.1.1 The officials at a track meeting shall consist of (as necessary) a Chief Commissaire, Assistant Commissaires, Timekeepers, Starters, Clerks of the Course, Recorder, Gear Checkers (where necessary to ensure compliance with T.R. 3.3) who must be either affiliated, private or life members of the Federation. Licence Steward, Lap Scorers, Stewards, and Pacing Marshals may also be appointed.
- 24.1.2 Chief Commissaires for track events listed in T.R. 15.2.1. and all designated major track events by shall be appointed by the [British Cycling Board](#). [Scottish Championship and major Scottish event appointments shall be made by the Scottish Cycling board.](#)

### 24.2 Officials Duties

- 24.2.1 The Chief Commissaire shall deal with all questions relating to the conduct and result of a race. he shall instruct the other officials in their duties and, where necessary, delegate authority to them. he shall decide on protests, levy fines on riders, and act as he thinks fit in case of misconduct by competitors or officials, if necessary by disqualifying or relegating any such competitor or official for the whole or part of the track meeting as he may determine without a protest necessarily being lodged. In all matters the Chief Commissaires decision shall be final.
- 24.2.2 Assistant Commissaires at track meetings shall have such powers and carry out such duties as the Chief Commissaire directs.
- 24.2.3 The Clerk of the Course shall call over the names of the competitors, see that they are on their appointed marks or positions, are properly clothed, their numbers properly exhibited, and that their machines conform to the provisions of T.R. 3. The Clerk of the Course will tell the Starter when he is satisfied that a heat or race is ready to start.
- 24.2.4 The Starter, when it has been reported to him by the Clerk of the Course that the competitors are ready, shall sound a warning whistle and then effect the start by firing a pistol shot. In the case of a false start the Competitors shall be called back by the Starter firing a second pistol shot.
- 24.2.5 A Gear Checker shall inspect all relevant cycles, where necessary to ensure compliance with T.R. 3.3. It is the responsibility of the competitor and/or the parent or guardian in the case of under 18s, to ensure that for every race held under these regulations his cycle is in a safe condition.

### 24.3 National Track Championship Officials

In the case of the National Hard Track Championships when held as a multiple day series the positions of Chief Commissaire and Assistant Commissaires will be incorporated within a panel of Commissaires presided over by a Chairman appointed by the Board.

### 24.4 Handicapping

- 24.4.1 The appointment and re-appointment of handicappers shall rest with [Scottish Cycling](#).

- 24.4.2 Applicants for appointment must be members of [Scottish Cycling/British Cycling](#) and submit evidence of their experience of handicapping, together with a recommendation from a club affiliated to [Scottish Cycling/British Cycling](#).
- 24.4.3 Applicants for appointment should ordinarily have worked for a year handicapping under the guidance of an appointed handicapper before submitting an application for appointment.
- 24.4.4 ~~Deleted~~
- 24.4.5 All open handicaps at track meetings must be handicapped by an appointed handicapper.
- 24.4.6 An appointed handicapper may charge fees as may be agreed upon between him and an organiser.

## 24.5 General Administration

### 24.5.1 Entries

- 24.5.1.1 Entries for open events at track meetings must be made on ~~the~~ [Scottish Cycling](#) entry forms or via the [British Cycling Entry Management System](#).
- 24.5.1.2 Deleted
- 24.5.1.3 If used, an entry form must be signed by the entrant and be accompanied by the appropriate entry fee, failing which the entry shall be void.
- 24.5.1.4 An organiser shall ensure that all entries, however received, for open or confined events at his track meeting are available at the meeting for the inspection of the Chief Commissaire if required.
- 24.5.1.5 Rejected entries, for whatever reason, shall be returned within three days of the closing date for the track meeting.
- 24.5.1.6 The standard closing date for all track events, other than Track Leagues, shall be 7 days unless otherwise indicated. [For Scottish championships closing dates shall be 14 days.](#)
- 24.5.1.7 Track event closing dates, ~~if other than standard,~~ shall be printed published in the Track Calendar on the [British Cycling Event Management System](#).
- 24.5.1.8 The entry fee for one event at a track meeting shall not be less than the minimum charge for admission to the track. For each subsequent event the entry fee shall be decided by the organiser.

### 24.5.2 Tickets Event Information

- 24.5.2.1 [For open events and championships the organiser shall send to competitors and officials, in advance of the event, the race manual which must at least include a competitor list, signing on times, date and starting time for each session and a programme of events, including a start time where heats are being held prior to the advertised time of meeting start.](#)
- 24.5.2.2 The organiser of a track meeting, where entry is by ticket, shall at least three days prior to the meeting send to [Scottish Cycling](#) two admission passes and, where possible, two copies of the programme for the meeting.

### 24.5.3 Signing On

- 24.5.3.1 On arrival at the track, a competitor shall be given, without charge, a programme of the meeting.
- 24.5.3.2 There shall be a control point at a track meeting where the riders shall sign on, hand in their licences, and collect their race numbers.
- 24.5.3.3 Team Managers shall also sign on, indicating the riders in their charge, and hand in their licences.

## 24.6 General Track Racing Rules

- 24.6.1 In track racing, juniors may compete with all other categories and without gear restrictions.
- 24.6.2 A competitor qualifying in a preliminary heat must ride in the next round unless he has the sanction of the Chief Commissaire to abstain, when the Chief Commissaire may allow the next in that heat to compete in his stead.
- 24.6.3 No competitor shall attempt to pass inside the sprinters line when a preceding rider is on the line or inside it.
- 24.6.4 A competitor overtaking another must pass on the outside unless the rider who is passed be dismounted, or has retired, or is riding wide. Before taking ground in front of another rider there must be a [clear cycle-length lead](#). Riders must allow room for their opponents to pass on the outside. Any competitor who infringes this regulation or being otherwise guilty of foul or unfair riding will be liable to disciplinary action under the Disciplinary Rules.
- 24.6.5 Any rider who fails to take up the chase when a rider or riders break away, may be deemed to be failing to defend his chances, and be liable to disciplinary action under the Disciplinary Rules.

- 24.6.6 A lapped rider shall not give pace or shelter to a rider by whom he has been lapped. The Chief Commissaire shall have complete discretion to decide when a rider has been lapped.
- 24.6.7 Competitors may dismount during a race at their pleasure, and may run with their machines in order to finish the race.
- 24.6.8 *Abrogated*
- 24.6.9 For bunched races (except elimination races) - In the case of a **recognised mishap**, the rider shall be entitled to a neutralisation for the number of laps closest to 1300 metres. The chief commissaire shall decide the number of laps accorded in such a case. The rider shall rejoin the race in the same relative position to the field as at the time of the mishap. **Neutralised riders may not return to the track within the last kilometre**
- 24.6.10 At no stage of any sprint, time trial or pursuit competition will a rider or team be permitted more than two attempts to establish a time. Any rider failing to establish a time will be credited with the slowest time and placed last in the competition.
- 24.6.11 Riders may not ride on the blue band unless done involuntarily. If, in doing so, it is considered that the rider has obtained an advantage, the rider will be relegated or disqualified depending on the seriousness of the fault.**

## 24.7 Handicaps

- 24.7.1 Two copies of the completed event programme should also be forwarded to the National Handicapper.
- 24.7.2 The distance of handicaps under 1 kilometre must be stated in metres on all advertisements, entry forms and programmes. In all races where the distance of qualifying heats varies from the distance of the final, the full details shall be given in the **race manual** prospectus. All qualifying heats shall be over the same distance.
- 24.7.3 Beginners marks in open events shall be 10% of the distance of the event. i.e. 50 metres in 500m
- 24.7.4 A competitor winning a prize in an open handicap after entering for another handicap shall be, unless already considered by the handicapper, subject to a 10, 5 or 2½% penalty for first, second or third places, fractions of metres being ignored.
- 24.7.5 He must report any such win immediately ~~in writing~~ to the organiser of the meeting, who shall inform the handicapper.
- 24.7.6 The handicapper shall notify the organiser whether he had considered such win, or if a penalty shall be applied on the day.
- 24.7.7 Prior to competing, the competitor must also notify the Chief Commissaire of such win or wins otherwise he may be disqualified and liable to suspension.
- 24.7.8 Two or more wins on one day shall incur one penalty only. Wins on subsequent days shall carry additional 10% penalties calculated from the actual mark started from.
- 24.7.9 Handicappers may impose penalties in subsequent events for wins at the same meeting, but only if so stated in the programme. Where a handicapper has reserved the right to impose penalties in subsequent events for wins at the same meeting he shall have the right to exercise his discretion as to the new mark allotted.
- 24.7.10 When track meetings are postponed competitors who win open handicaps during the intervening period shall be subject to the above penalties.
- 24.7.11 Any rider competing in three consecutive track handicaps but failing to be placed in the first three, shall receive a lift of 10%, fractions of meters being ignored.
- 24.7.12 A handicapper may adjust a rider's mark in the light of special knowledge.
- 24.7.13 A rider may be penalised at a meeting by the handicapper and/or the Chief Commissaire for an infringement of these Regulations. The Competition Director must be informed of such a penalty.
- 24.7.14 If a rider gains an award from such a penalty mark, that mark, reduced by the penalty for being placed, becomes that rider's new mark.
- 24.7.15 Riders' marks shall not be changed except in accordance with these Regulations.
- 24.7.16 Each competitor shall be allowed an attendant to push off, but no part of the body of the pusher or attendant must touch the track in front of the rider's mark or starting line, otherwise the rider shall be liable for disqualification.
- 24.7.17 Each competitor must start from his proper mark and in default may be disqualified but, with the consent of the Chief Commissaire, he may start from a mark behind the one allotted him.
- 24.7.18 In starting, the foremost part of the machine should be in line with the competitor's mark and on banked tracks near the base of the banking whenever possible or otherwise as the Clerk of the Course may decide.



- 24.7.19 Where more than one competitor starts from the same mark, lots may be drawn to decide their positions counting from the inside of the track.
- 24.7.20 A competitor starting before the signal may be put back at the discretion of the Clerk of the Course for a distance not exceeding 10% of his handicap allowance, and on a repetition of the offence shall be disqualified.

## 24.8 Sprint

- 24.8.1 The Chief Commissaire shall prepare a formula showing the composition of the heats, if not already shown in the programme, repechages and other heats resulting therefrom.
- 24.8.2 The starting position of each rider shall be decided by the drawing of lots.
- 24.8.3 Should the race be on a best of three basis each rider shall lead one race, and a further draw shall be made should a deciding race prove necessary.
- 24.8.4 The start of a race shall be given by a pistol shot or whistle. A further pistol shot or whistle shall indicate the stopping of a race.
- 24.8.5 A false start shall be signalled if, within the first half lap, a rider suffers a mishap.
- 24.8.6 Should a mishap occur after the first half lap, the Chief Commissaire shall decide whether to allow a new start, with or without the rider deemed responsible, or whether to consider the result as having been established.
- 24.8.7 The rider on the inside of the track, unless overtaken, shall lead until reaching the pursuit line on the opposite side of the track. A maximum of two standstills shall be permitted for each race. The maximum period for a standstill shall be 30 seconds, following which the leading rider shall be directed by the starter to continue. If he fails to do so, the starter shall stop the race and declare the other rider the winner of the heat. In a three or four-up race, the race shall be immediately rerun as a two or three-up race, without the relegated rider.

## 24.9 Tandem Sprint

- 24.9.1 In no case may more than 3 tandems be lined up together.
- 24.9.2 The event shall be organised in accordance with the Sprint Regulations.

## 24.10 Individual Time Trial

- 24.10.1 An appointed holder or mechanical starting gate shall support the rider at the start. The rider must not be swung or pushed.
- 24.10.2 The start shall be given by a pistol shot, whistle or electronic device.
- 24.10.3 A false start shall be signalled if, within the first half lap, a rider suffers a mishap.
- 24.10.4 Should a mishap occur after the first half lap, the rider concerned shall drop out, and subject to the provisions of TR 24.6.10 be permitted a restart, but the other rider(s) shall continue to complete the distance.
- 24.10.5 The event shall be organised in accordance with Technical Regulations -Records.
- 24.10.6 Should two or more riders record the same time, they shall be placed equal.

## 24.11 Individual Pursuit

- 24.11.1 A preliminary round may be held to establish the fastest riders to make up the subsequent heats.
- 24.11.2 In the preliminary round only the time of each rider shall be considered and all riders, including those caught, will continue to cover the full distance to record a time.
- 24.11.3.1 Riders who are caught must not take pace or shelter from the leading rider.
- 24.11.3.2 A caught rider may **not** re-pass the leading rider **nor take** shelter from the leading rider.
- 24.11.4 Riders shall take up position on the inside of the track diametrically opposite each other.
- 24.11.5 In multi-station pursuits riders shall be spaced around the track at equal distances.
- 24.11.6 A lap board and bell shall be set up at each finishing point.
- 24.11.7 The start shall be given by a pistol shot, whistle or audible electronic device. A further pistol shot or whistle shall indicate the stopping of a race.
- 24.11.8 An appointed Holder or mechanical starting gate shall support the rider at the start. The rider must not be swung or pushed.
- 24.11.9 A false start shall be signalled if, within the first half lap, a rider suffers a mishap.

- 24.11.10 During any preliminary round, should a mishap occur after the first half lap the rider concerned shall drop out, and subject to the provisions of TR 24.6.10 be permitted a restart, but the other rider(s) shall continue to complete the distance.
- 24.11.11 In heats following the preliminary round, losers shall be eliminated.
- 24.11.12 In making up heats the Chief Commissaire shall match fastest against slowest, second fastest against second slowest and so on, **or may adhere to a different formula published in the race manual.**
- 24.11.13 In all heats a rider who catches his opponent shall continue for the full distance to record a time.
- 24.11.14 A rider shall be considered caught when the pursuer draws level with him.

#### 24.11.17 Restarts

During any heat, should a mishap occur after the first half lap, the following procedure shall apply:

- 24.11.17.1 During the first ¼ of the race: the race shall be restarted.
- 24.11.17.2 Between ¼ and ¾ distance: the leading rider shall restart on the last half-lap line he passed. The other rider(s) at a distance behind the other half-lap line equivalent to time gap behind the leading rider at the last half-lap time.
- 24.11.17.3 After ¾ distance the result at the moment of the mishap shall stand. The leading rider shall continue, if able, to complete the full distance. If unable to continue, his time for the full distance shall be calculated for the purpose of seeding the next round.
- 24.11.18 In the case of a dead heat at the finish, the riders shall be placed according to the best time recorded for the last lap, followed by the penultimate lap, etc.

#### 24.12 Team Pursuit

- 24.12.1 The race shall be held in accordance with the Regulations for Individual Pursuit, except as detailed in the following clauses.
- 24.12.2 The number of riders constituting a team, the number of riders required to record a time and the distance of events shall be published.
- 24.12.3 The riders shall be lined up at the start. They shall line up in a straight line across the track.
- 24.12.4 The rider on the inside of the track shall be the leading rider from the start, and shall be held by a starting block or an appointed official. All the riders in the team shall be merely held and not pushed or swung at the start.
- 24.12.5 The start shall be signalled by a pistol shot, other audible device or electronic countdown system.
- 24.12.6 An invalid start shall be declared if the rider on the inside of the track crosses the line before the signal to start is given, or another member of the team crosses the line before the inside rider or starts before the signal to start has been given.
- 24.12.7 During any preliminary round should a mishap occur after the first half lap, the team may either drop out or, if there are sufficient remaining riders to record a time, continue. Should the team drop out it must do so within one lap of the incident occurring.
- 24.12.8 In the event of any rider interfering with or impeding the other team, the rider's team shall be disqualified.
- 24.12.9 Pushing between team members is not permitted.
- 24.12.10 A team shall be considered caught when the first rider of the leading team **(at least 3 riders riding together)** is within one metre of catching their opponent team.

#### 24.13 Points Race

- 24.13.1 The winner shall be the rider with the highest number of points gained. For tracks under 250 metres laps gained or lost on the main bunch are 15 points, for tracks **from 250 metres** and under 400 metres 20 points and for tracks **over 400 metres and over**, 25 points. This shall apply to points races of 15kms or more. In shorter races, half of the above points shall apply.

**Note:** **~~Internationally, both Points race and Madison are now races decided on points, and a Madison is a race decided by laps and points.~~**

- 24.13.2 Where two or more riders are equal on points the places in the final sprint shall determine the winner.
- 24.13.3 Sprints shall take place on pre-determined laps with the first 4 riders over the line gaining 5, 3, 2, 1 points respectively. **Points awarded in the final sprint at full distance will be doubled, 10, 6, 4 and 2 points respectively.**
- 24.13.4 A rider or riders are considered to have lapped the field when they catch up with the last rider in the main group.

- 24.13.5 Any rider or riders lapping the field shall cease to be the Head of the Race. The Head of the Race is then taken over by the rider or riders in front of the main group or failing that by the rider leading the main group. These riders shall be the Head of the Race, but the race leader shall be the rider who has covered gained the greatest number of points.
- 24.13.6 A whistle or bell will indicate the start of a sprint lap and must always be for the Head of the Race.
- 24.13.7 A rider lapped during a sprint lap will not qualify for points in that particular sprint.
- 24.13.8 Deleted
- 24.13.9 Lapped riders need not complete lost laps and shall be classified in accordance with points gained. Any rider who retires from the race shall not be included in the result, regardless of the number of points gained. A rider suffering a recognised mishap during the last kilometre will however be classified by the number of points accumulated prior to the mishap. Where the last kilometre starts within the allowed neutralisation period for a recognised mishap and the rider is not able to return prior to the start of the last kilometre, this rider will also be classified by the total points he has accumulated prior to the mishap.

#### 24.14 Madison

- 24.14.1 Teams shall be of two or three riders wearing the same colours and number.
- 24.14.2 There must be one rider of each team in the race at all times.
- 24.14.3 Riders may relieve each other at any time during the race.
- 24.14.4 Changing shall take place as near to the inside edge of the track as practicable.
- 24.14.5 Relieved riders must take up a position outside the stayers line as soon as it is safe and practicable.
- 24.14.6 Changing shall be by one rider drawing level with the other and touching to denote relief.
- 24.14.7 The touch may be a push or hand sling.
- 24.14.8 The winners of the race shall be the team which gains the most points laps on the other teams.
- 24.14.9 If two or more teams are on the same lap, the result shall be determined by the team which has won the most sprint points during the race.
- 24.14.10 Should there be an equality of laps and points, the winners shall be the best placed team in the final sprint.
- 24.14.11 The race shall end when the leading team has completed the distance.
- 24.14.12 Lapped riders need not fulfil lost laps, and shall be placed as so many laps behind the winners.
- 24.14.13 At pre-determined times (every 10 laps on a 250m track) during the race there will be sprints for points, with the first four teams over the line gaining 5, 3, 2 and 1 points respectively. Double points (10, 6, 4, 2) will be awarded on the last sprint at full distance.
- 24.14.14 A whistle to or bell shall indicate one lap to go before a sprint.
- 24.14.15 A bell will be rung at the start of the last lap.
- 24.14.16 Teams that re-join the field, after gaining or losing laps, shall be eligible for sprint points. 20 points shall be awarded or deducted respectively for a lap gain or a lap lost.
- 24.14.17 Should one of the riders suffer a fall, puncture or mechanical incident, his team-mate shall immediately take the team position in the race. There shall be no neutralisation.
- 24.14.18 Any team retiring from the race shall inform the Chief Commissaire immediately.
- 24.14.19 Teams may be disciplined by losing points, losing laps or disqualification.
- 24.14.20 The Chief Commissaire may neutralise a race should it be considered necessary to do so, as in the case of a crash involving several teams or the track becoming unsafe or impracticable for use. The lap board shall cease to count down during such a neutralisation.
- 24.14.21 The Chief Commissaire may terminate a race before the full distance should it be considered essential to do so.
- 24.14.22 The Chief Commissaire may withdraw teams who fall too many laps behind or who, in his opinion, may constitute a danger to other riders.

#### 24.15 Motor Pace

- 24.15.1 Motor Paced Races may be allowed in open meetings subject to permission being given by the Board.

- 24.15.2 Pacing shall be under the direct control of a Pacing Marshal, who may be the Chief Commissaire, and who shall have power to order off the track and from the enclosure any pacer disobeying his directions or guilty of misbehaviour.
- 24.15.3 The cycles and motor cycles used shall conform to U.C.I. Regulations.
- 24.15.4 Riders shall draw for order of start, and line up in that order, one behind the other, with the leader on the starting line.
- 24.15.5 The pacers shall get into the same order as the riders, and circle the track. Pacers shall wear the number corresponding to position drawn.
- 24.15.6 When the Pacing Marshal is satisfied that riders and pacers are in proper order and ready to start, he will instruct the starter to commence the race in accordance with his instructions.
- 24.15.7 Riders may receive a running push at the start of a race.
- 24.15.8 A false start shall be signalled should a mechanical failure or puncture occur before the riders have joined their pacers.
- 24.15.9 A motor-paced event shall end when the winner has covered the appropriate distance of the event. All other riders shall be placed in the order of their respective time behind the winner if on the same lap or at the appropriate number of laps behind.
- 24.15.10 In a contest embracing a series of events the winner on general classification shall be the rider covering the distance of the series in the fastest cumulative time.
- 24.15.11 A pacer may not ride outside the stayers line except when endeavouring to pass the rider in front.
- 24.15.12 At all times he should leave sufficient space on his right for the other riders to overtake.
- 24.15.13 Any rider attempting to overtake on the inside shall be disqualified.
- 24.15.14 A rider who has been lapped shall allow free passage to that rider should he wish to pass on a subsequent lap.
- 24.15.15 Any disabled pacer or pacing machine may be replaced with the consent of the Pacing Marshal.
- 24.15.16 Application for a pacer's licence will be considered by the [British Cycling](#) Board for:-Class A licence for 500 cc upwards; Class B for motors below 500 cc; Class C for derny type training purposes.  **Holders of any class of motor pace licence may pace within keirin competition.** Motor Paced licences shall only be awarded to Senior Members of [Scottish Cycling/British Cycling](#).
- 24.15.17 All applicants must have complied with the standard laid down in the special regulations issued annually by the [British Cycling](#) Board.
- 24.15.18 Irrespective of differences in the stature of pacers the only clothing that may be worn under the pacing leathers is: Normal underwear of not more than one thickness; A long or short sleeved racing jersey without pockets; A pair of normal racing shorts; A pair of ankle length socks; A pair of racing gloves but not lined or gauntlets; An unpadded one- piece belt free from extensions or flaps. No loose padding whatsoever shall be allowed. All clothing so employed must be tucked into the breeches and secured by means of a belt.
- 24.15.19 Pacers must wear crash helmets of an approved design.

## 24.16 Team Sprint

- 24.16.1 The number of riders constituting a team and the distance of events shall be published.
- 24.16.2 The riders shall be lined up at the start in a straight line across the track.
- 24.16.3 The rider on the inside of the track shall be the leading rider from the start, and shall be held by a starting block or an appointed official. All the riders in the team shall be merely held and not pushed or swung at the start.
- 24.16.4 The start shall be signalled by a pistol shot, other audible device or electronic countdown system.
- 24.16.5 An invalid start shall be declared if the rider on the inside of the track crosses the line before the signal to start is given, or another member of the team crosses the line before the inside rider or starts before the signal to start has been given.
- 24.16.6 At the completion of his lap, the **leading edge** rear of the leading rider's **front** back wheel must cross the pursuit line ahead of the leading edge of the front wheel of the following rider. Thereafter, the leading rider must draw aside immediately and ride above the sprinter's line **no later than** within 15 metres after the pursuit line. Pushing between members of the same team is strictly forbidden. If any of the requirements above are not met, the team shall be relegated to the last place in **that** the stage of the competition.

- 24.16.7 During the qualification heats, should a team suffer a mishap, it shall restart at the end of the qualifying rounds. Any team, which may have been hindered by a mishap to its opponents, may, by decision of the Commissaires, be granted a restart at the end of the qualifying round.
- 24.16.8 From the semi-finals onwards, in the event of a mishap the race shall be stopped and restarted.

### 24.17 Elimination Race

- 24.17.1 Elimination sprints shall be set at regular intervals as determined by the chief commissaire, who shall also determine the number of riders to be eliminated.
- 24.17.2 The start of the elimination lap shall be indicated by a whistle. The ringing of a bell shall indicate the start of the last lap. The bell to indicate the last lap shall be rung when a predetermined number of riders are left to contest the final sprint.
- 24.17.3 The last part of the last rider's machine to cross the finish line shall determine the rider to be eliminated. On the final sprint, the winner shall be determined by the position of the front wheel.
- 24.17.4 The commissaires' panel shall eliminate any rider or riders who are not contesting the race, or who suffer a mishap from the race. Elimination shall also be made from the rear of the main bunch.
- 24.17.5 Sprint regulations will apply for the whole of the elimination lap.
- 24.17.6 Laps gained shall have no significance in the Elimination Race.

### 24.18 Keirin

- 24.18.1 Any heats and the final should consist of no more than nine riders.
- 24.18.2 During the initial laps, the pace will be set by the pacesetter at a base speed appropriate to the age/ability category of the riders being paced:

Category	Start Speed	Max. Speed
Junior & senior men	30 kph	50 kph
Junior & senior women	25 kph	45 kph
Youth competitors	At the discretion of the chief commissaire	

The pacesetter shall ride within the sprinter's lane, follow the measurement line. The pacesetter shall gradually raise the speed to the maximum, and shall not accelerate sharply before leaving the track at a predetermined point, in principle 600-700 metres before the finish. The home straight pursuit line with 3 laps to go on a 250m track, and as decided by the chief Commissaire on tracks of a different size or for races for a youth category.

- 24.18.3 Riders shall draw for position on the starting line. The riders shall line up radially at the pursuit line in the home straight with the rider drawing No. 1 starting on the inside. The area of the sprinters lane shall be kept free for the pacesetter to pass.
- 24.18.4 The starter will signal the start as the pacer passes the riders. The rider drawn on the inside of the track must immediately take up position behind the pacer for at least a lap unless another rider takes that position. Failure to do so shall result in the race being stopped and rerun and the offending rider disqualified. The start shall be given when the pacer approaches the pursuit line in the sprinter's lane. At the start, riders shall take their positions determined by the draw, directly behind the pacer, for at least the first lap, failing which the race shall be stopped and riders that failed to comply shall be disqualified. In the restart, the remaining riders shall again take their same relative positions behind the pacer.
- 24.18.5 If any rider passes the back leading edge of the front wheel of the pacesetter before the pursuit line when he leaves the track, the race shall be stopped and rerun and the offending rider(s) disqualified.
- 24.18.6 A false start shall be signalled if, within the first half lap, a rider suffers a mishap.
- 24.18.7 Passing or attacking opponents on the left-hand side is strictly forbidden, unless the leading rider is taking up a wide position.
- 24.18.8 Riders must not barge or baulk other riders in order to gain advantage behind the pacesetter or other riders. In such instances the race may be stopped and rerun and the offending rider(s) may be disqualified.

## 25 Tracks

### 25.4 Track Safety Audit

- 25.4.1 Scottish Cycling shall cause all permanent tracks within its area to be inspected at intervals of not less than one year in order to ensure that such tracks are safe for racing under these Regulations.
- 25.4.2 Where Scottish Cycling decides that any track in its area is unsafe for racing under these Regulations, or that illegal betting takes place at the track, the Region Scottish Cycling may proclaim that no racing under these Regulations shall take place at the track and any Scottish Cycling/British Cycling member who organises, officiates or rides at the track whilst it is proclaimed shall be in breach of these Regulations.
- 25.4.3 The owner of a track which has been proclaimed under this Regulation may appeal to the Scottish Cycling Board.
- 25.4.4 Scottish Cycling shall inspect every cycle track in its area and decide the maximum numbers to form a heat in all races thereon, the term heat to include the various stages of a race up to and including the final. Scottish Cycling shall ensure that the event permit details the maximum number which must not be exceeded.
- 25.4.5 Where possible a safety zone should be provided on the inside edge of all tracks (including grass tracks) with a minimum width of 4m for tracks of 250m or longer, or 2.5m for tracks shorter than 250m. Where the safety zone is between 2.5 and 3m in width, a smooth, unbroken guard wall of at least 90cm in height should be provided on its inner edge. During competitions the safety zone must be kept free of any person or piece of equipment (including starting blocks) and any personnel standing in the safety zone shall be kept to a minimum. The extent of the Safety Zone shall be clearly defined on all tracks.

## 26 Scottish Records (Road and Track)

- 26.1.1 All records will be categorised as :-  
a) Scottish records  
b) Scottish all comers records
- 26.1.2 Those eligible to claim a Scottish record will be as defined for Scottish Championships in [Tech Reg 18.1.2](#). All other records will be designated as Scottish All comers Records. Only records set in the area governed by Scottish Cycling will be considered.
- 26.1.3 The onus of making a claim shall rest with the rider or promoter. Records must be claimed by the rider within 14 days of the attempt and upon Scottish Cycling's record claim form which will be provided by the appointed Observer present for the attempt. The Scottish Cycling Board may, at its discretion, extend the time within which a record claim may be made. The original time sheets signed by the timekeepers or the approved operator of a fully automatic timing device as appropriate, and showing lap by lap times shall accompany all record claims. Additionally, claims for records broken at an open or championship meeting shall be supported by the official result communiqué.
- 26.1.4 No rider shall attempt, claim, or permit to be published a track record unless under these Regulations or those of British Cycling or the UCI, and any rider so attempting, claiming, or permitting, or any official assisting him, shall be in breach of these Regulations. Where a record time or distance is beaten more than once in the same day, each record time or distance will be considered for ratification in the order the rides were completed.
- 26.1.5 The Scottish Cycling Board may procure and use any evidence bearing upon a record claim, and shall retain all documents in connection therewith
- 26.1.6 The Scottish Cycling Board may decline to consider any claim it may consider to be contrary to the interests of the sport. Any person improperly claiming or supporting a record shall be in breach of these Regulations.
- 26.1.7 The Scottish Cycling Competition Record Certificate will be issued to all principals (and in the case of team records to each member of the successful team) in all cases where a claim has been admitted.

### Track Records

- 26.2 No claim for a record shall be considered unless the ride has been made:
- 26.2.1 On a track approved by the UCI or measured in accordance with T.R. 25 and the measurement certified by a qualified surveyor.
- 26.2.2 In the presence of an Official Observer and timed by at least two Chief Timekeepers who have, for the purpose of timing the record or records, used timing devices registered with Scottish Cycling. Where electronic timing is being used, only one Timekeeper is required.

- 26.2.3 In an open or confined race or a time trial at an open track meeting or a private time trial for which a permit shall have been granted by Scottish Cycling. The permit shall be valid for eight days from the date of issue.
- 26.2.4 Using any gear and equipment restrictions which are in place for the age category or event in question.
- 26.3 Where any of the records at the times or distances listed in these Regulations remains to be established the [Scottish Cycling](#) Board may set a standard for such record and no claim for the record will be considered unless the standard is equalled or beaten. Otherwise the [Scottish Cycling](#) Board shall adjudicate on claims by riders who consider that their performances should be recognised as records at the said times or distances.
- 26.4 All records may be electronically timed and where so timed shall be to the nearest 1/1000<sup>th</sup> of a second, in accordance with T.R. 16.15.8. Where hand held timing devices are used and controlled as described in T.R. 16.15, records shall be timed to 1/100<sup>th</sup> of a second. A 1/100<sup>th</sup> second beating of an existing record shall establish a new record.
- 26.5 The area of the track inside the gauge line (the black band) shall be made un-rideable during record attempts.
- 26.6 [At an event taking place within Scotland which is sanctioned by Scottish Cycling, British Cycling or the UCI, where timekeeping arrangements conform to Technical Regulation 26.22, or are acceptable to the Scottish Cycling Board, unpaced standing start records as detailed in Technical Regulation 26.11.3 may be approved over distances up to and including 4 kilometres when two riders or two teams start on opposite sides of the track. For all other distances and for all record attempts outside such events and arranged by special permit, the rider or team shall be alone on the track](#)
- 26.7.1 In all attempts on standing start records the riders may be held at the start, but shall not receive a push, except that in motor-paced record attempts a running push start may be allowed. The signal for the rider to start shall be by [electronic beeps or the firing of a starting pistol](#). [Where electronic timing is employed the standing start position of the rider's cycle shall be with the front wheel almost making contact with the starting line. The finish time will be recorded when the rider's front wheel comes into contact with the finishing line. Back up manual timing must reflect the electronic start and finish protocol. Where manual timing is the principal measurement the standing start position shall be with the front of the front wheel vertically over the starting line and for the finish, the front of the rider's front wheel vertically over the finishing line.](#)
- 26.7.2 In all attempts on standing start records a mechanical starting gate may be used in which case the time shall start upon the release of the starting gate.
- 26.8.1 No claim for a record set up outside the aforementioned events shall be considered unless ten working days' notice of the attempt shall have been given to the [Scottish Cycling Events Manager](#).
- 26.8.2 Within the notice period the [Scottish Cycling Events Manager](#) shall be responsible for providing an official observer [who shall be at least a National Commissaire](#) and, where considered appropriate, facilities for an anti-doping control. All other officials must be obtained by the competitor or his helpers. In events covered by T.R. 15.2, the appointed Chief Commissaire shall act as the appointed observer.
- 26.8.3 Records must be claimed by the rider within 14 days of the attempt and upon the [Scottish Cycling's](#) record claim form which will be provided by the appointed Observer present for the attempt. The [Scottish Cycling](#) Board may, at its discretion, extend the time within which a record claim may be made. The original time sheets signed by the timekeepers or the approved operator of a fully automatic timing device as appropriate, and showing lap by lap times shall accompany all record claims. Claims for records broken at [an open or championship meeting](#) the aforementioned Championships shall be supported by the official result communiqué.
- 26.10 All motor-paced record attempts shall conform to conditions laid down by the [Scottish Cycling](#) Board.
- 26.11.1 During attempts on the 1 hour record arrangements shall be made to indicate the last lap. To calculate the distance covered in the hour the rider shall, when the time is up, continue for the additional distance and complete the lap. The time taken for the last lap shall be used to calculate the distance covered during the time remaining to complete the hour in accordance with the following formula:
- $$D = \frac{L \times TR}{TL}$$
- Where: D is the additional distance, L is the length of the track, TR is the time remaining to complete the hour, TL is the time for the last lap
- 26.11.2 If a recognised incident prevents the rider from completing the last lap, the time of the preceding lap shall be taken to calculate the distance covered.

### **26.11.3 Record Distances Track**

Bicycles unpaced.

- (i.) Men, standing start 1km, 4km, 1 hour. Flying start 200m, 500m.
- (ii.) Women, standing start 500m, 3km, 1 hour. Flying start 200m, 500m.

- iii.) Junior men, standing start 1km, 3km. Flying start 200m, 500m.
- iv.) Junior women, standing start 500m, 2km. Flying start 200m, 500m.
- v.) Youth A boys, standing start 500m, 2km. Flying start 200m, 500m.
- vi.) Youth A girls, standing start 500m, 2km. Flying start 200m, 500m.
- vii.) Youth B, boys, standing start: 500m, 1500m Flying start: 200m, 500m
- viii.) Youth B, girls, standing start: 500m, 1500m Flying start: 200m, 500m
- ix.) Youth C, boys, standing start: 500m, 1500m Flying start: 200m, 500m
- x.) Youth C, girls, standing start: 500m, 1500m Flying start: 200m, 500m
- xi.) Club teams men, standing start 4km.
- xii.) Club teams women, standing start 4km.
- xiii.) Club and Regional Men, Team Sprint standing start 750m
- xiv.) Club and Regional Women, Team Sprint standing start 500m

## 26.12 Road Records

- 26.12.1 No claim shall be considered unless the performance to which it relates is made in an open event appearing on the National Calendar or has been sponsored by the [Scottish Cycling Board](#).
- 26.12.2 No claim shall be considered unless the time-keeping arrangements in the event concerned comply with the standard laid down by the [Scottish Cycling Board](#) for timekeeping in open events and the course meets with the regulations laid down in "Courses".
- 26.12.3 Where alterations have been made to a previously registered course no claim shall be considered until the course has been **re-registered with the new details**.
- 26.12.4 The lowest timing units by which competition records may be broken shall be one whole second in the case of fixed distance events and in the case of 12 hours and 24 hours events the lowest unit shall be 1-100th of a mile. In the case of a claim to a 12 or 24 hours record where the claimant was not within sight of an official timekeeper at the conclusion of the ride, the [Scottish Cycling Board](#) will consider official timekeepers' certificates relating to his position along the course before and after his time expired and will decide upon the distance to be recorded.

### 26.12.4 Record Distances Road

Distance in miles (10, 25, **30**, 50, 100) in hours (12, 24)

- Bicycle Men
- Bicycle Men Team (3 counters)
- Bicycle Women
- Bicycle Women Team (2 counters)
- Veteran Men
- Veteran Men team (3 counters)
- Veteran Women
- Veteran Women team (2 counters)
- Tandem Men
- Tandem Women
- Tandem Mixed
- Tricycle Men
- Tricycle Women
- Tricycle Men Team (2 counters)
- Tricycle Women Team (2 counters)

Distance in miles (10, 25, 30, 50)

- Bicycle Junior Men
- Bicycle Junior Men team (2 counters)
- Bicycle Junior Women
- Bicycle Junior Women team (2 counters)

Distances in miles (10, 25)

- Bicycle Youth Boys
- Bicycle Youth Boys team (2 counters)
- Bicycle Youth Girls



- Bicycle Youth Girls team (2 counters)

## **27 Roller Racing**

- 27.1 Roller racing shall be exempt from regional registration fees and the necessity for competitors to be members of the Federation. The provisions of T.R. 24 shall apply where appropriate.
- 27.2 The promoters shall cause the roller apparatus to be checked before the start of the racing to ensure it is safe and in proper working order.

### **27.3 Officials**

- 27.3.1 The officials at a roller racing meeting shall consist of a Chief Commissaire, Starter, Timekeepers, Clerk of the Course, Gear Checker and Stewards as necessary.
- 27.3.2 The Chief Commissaire shall be the senior official at a Roller Racing meeting, and there must be a Chief Commissaire at every such meeting.
- 27.3.3 The Chief Commissaire and Timekeeper shall have a central position opposite the roller dials, and free from the audience.
- 27.3.4 The Starter when he sees the competitors are settled, shall ask "Are you ready"? and if no reply to the contrary, effect the start by pistol or other pre-arranged signal. A bell shall be rung for the last lap or half lap as arranged, and the starter shall signal the finish of the race by pistol shot or as otherwise arranged when all the riders to be placed have completed the distance.
- 27.3.5 The Gear Checker shall check the gears and crank length of the machines to be used.

### **27.4 Gearing**

- 27.4.1 In open competitions the maximum top gear permitted shall be such that the distance covered per crank revolution shall not exceed 8.26 metres, cranks must not be less than 165 millimetres.
- 27.4.2 The gear shall be checked against the distance covered by one revolution of the cranks at the specified gear and the gear checker shall set out a line showing the distance.
- 27.4.3 All gears must be checked before each heat, including first, intermediate and final heats and after any exchange of wheels or tyres. It is the rider's responsibility to have this done.
- 27.4.4 Competitions with unlimited gears may be allowed but not for under 16's (T.R. 3.3).

### **27.5 Special Regulations**

- 27.5.1 In the case of (1) a false start, (2) a fall, (3) mechanical mishap to rollers or machines including punctures, before 100 metres have been covered by the leaders, a re-start shall be made in Championship races.
- 27.5.2 Organisers may at their discretion allow a re-start in other races in circumstances (2) and (3).
- 27.5.3 In cases of a false start, the riders must be recalled.
- 27.5.4 Notice must be given on entry form, prospectus and programme of these conditions.
- 27.5.5 Attendants may be allowed to hold riders and, in such cases, riders may select their own attendant.
- 27.5.6 Attendants must be neatly attired and, where the organiser requires a special costume, the attendant must comply with the request, the costume shall be provided by the organiser.
- 27.5.7 In events where riders are not held for the duration of a race, they must be released at 200 metres, a whistle signal being given at 100 metres and a second on 200 metres being reached by the leaders.

## Appendix A: Scottish Cycling Equipment Regulations

A1.19.1 Machines used for domestic road and track competition in Scotland must conform to the following criteria:-

- a) Dimensions: -
  - i.) Maximum overall length - 2.00 metres. (Tandems - 2.75 metres).
  - ii.) Maximum width - 0.75 metres
  - iii.) Forward point of the saddle must not project beyond a vertical line drawn from the centre of the bottom bracket spindle nor fall more than 15 cm behind the same projected line.
  - iv.) Bottom bracket spindle above ground level: - Min 24 cm - Max 30 cm.
  - v.) Bottom bracket spindle to front hub spindle: - Min 54 cm - Max 60 cm
  - vi.) Bottom bracket spindle to rear hub spindle: - Max 55 cm.
- b) The riding position adopted must allow the rider unrestricted forward visibility.
- c) Triathlon type bars are permitted in road time trials and track time trials and pursuits.
- d) Disc wheels are permitted on the rear wheel only, except in track time trial and pursuit where they are permitted on both wheels.
- e) *Deleted*
- f) Fairings and windbreaks must not be used.
- g) Those machines used on roads must conform to current road transport regulations [and TR 3.2.5](#)
- h) Where a rider is found to be using a machine which in the opinion of the Chief Commissaire presents a danger to his/herself or others, the rider shall be withdrawn from the event.
- i) SC strongly advises competitors contesting an individual road time trial to display a rear light, operating in flashing mode.

**Note:** For equipment rules and gearing relating to Youth B and younger riders refer to TR 3.2.6, TR 3.2.7 and TR 3.3.3

**Note:** The above criteria vary from the current specification of bicycles under [British Cycling](#) and UCI. Riders entering competitions out with Scotland are advised to consult the UCI and [British Cycling](#) regulations to ensure that their machine complies with these regulations.

A1.19.2 The bicycle used in mountain bike races must be solely human powered. Any bicycle taking part in competition must be capable of safely and efficiently completing the task and must, as a minimum, be mechanically sound, have efficient brakes on all wheels and all reasonable steps must be taken to ensure the safety of the rider and others. As part of the latter bar plugs are compulsory-

A1.19.3 If in the opinion of the Commissaire a bicycle fails to meet the above criteria the rider must immediately take steps to remedy any shortcomings and ensure that the Commissaire's requests are met. Failure to do so will result in exclusion from the competition.

A1.19.4 The use in competition of cameras attached to riders, cycles or helmets is prohibited, unless previously authorised in writing by the Scottish Cycling board.

Unless prohibited in the regulations of individual disciplines, cameras are permitted during practice or designated training sessions. The rider is solely responsible for securing the fixation of the camera in order to avoid any danger or distraction.

## Appendix B : UCI Equipment Regulations

Refer to UCI website <http://www.uci.ch/inside-uci/rules-and-regulations/regulations/>

## Appendix C : Gear Tables

Insert gear tables

## APPENDIX D – TIME TRIAL HANDICAP TABLES

How to use the Handicap Tables

The Scottish Cycling handicapping tables shall be based on the formula. At 25 miles the handicap shall be X minutes minus X to the power 1.6 seconds where X is the difference between the actual time and the base time.

Thus for: -

10 miles the formula is X minutes minus  $2 \frac{1}{2} X^{1.6}$  seconds.

25 miles the formula is X minutes minus  $X^{1.6}$  seconds

50 miles the formula is X minutes minus  $X^{1.6} / 2$  seconds.

100 miles the formula is X minutes minus  $X^{1.6} / 4$  seconds.

Example: -

Calculation for 25 miles – Rider's fastest time – 1 hr 2 mins 25 secs minus basis of 50 mins.

Difference – 12 mins 25 secs.

From Table III of handicaps: -

12 mins 20 secs – 11 mins 24 secs

05 secs – 04 secs

Total handicap allowance = 11 mins 28 secs

For riders whose recorded time is slower than the maximum given in the tables, the difference between the maximum time and the actual time is taken, and  $\frac{3}{4}$  of that time is added to the maximum handicap. Thus a rider whose time at 25 miles is 1 hr 20 mins receives the maximum on the tables (22 mins 06 secs) plus  $\frac{3}{4}$  of five minutes (difference between 1.15 and 1.20) (3 mins 45 secs) his actual handicap becomes 25 mins 51 secs.

#### Comparison Times for Handicapping

10 miles	25 miles	50 miles	100 miles	10 miles	25 miles	50 miles	100 miles
H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.
0.22.00	0.55.00	1.54.35	4.03.30	0.25.12	1.03.00	2.11.15	4.38.55
0.22.12	0.55.30	1.55.35	4.05.40	0.25.24	1.03.30	2.12.20	4.41.10
0.22.24	0.56.00	1.56.40	4.07.55	0.25.36	1.04.00	2.13.20	4.43.20
0.22.36	0.56.30	1.57.40	4.10.00	0.25.48	1.04.30	2.14.25	4.45.40
0.22.48	0.57.00	1.58.45	4.12.20	0.26.00	1.05.00	2.15.25	4.47.45
0.23.00	0.57.30	2.00.00	4.15.00	0.26.12	1.05.30	2.16.30	4.50.50
0.23.12	0.58.00	2.00.50	4.16.45	0.26.24	1.06.00	2.17.30	4.52.20
0.23.24	0.58.30	2.01.50	4.18.55	0.26.36	1.06.30	2.18.35	4.54.30
0.23.36	0.59.00	2.02.55	4.21.10	0.26.48	1.07.00	2.19.35	4.57.00
0.23.48	0.59.30	2.04.00	4.23.30	0.27.00	1.07.30	2.20.40	4.58.55
0.24.00	1.00.00	2.05.00	4.25.40	0.27.12	1.08.00	2.21.40	5.01.00
0.24.12	1.00.30	2.06.05	4.27.55	0.27.24	1.08.30	2.22.45	5.03.20
0.24.24	1.01.00	2.07.05	4.30.05	0.27.36	1.09.00	2.23.45	5.05.28
0.24.36	1.01.30	2.08.10	4.32.20	0.27.48	1.09.30	2.24.50	
0.24.48	1.02.00	2.09.10	4.34.30	0.28.00	1.10.00		
0.25.00	1.02.30	2.10.15	4.36.45				

#### Handicap allowance for 10 mile Time Trial (scratch time = 20 mins)

Mins Diff.	Tens of Seconds						Units of Seconds								
	0	10	20	30	40	50	1	2	3	4	5	6	7	8	9
0	0.00	0.09	0.19	0.29	0.38	0.48	1	2	3	4	5	6	7	7	8
1	0.57	1.06	1.16	1.25	1.34	1.43	1	2	3	4	5	5	6	7	8
2	1.52	2.01	2.10	2.19	2.27	2.36	1	2	3	3	4	5	6	7	8
3	2.45	2.54	3.02	3.11	3.20	3.28	1	2	3	3	4	5	6	7	8

4	3.37	3.45	3.53	4.02	4.10	4.18	1	2	2	3	4	5	6	7	7
5	4.27	4.35	4.43	4.51	4.59	5.07	1	2	2	3	4	5	6	6	7
6	5.16	5.24	5.32	5.40	5.47	5.55	1	2	2	3	4	5	6	6	7
7	6.03	6.11	6.19	6.27	6.34	6.42	1	2	2	3	4	5	5	6	7
8	6.50	6.58	7.05	7.13	7.20	7.28	1	2	2	3	4	5	5	6	7
9	7.35	7.43	7.50	7.58	8.05	8.13	1	1	2	3	4	4	5	6	7

**Handicap allowance for 25 mile Time Trial (scratch time = 50 mins)**

Mins Diff.	Tens of Seconds						Units of Seconds								
	0	10	20	30	40	50	1	2	3	4	5	6	7	8	9
0	0.00	0.09	0.19	0.29	0.39	0.49	1	2	3	4	5	6	7	8	9
1	0.59	1.08	1.18	1.28	1.37	1.47	1	2	3	4	5	6	7	8	9
2	1.56	2.06	2.16	2.25	2.35	2.44	1	2	3	4	5	6	7	8	9
3	2.54	3.03	3.13	3.22	3.32	3.41	1	2	3	4	5	6	7	8	9
4	3.50	4.00	4.09	4.18	4.28	4.37	1	2	3	4	5	6	7	7	8
5	4.46	4.56	5.05	5.14	5.23	5.33	1	2	3	4	5	6	6	7	8
6	5.42	5.51	6.00	6.10	6.19	6.28	1	2	3	4	5	5	6	7	8
7	6.37	6.46	6.55	7.04	7.13	7.23	1	2	3	4	5	5	6	7	8
8	7.32	7.41	7.50	7.59	8.08	8.17	1	2	3	4	5	5	6	7	8
9	8.26	8.35	8.44	8.53	9.02	9.11	1	2	3	4	4	5	6	7	8
10	9.20	9.29	9.38	9.46	9.55	10.04	1	2	3	4	4	5	6	7	8
11	10.13	10.22	10.31	10.40	10.49	10.57	1	2	3	4	4	5	6	7	8
12	11.06	11.15	11.24	11.33	11.41	11.50	1	2	3	4	4	5	6	7	8
13	11.59	12.08	12.16	12.25	12.34	12.43	1	2	3	3	4	5	6	7	8
14	12.51	13.00	13.09	13.17	13.26	13.35	1	2	3	3	4	5	6	7	8
15	13.43	13.52	14.01	14.09	14.18	14.26	1	2	3	3	4	5	6	7	8
16	14.35	14.44	14.52	15.01	15.09	15.18	1	2	3	3	4	5	6	7	8
17	15.26	15.35	15.44	15.52	16.01	16.09	1	2	3	3	4	5	6	7	8
18	16.18	16.26	16.35	16.43	16.51	17.00	1	2	3	3	4	5	6	7	8
19	17.08	17.17	17.25	17.34	17.42	17.50	1	2	3	3	4	5	6	7	8
20	17.59	18.07	18.16	18.24	18.32	18.41	1	2	3	3	4	5	6	7	8
21	18.49	18.57	19.06	19.14	19.22	19.31	1	2	2	3	4	5	6	7	7
22	19.39	19.47	19.56	20.04	20.12	20.20	1	2	2	3	4	5	6	7	7
23	20.29	20.37	20.45	20.53	21.02	21.10	1	2	2	3	4	5	6	7	7
24	21.18	21.26	21.34	21.43	21.51	21.59	1	2	2	3	4	5	6	7	7

**Handicap allowance for 50 mile Time Trial (scratch time = 105 mins)**

Mins. Diff.	Tens of Seconds						Units of Seconds								
	0	10	20	30	40	50	1	2	3	4	5	6	7	8	9
0	0.00	0.09	0.19	0.29	0.39	0.49	1	2	3	4	5	6	7	8	9
1	0.59	1.09	1.19	1.29	1.38	1.48	1	2	3	4	5	6	7	8	9
2	1.58	2.08	2.18	2.27	2.37	2.47	1	2	3	4	5	6	7	8	9
3	2.57	3.06	3.16	3.26	3.36	3.45	1	2	3	4	5	6	7	8	9
4	3.55	4.05	4.14	4.24	4.34	4.43	1	2	3	4	5	6	7	8	9
5	4.53	5.03	5.12	5.22	5.31	5.41	1	2	3	4	5	6	7	8	9
6	5.51	6.00	6.10	6.20	6.29	6.39	1	2	3	4	5	6	7	8	9
7	6.48	6.58	7.07	7.17	7.26	7.36	1	2	3	4	5	6	7	8	9
8	7.46	7.55	8.05	8.14	8.24	8.33	1	2	3	4	5	6	7	8	9
9	8.43	8.52	9.02	9.11	9.21	9.30	1	2	3	4	5	6	7	8	9
10	9.40	9.49	9.59	10.08	10.17	10.27	1	2	3	4	5	6	7	8	8
11	10.36	10.46	10.55	11.05	11.14	11.23	1	2	3	4	5	6	7	8	8
12	11.33	11.42	11.52	12.01	12.10	12.20	1	2	3	4	5	6	7	8	8
13	12.29	12.39	12.48	12.57	13.07	13.16	1	2	3	4	5	6	7	7	8
14	13.25	13.35	13.44	13.53	14.03	14.12	1	2	3	4	5	6	7	7	8
15	14.21	14.31	14.40	14.49	14.59	15.08	1	2	3	4	5	6	7	7	8
16	15.17	15.27	15.36	15.45	15.54	16.04	1	2	3	4	5	6	6	7	8
17	16.13	16.22	16.32	16.41	16.50	16.59	1	2	3	4	5	6	6	7	8
18	17.09	17.18	17.27	17.36	17.45	17.55	1	2	3	4	5	6	6	7	8
19	18.04	18.13	18.22	18.32	18.41	18.50	1	2	3	4	5	6	6	7	8
20	18.59	19.08	19.18	19.27	19.36	19.45	1	2	3	4	5	6	6	7	8
21	19.54	20.03	20.13	20.22	20.31	20.40	1	2	3	4	5	5	6	7	8
22	20.49	20.58	21.08	21.17	21.26	21.35	1	2	3	4	5	5	6	7	8
23	21.44	21.53	22.02	22.11	22.21	22.30	1	2	3	4	5	5	6	7	8
24	22.39	22.48	22.57	23.06	23.15	23.24	1	2	3	4	5	5	6	7	8
25	23.33	23.42	23.51	24.00	24.10	24.19	1	2	3	4	5	5	6	7	8
26	24.28	24.37	24.46	24.55	25.04	25.13	1	2	3	4	5	5	6	7	8
27	25.22	25.31	25.40	25.49	25.58	26.07	1	2	3	4	5	5	6	7	8
28	26.16	26.25	26.34	26.43	26.52	27.01	1	2	3	4	4	5	6	7	8
29	27.10	27.19	27.28	27.37	27.46	27.55	1	2	3	4	4	5	6	7	8
30	28.04	28.13	28.22	28.31	28.40	28.49	1	2	3	4	4	5	6	7	8
31	28.58	29.07	29.16	29.25	29.34	29.43	1	2	3	4	4	5	6	7	8
32	29.52	30.00	30.09	30.18	30.27	30.36	1	2	3	4	4	5	6	7	8
33	30.45	30.54	31.03	31.12	31.21	31.30	1	2	3	4	4	5	6	7	8
34	31.38	31.47	31.56	32.05	32.14	32.23	1	2	3	4	4	5	6	7	8
35	32.32	32.41	32.50	32.58	33.07	33.16	1	2	3	4	4	5	6	7	8
36	33.25	33.34	33.43	33.52	34.00	34.09	1	2	3	4	4	5	6	7	8
37	34.18	34.27	34.36	34.45	34.53	35.02	1	2	3	4	4	5	6	7	8
38	35.11	35.20	35.29	35.37	35.46	35.55	1	2	3	4	4	5	6	7	8
39	36.04	36.13	36.21	36.30	36.39	36.48	1	2	3	4	4	5	6	7	8
40	36.57	37.05	37.14	37.23	37.32	37.40	1	2	3	4	4	5	6	7	8

41	37.49	37.58	38.07	38.15	38.24	38.33	1	2	3	3	4	5	6	7	8
42	38.42	38.50	38.59	39.08	39.17	39.25	1	2	3	3	4	5	6	7	8
43	39.34	39.43	39.52	40.00	40.09	40.18	1	2	3	3	4	5	6	7	8
44	40.26	40.35	40.44	40.53	41.01	41.10	1	2	3	3	4	5	6	7	8

**Handicap allowance for 100 mile Time Trial (scratch time = 230 mins)**

Mins. Diff.	Tens of Seconds						Units of Seconds								
	0	10	20	30	40	50	1	2	3	4	5	6	7	8	9
0	0.00	0.09	0.19	0.29	0.39	0.49	1	2	3	4	5	6	7	8	9
1	0.59	1.09	1.19	1.29	1.39	1.49	1	2	3	4	5	6	7	8	9
2	1.59	2.09	2.19	2.28	2.38	2.48	1	2	3	4	5	6	7	8	9
3	2.58	3.08	3.18	3.28	3.38	3.47	1	2	3	4	5	6	7	8	9
4	3.57	4.07	4.17	4.27	4.37	4.46	1	2	3	4	5	6	7	8	9
5	4.56	5.06	5.16	5.26	5.35	5.45	1	2	3	4	5	6	7	8	9
6	5.55	6.05	6.15	6.25	6.34	6.44	1	2	3	4	5	6	7	8	9
7	6.54	7.04	7.13	7.23	7.33	7.43	1	2	3	4	5	6	7	8	9
8	7.53	8.02	8.12	8.22	8.32	8.41	1	2	3	4	5	6	7	8	9
9	8.51	9.01	9.11	9.20	9.30	9.40	1	2	3	4	5	6	7	8	9
10	9.50	9.59	10.09	10.19	10.28	10.38	1	2	3	4	5	6	7	8	9
11	10.48	10.58	11.07	11.17	11.27	11.36	1	2	3	4	5	6	7	8	9
12	11.46	11.56	12.06	12.15	12.25	12.35	1	2	3	4	5	6	7	8	9
13	12.44	12.54	13.04	13.13	13.23	13.33	1	2	3	4	5	6	7	8	9
14	13.42	13.52	14.02	14.11	14.21	14.31	1	2	3	4	5	6	7	8	9
15	14.40	14.50	15.00	15.09	15.19	15.29	1	2	3	4	5	6	7	8	9
16	15.38	15.48	15.58	16.07	16.17	16.27	1	2	3	4	5	6	7	8	9
17	16.36	16.46	16.56	17.05	17.15	17.24	1	2	3	4	5	6	7	8	9
18	17.34	17.44	17.53	18.03	18.12	18.22	1	2	3	4	5	6	7	8	9
19	18.32	18.41	18.51	19.01	19.10	19.20	1	2	3	4	5	6	7	8	9
20	19.29	19.39	19.49	19.58	20.08	20.17	1	2	3	4	5	6	7	8	9
21	20.27	20.36	20.46	20.56	21.05	21.15	1	2	3	4	5	6	7	8	9
22	21.24	21.34	21.44	21.53	22.03	22.12	1	2	3	4	5	6	7	8	9
23	22.22	22.31	22.41	22.50	23.00	23.10	1	2	3	4	5	6	7	8	9
24	23.19	23.29	23.38	23.48	23.57	24.07	1	2	3	4	5	6	7	8	9
25	24.16	24.26	24.35	24.45	24.55	25.04	1	2	3	4	5	6	7	8	9
26	25.14	25.23	25.33	25.42	25.52	26.01	1	2	3	4	5	6	7	8	9
27	26.11	26.20	26.30	26.39	26.49	26.58	1	2	3	4	5	6	7	8	9
28	27.08	27.17	27.27	27.36	27.46	27.55	1	2	3	4	5	6	7	8	9
29	28.05	28.14	28.24	28.33	28.43	28.52	1	2	3	4	5	6	7	8	9
30	29.02	29.11	29.21	29.30	29.40	29.49	1	2	3	4	5	6	7	8	9
31	29.59	30.08	30.18	30.27	30.37	30.46	1	2	3	4	5	6	7	8	9
32	30.56	31.05	31.14	31.24	31.33	31.43	1	2	3	4	5	6	7	8	9
33	31.52	32.02	32.11	32.21	32.30	32.40	1	2	3	4	5	6	7	8	9
34	32.49	32.58	33.08	33.17	33.27	33.36	1	2	3	4	5	6	7	8	8
35	33.46	33.55	34.05	34.14	34.23	34.33	1	2	3	4	5	6	7	8	8
36	34.42	34.52	35.01	35.11	35.20	35.29	1	2	3	4	5	6	7	8	8
37	35.39	35.48	35.58	36.07	36.16	36.26	1	2	3	4	5	6	7	8	8
38	36.35	36.45	36.54	37.03	37.13	37.22	1	2	3	4	5	6	7	8	8
39	37.32	37.41	37.50	38.00	38.09	38.19	1	2	3	4	5	6	7	8	8
40	38.28	38.37	38.47	38.56	39.06	39.15	1	2	3	4	5	6	7	8	8
41	39.24	39.34	39.43	39.52	40.02	40.11	1	2	3	4	5	6	7	7	8
42	40.21	40.30	40.39	40.49	40.58	41.07	1	2	3	4	5	6	7	7	8

43	41.17	41.26	41.36	41.45	41.54	42.04	1	2	3	4	5	6	7	7	8
44	42.13	42.22	42.32	42.41	42.50	43.00	1	2	3	4	5	6	7	7	8
45	43.09	43.18	43.28	43.37	43.46	43.56	1	2	3	4	5	6	7	7	8
46	44.05	44.14	44.24	44.33	44.42	44.52	1	2	3	4	5	6	7	7	8
47	45.01	45.10	45.20	45.29	45.38	45.48	1	2	3	4	5	6	7	7	8
48	45.57	46.06	46.16	46.25	46.34	46.44	1	2	3	4	5	6	7	7	8
49	46.53	47.02	47.12	47.21	47.30	47.39	1	2	3	4	5	6	7	7	8
50	47.49	47.58	48.07	48.17	48.26	48.35	1	2	3	4	5	6	7	7	8
51	48.45	48.54	49.03	49.12	49.22	49.31	1	2	3	4	5	6	7	7	8
52	49.40	49.50	49.59	50.08	50.17	50.27	1	2	3	4	5	6	6	7	8
53	50.36	50.45	50.55	51.04	51.13	51.22	1	2	3	4	5	6	6	7	8
54	51.32	51.41	51.50	51.59	52.09	52.18	1	2	3	4	5	6	6	7	8
55	52.27	52.37	52.46	52.55	53.04	53.14	1	2	3	4	5	6	6	7	8
56	53.23	53.32	53.41	53.51	54.00	54.09	1	2	3	4	5	6	6	7	8
57	54.18	54.28	54.37	54.46	54.55	55.05	1	2	3	4	5	6	6	7	8
58	55.14	55.23	55.32	55.41	55.51	56.00	1	2	3	4	5	6	6	7	8
59	56.09	56.18	56.28	56.37	56.46	56.55	1	2	3	4	5	6	6	7	8
60	57.05	57.14	57.23	57.32	57.41	57.51	1	2	3	4	5	6	6	7	8
61	58.00	58.09	58.18	58.27	58.37	58.46	1	2	3	4	5	6	6	7	8
62	58.55	59.04	59.14	59.23	59.32	59.41	1	2	3	4	5	6	6	7	8
63	59.50	60.00	60.09	60.18	60.27	60.36	1	2	3	4	5	6	6	7	8
64	60.45	60.55	61.04	61.13	61.22	61.31	1	2	3	4	5	6	6	7	8
65	61.41	61.50	61.59	62.08	62.17	62.27	1	2	3	4	5	6	6	7	8
66	62.36	62.45	62.54	63.03	63.12	63.22	1	2	3	4	5	6	6	7	8
67	63.31	63.40	63.49	63.58	64.07	64.17	1	2	3	4	5	6	6	7	8
68	64.26	64.35	64.44	64.53	65.02	65.12	1	2	3	4	5	6	6	7	8
69	65.21	65.30	65.39	65.48	65.57	66.06	1	2	3	4	5	6	6	7	8

## Appendix E - Synopsis of Age Categories For 2017

Youth E/U8	Born in 2009 or later	Until 31st December of year in which 8th birthday falls
Youth D/U10	Born in 2007 or 2008	From 1st Jan of year in which 9th birthday falls to 31st December of year in which 10th birthday falls
Youth C/U12	Born in 2005 or 2006	From 1st Jan of year in which 11th birthday falls to 31st December of year in which 12th birthday falls
Youth B/U14	Born in 2003 or 2004	From 1st Jan of year in which 13th birthday falls to 31st December of year in which 14th birthday falls.
Youth A /U16	Born in 2001 or 2002	From 1st Jan of year in which 15th birthday falls to 31st December of year in which 16th birthday falls.
Junior /U18	Born in 1999 or 2000	From 1st Jan of year in which 17th birthday falls to 31st December of year in which 18th birthday falls.
Under 23	Born in 1995, 1996, 1997 or 1998	From 1st Jan of year in which 19th birthday falls to 31st December of year in which 22nd birthday falls.
Over 23	Born in 1994 or earlier	From 1st Jan of year in which 23rd birthday falls.
Women	Born in 1998 or earlier	From 1st Jan of year in which 19th birthday falls.
Master A 30-34	Born in 1983, 1984, 1985, 1986 or 1987	From 1st Jan of year in which 30th birthday falls to 31st December of year in which 34th birthday falls.
Master B 35-39	Born in 1978, 1979, 1980, 1981 or 1982	From 1st Jan of year in which 35th birthday falls to 31st December of year in which 39th birthday falls.
Master C 40-44	Born in 1973, 1974, 1975, 1976 or 1977	From 1st Jan of year in which 40th birthday falls to 31st December of year in which 44th birthday falls.
Master D 45-49	Born in 1968, 1969, 1970, 1971 or 1972	From 1st Jan of year in which 45th birthday falls to 31st December of year in which 49th birthday falls.
Master E 50-54	Born in 1963, 1964, 1965, 1966 or 1967	From 1st Jan of year in which 50th birthday falls to 31st December of year in which 54th birthday falls.
Master F 55-59	Born in 1958, 1959, 1960, 1961 or 1962	From 1st Jan of year in which 55th birthday falls to 31st December of year in which 59th birthday falls.
Master G 60-64	Born in 1953, 1954, 1955, 1956 or 1957	From 1st Jan of year in which 60th birthday falls to 31st December of year in which 64th birthday falls.
Master H 65-69	Born in, 1948, 1949, 1950, 1951 or 1952	From 1st Jan of year in which 65th birthday falls to 31st December of year in which 69th birthday falls.
Master I 70+	Born in 1943, 1944, 1945, 1946 or 1947	From 1st Jan of year in which 70th birthday falls to 31st December of year in which 74th birthday falls
Master J 75+	Born in 1942 or earlier	From 1st Jan of year in which 75th birthday falls
<b>Note:</b> For cyclo-cross age categories, refer to the specific cyclo-cross regulations		