

ROAD TECHNICAL REGULATIONS

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R1. APPLICATION

R1.1. These Road Regulations, together with the General Regulations, shall apply to and bind any individual who participates (whether personally or through another individual), organises or officiates in any Road Event (which shall include all competition types referred to in these regulations).

R2. CYCLES, CLOTHING AND EQUIPMENT

R2.1. Cycles

R2.1.1. Unless expressly authorised by the format of the competition, Events held under these Technical Regulations are restricted to cycles that are compliant with UCI Regulations. Under all circumstances, Events held under these Technical Regulations are restricted to cycles that are compliant with the following Technical Regulations.

R2.1.2. The following cycles only are eligible for use in Road Events held under the Technical Regulations:

R2.1.2.1. For bicycle Events - any two-wheeled one-track cycle carrying one rider;

R2.1.2.2. For tandem bicycle Events - any two-wheeled one-track cycle carrying two riders seated one directly behind the other;

R2.1.2.3. For tricycle Events – 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;

R2.1.2.4. For tandem tricycle Events - any three-wheeled cycle, two or more tracked, carrying two riders seated one directly behind the other; the width of the track made by its wheels being at least 18 inches and having all wheels on the ground; and

R2.1.2.5. For paracycling Events - tandems, tricycles and handcycles in accordance with UCI Regulations unless otherwise approved by the Federation.

R2.1.3. Any cycle used in Road Events held under the Technical Regulations must operate wholly through the motive power of its rider(s).

R2.1.4. Cycles used for any Road Events (save for Scottish Time Trial Events):

R2.1.4.1. must have dropped handlebars; and

R2.1.4.2. must not have tri-bars, arm extensions or arm pads.

R2.1.5. Handlebar ends shall be plugged, not merely covered by tape, and other projections shall be protected as far as possible.

R2.1.6. Cycles used for any Road Events (save for Scottish Time Trial Events) must be fitted with a freewheel and two independent brakes, with their brake levers securely fastened to the handlebars. The use of disc brakes is permitted.

R2.1.7. Appendix R2 deals with the equipment to be used in Scottish Time Trial Events.

R2.1.8. Youth and Junior Cycles

R2.1.8.1. Riders shall be restricted to a maximum gear such that the distance covered per crank revolution is as shown in the following table:

CATEGORY	ROAD RACING
Junior	7.93 metres
Youth A	6.93 metres
Youth B	6.45 metres
Youth C	6.05 metres
Youth D	5.40 metres
Youth E	5.10 metres

R2.1.8.2. Before an Event, gear checks must be performed on the equipment of all riders subject to gear restrictions. Supplementary gear checks may take place after the Event.

R2.1.8.3. Cycles used by riders in Youth B and younger categories for any Road Events (including Scottish Time Trial Events) must:

R2.1.8.3.1. have wheels with:

R2.1.8.3.1.1. a maximum rim depth of 35mm; and

R2.1.8.3.1.2. a minimum of 16 and a maximum of 40 spokes. Spokes can be round, flattened or oval but must not exceed 10mm in width; and

R2.1.8.3.2. not have tri-bars, arm extensions or arm pads.

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R2.2. Clothing

- R2.2.1. Where racing clothing has been registered by a Club or Team, that racing clothing must be worn by all riders representing such Club or Team when competing in Events.
- R2.2.2. Riders must be clothed from neck to at least mid-thigh. Jerseys must be sleeved beyond the shoulder.
- R2.2.3. Save where R2.2.5 applies, riders must wear the registered design and colours of the Club, Team, Region or Home Country they are representing unless required to wear the clothing prescribed by the Event they are participating in.
- R2.2.4. Save where R2.2.5 applies, riders not representing a Club, Team, Region or Home Country must wear predominantly plain clothing free of any lettering save for the mark of the manufacturer.
- R2.2.5. Except in British National Events, Youth riders, 4th Category riders and those who do not hold Racing Licence or Day Licence are permitted to wear any suitable clothing whilst competing.

R2.3. Equipment

- R2.3.1. All accessories must be securely fastened and any equipment that is not essential for racing purposes must be removed.
- R2.3.2. In Road and Circuit Events, including Stage Races, two identification numbers (whether on a one-piece panel or not) must be worn on the body.
- R2.3.3. In Time Trial Events, single identification numbers must be worn on the body.
- R2.3.4. Identification numbers must be securely attached, not folded, obscured or altered and displayed in accordance with Organiser's instructions.
- R2.3.5. The use of non-shatterproof vessels of any kind is prohibited.

R3. RIDER ELIGIBILITY AND ENTRY PROCEDURES

- R3.1. A Racing Licence must be held in order to compete in any British National Championships, other national level Events and Home Country and Regional Championships.

R4. AGE CATEGORIES

- R4.1. The following age categories for participating in Events shall apply:

AGE CATEGORIES	AGE
Youth E - Under 8	Until 31 December in year of 8th birthday
Youth D - Under 10	From 1 January in year of 9th birthday until 31 December in year of 10th birthday
Youth C - Under 12	From 1 January in year of 11th birthday until 31 December in year of 12th birthday
Youth B - Under 14	From 1 January in year of 13th birthday until 31 December in year of 14th birthday
Youth A - Under 16	From 1 January in year of 15th birthday until 31 December in year of 16th birthday
Junior	From 1 January in year of 17th birthday until 31 December in year of 18th birthday
Senior	From 1 January in year of 19th birthday until 31 December in year of 29th birthday
Under 23	From 1 January in year of 19th birthday until 31 December in year of 22nd birthday
Master	From 1 January in year of 30th birthday who is not a member of a UCI WorldTeam or UCI ProTeam

- R4.2. The Masters category shall be sub-divided as follows:

MASTERS GROUP	AGE
Group A	30 to 34
Group B	35 to 39
Group C	40 to 44
Group D	45 to 49
Group E	50 to 54
Group F	55 to 59
Group G	60 to 64
Group H	65 to 69
Group I	70 to 74
Group J	75 to 80
Group K	80+

R4.3. Female Masters may compete in non-Championship open Masters events up to two age bands (10 years) older than their age band.

R5. ABILITY CATEGORIES, EVENT CLASSIFICATION AND LICENCE POINTS

R5.1. Ability Categories

R5.1.1. The following ability categories shall apply:

R5.1.1.1. 4th Category - any new or existing Junior or Senior Licence Holder who shall not fall within any other ability category.

R5.1.1.2. 3rd Category - any Junior or Senior Licence Holder who has gained at least 12 Licence Points during any one Year whilst being a 4th Category rider. Members are not downgraded to 4th Category once 3rd Category status has been achieved.

R5.1.1.3. 2nd Category - any Junior or Senior Licence Holder who has gained 40 Licence Points during any one Year whilst being a 3rd Category rider.

R5.1.1.3.1. To retain 2nd Category status for any subsequent Year, a rider must obtain at least 25 Licence Points from Events open to that category of rider.

R5.1.1.4. 1st Category - any Junior or Senior Licence Holder who has gained at least 200 Licence Points during any one Year whilst being a 2nd Category rider.

R5.1.1.4.1. To retain 1st Category status for any subsequent Year, a rider must obtain at least 100 Licence Points from Events open to that category of rider.

R5.1.1.5. Elite status - any Senior Licence Holder who has gained at least 300 Licence Points during any one Year whilst being an Elite or 1st Category rider.

R5.1.1.5.1. To retain Elite status for any subsequent Year, a rider must obtain at least 300 Licence Points.

R5.1.2. Junior Riders – On reaching the Junior age category, the following ability categories shall apply:

R5.1.2.1. 4th Category – any rider who has not gained any Youth category Licence Points in the previous Year.

R5.1.2.2. 3rd Category - any rider who has gained any Licence Points in Youth category Events in the previous Year.

R5.1.2.3. 2nd Category male - any rider who has achieved:

R5.1.2.3.1. a top 15 ranking in the Youth A Boys British National Circuit Race Series in the previous Year;

R5.1.2.3.2. a top 3 ranking in any Road Youth A Boys British National Championship in the previous Year; or

R5.1.2.3.3. a top 10 ranking in Youth A Boys British National Rankings in the previous Year.

R5.1.2.4. 2nd Category female - any rider who has achieved:

R5.1.2.4.1. a top 5 ranking in the Youth A Girls British National Circuit Race Series in the previous Year;

R5.1.2.4.2. a top 3 ranking in any Road or Track Youth A Girls British National Championship in the previous Year; or

R5.1.2.4.3. a top 5 ranking in Youth A Girls British National Rankings in the previous Year.

R5.1.3. Junior riders will not be eligible for Elite status.

R5.1.4. Senior riders selected for Great Britain shall be in the Elite Category in that Year and the following Year. Junior riders selected for Great Britain shall be in the 1st Category in that Year and the following Year.

R5.1.5. Riders who have changed category during the course of any Year shall start the following Year in that new category, even if they have not obtained the required number of points for the new category.

R5.1.6. Upon an application by the rider, the Chief Executive may:

R5.1.6.1. grant any status to any rider;

R5.1.6.2. grant 1st Category status to Master riders who have achieved Elite status;

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R5.1.6.3. authorise a Youth B rider who has gained 50 Licence Points in a Year to compete for the remainder of their time as a Youth B in Closed Road Circuit Events restricted to Youth A riders. This authorisation will not extend to British National Events, Home Country and Regional Championships.

R5.1.6.4. authorise a Youth A rider who has gained 50 Licence Points in a Year to compete for the remainder of their time as a Youth A against riders of any older category in Closed Road Circuit Events. This authorisation will not apply to British National A Events or to British National, Home Country and Regional Championships.

R5.1.7. Riders receiving authorisation under R5.1.6 shall be issued with a card by the Federation which must be produced by the rider when signing on at any relevant Events.

R5.2. Event Classification

R5.2.1. Road and Circuit Events other than those exclusively for Youth, Junior or Masters riders shall be classified as follows:

R5.2.1.1. National A (Male) – open to male Senior Elite, 1st and 2nd Category male riders.

R5.2.1.1.1. National A Closed Road Circuit Events shall also be open to 1st and 2nd Category Junior riders.

R5.2.1.1.2. British National Time Trial Championships for male riders shall be run as National A (Male).

R5.2.1.1.3. The following shall apply to all National A Events:

R5.2.1.1.3.1. Only one National A Event can be held on a particular day.

R5.2.1.1.3.2. The minimum distance for a single day Road Event shall be 130 km if terrain is demanding (to be determined by the Federation), rising to a maximum of 180 km on flatter terrain (to be determined by the Federation).

R5.2.1.1.3.3. The minimum distance for a Road stage of a Stage Event shall be 80 km.

R5.2.1.1.3.4. The minimum duration for a Circuit Event shall be 60 minutes, and the maximum duration shall be 90 minutes.

R5.2.1.1.3.5. The total prize monies paid must be a minimum of £2,000. Prize money must be paid to riders placed 1st to 20th in accordance with the following structure:

R5.2.1.1.3.5.1. 1st-3rd = 20%;

R5.2.1.1.3.5.2. 4th-6th = 8%;

R5.2.1.1.3.5.3. 7th-9th = 5%; and

R5.2.1.1.3.5.4. 10th-20th = 3%.

R5.2.1.2. National A (Female) – open to senior female Elite, 1st, 2nd and 3rd Category riders. All Races except the National Road Race Championships shall also be open to junior female 1st, 2nd and 3rd Category riders.

R5.2.1.2.1. Only one National A (Female) Event shall be held on the same day.

R5.2.1.2.2. The minimum distance for a single day Road Race shall be 100km.

R5.2.1.2.3. The minimum time for a Circuit Race shall be 45 minutes

R5.2.1.2.4. The minimum distance for a Road stage of a Stage Race shall be 70km.

R5.2.1.2.5. British National Championship Time Trials for female riders shall be run as National A Events.

R5.2.1.2.6. The total prize monies paid must be a minimum of £2,000. Prize money must be paid to riders placed 1st to 20th in accordance with the following structure:

R5.2.1.2.6.1. 1st-3rd = 20%;

R5.2.1.2.6.2. 4th-6th = 8%;

R5.2.1.2.6.3. 7th-9th = 5%; and

R5.2.1.2.6.4. 10th-20th = 3%.

R5.2.1.3. National B – open to male Senior Elite, 1st, 2nd and 3rd Category riders, final year male, Junior 1st, 2nd and 3rd Category riders and female Senior Elite, 1st and 2nd Category riders.

R5.2.1.3.1. Where the minimum distance for a Road Event is not achieved, the National B Event shall be open to all male Junior 1st, 2nd and 3rd Category riders and all female Junior 1st and 2nd Category riders.

R5.2.1.3.2. The following should apply to all National B Events:

R5.2.1.3.3. The minimum distance for a Road Event shall be 120 km on demanding terrain (to be decided by the Federation), or 100 km with a minimum of 1,500m of climbing over the course of the Event distance; and

R5.2.1.3.4. The minimum duration for a Circuit Event shall be 60 minutes.

R5.2.1.4. National B (Female) - open to Senior female Elite, 1st, 2nd and 3rd Category riders and 1st, 2nd and 3rd Category Junior riders.

R5.2.1.4.1. The minimum distance for a Single Day Road Event shall be 80km.

R5.2.1.4.2. The minimum time for a Circuit Event shall be 45 minutes.

R5.2.1.5. Regional A – open to Senior and Junior 2nd, 3rd and 4th Category male riders and Senior and Junior female riders of all categories.

R5.2.1.5.1. The minimum distance for a Road Event shall be 80 km.

R5.2.1.5.2. The minimum duration for a Circuit Event shall be 50 minutes.

R5.2.1.6. Regional A (Female) - open to senior female 2nd, 3rd and 4th Category and Junior riders.

R5.2.1.6.1. The minimum distance for a Road Event shall be 70km.

R5.2.1.6.2. The minimum time for a Circuit Event shall be 40 minutes.

R5.2.1.7. Regional B – open to male Senior and Junior 3rd and 4th Category riders and female Senior and Junior female riders of all categories.

R5.2.1.7.1. The maximum distance for a Road Event shall be 90 km.

R5.2.1.7.2. The minimum duration for a Circuit Event shall be 40 minutes.

R5.2.1.8. Regional B (Female) - open to senior and junior female 3rd and 4th Category riders.

R5.2.1.8.1. The minimum distance for a Road Event shall be 60km.

R5.2.1.8.2. The minimum time for a Circuit Event shall be 40 minutes.

R5.2.1.9. Regional C and Regional C+ – open to Senior and Junior male and female riders of all Categories.

R5.2.1.9.1. A Regional C or Regional C+ Event may be run as a Handicap Event or other appropriate format. Such Events may also be restricted to 4th Category riders only.

R5.2.1.9.2. The following shall apply to all Regional C+ Events only:

R5.2.1.9.2.1. The maximum duration shall be 90 minutes.

R5.2.1.9.2.2. Where the circuit is too small to allow for a Handicap Event which meets the minimum time requirement, the Organiser may choose to use another appropriate format, provided such format reasonably caters for the widest possible range of ability.

R5.2.1.9.3. Except the British National Championships, all other Time Trials shall be run as Regional C+ or Regional C Events.

R5.2.1.10. Regional C and Regional C+ (Female) - open to female riders of all Categories, to be run as a Handicap or other appropriate format. Such Events may also be restricted to 4th Category riders only.

R5.2.1.10.1. The following shall apply to all Regional C+ Events only:

R5.2.1.10.1.1. The minimum time for a Circuit Event shall be 30 minutes.

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R5.3. Licence Points

R5.3.1. Licence Points for Road and Track Events shall be awarded as follows:

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			

R5.3.2. Regional C and Go Race Events do not qualify for Licence Points.

R5.3.3. Where the minimum Road Event distance, as defined in R5.2.1, is not achieved, the next lower Points Band is utilised.

R5.3.4. For Road and Circuit Events, other than those restricted to Youth riders only, the following Points Bands shall apply:

EVENT	POINTS BAND
National A Stage Races: 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
National Championship or National Series Event for Juniors	2
Other Event open only to Juniors	3
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

R5.3.5. For Road and Circuit Events with fewer than 10 rider entries, the Licence Points awarded will be limited to three points for first place, two points for second place and one point for third place.

R5.3.6. Except for Regional C and Go Race Events, or Events under G6.4, Points Band 5 shall apply to all Closed Road Circuit Events taking place between 1st November and the last day of February and to weekday Closed Circuit Events on 'permanent traffic-free' facilities taking place throughout the year.

R5.3.7. For Road and Circuit Events restricted to Youth A or Youth B riders, the following Points Bands shall apply:

EVENT	POINTS BAND
British National Championship	3
National Series Event	4
Standard Event	5

R5.3.8. Where a Youth Event includes riders of both genders and/or both Youth A and B Categories, Licence Points shall be awarded as if they were riding in separate Races for their category and gender.

R5.3.9. For Stage Events, Licence Points shall be additionally awarded in accordance with the final General Classification.

R5.3.10. In the case of equal placings, the relevant combined points shall be divided amongst the riders concerned equally and rounded up to the nearest whole number.

R5.3.11. A rider who has obtained sufficient points for upgrading to a different ability category, but has entered an Event under their current category for which the closing date has passed, may compete in that Event but shall not be eligible for any Licence Points.

R5.3.12. No Licence Points shall be awarded for participation in Events restricted to members of the same Club.

R5.3.13. Upon an upgrade to a different ability category, a rider shall forfeit the number of Licence Points required to achieve that category status. Any surplus Licence Points may be carried forward to the new category status.

R5.3.14. Licence Points shall not be carried from one Year to another.

R5.3.15. British National and Regional Rankings

R5.3.15.1. Licence Points gained in National Events shall be utilised to determine the following British National Road rankings:

R5.3.15.1.1. British National Individual Rankings. A ranked list of individual riders shall be determined by total Licence Points scored in National Events, and produced for Elite, 1st, 2nd and 3rd Category riders. Separate rankings shall be produced for male and female riders;

R5.3.15.1.2. British National Club/Team Rankings. A ranked list of Clubs/Teams shall be determined by cumulative Licence Points scored in National Events by a maximum of three scoring riders per Club/Team per Event;

R5.3.15.1.3. British National Regional Rankings. A ranked list of all Regions shall be determined by cumulative Licence Points scored in National Events by a maximum of three scoring riders per Region per Event;

R5.3.15.1.4. British National Youth A Rankings. A ranked list of all Youth A riders shall be determined by total Licence Points scored in Youth A Events. Points scored in non-Youth A Events (for example, where a rider has authorisation to ride in Junior Events) shall not count towards a rider's Youth A ranking; and

R5.3.15.1.5. British National Youth B Rankings. A ranked list of all Youth B riders shall be determined by total Licence Points scored in Youth B Events. Points scored in non-Youth B Events (for example, where a rider has authorisation to ride in Youth A Events) shall not count towards a rider's Youth B ranking.

R5.3.15.2. No British national rankings shall be produced for Youth C or younger riders.

R5.3.15.3. Licence Points gained in Home Country and Regional Events will be utilised to determine the following Regional rankings:

R5.3.15.3.1. Home Country and Regional Individual Rankings. A ranked list of individual riders will be determined by total Licence Points scored in Regional Events, and produced for 2nd, 3rd and 4th Category riders. Separate rankings will be produced for male and female riders; and

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- R5.3.15.3.2. Home Country and Regional Club/Team Rankings. A ranked list of Clubs/Teams shall be determined by cumulative Licence Points scored in Home Country and Regional Events by a maximum of three scoring riders per Club/Team per Event. Licence Points shall only be scored by a Club/Team if the Event is held in the Home Country or Region in which the Club/Team is registered.
- R5.3.15.4. Licence Points scored by Elite and 1st Category riders in Regional C+ Events shall count towards British national rankings.
- R5.3.15.5. Licence Points scored by 2nd, 3rd and 4th Category riders in Home Country/Regional C+ Events shall count towards Home Country/Regional rankings.
- R5.3.15.6. Licence Points scored by 2nd and 3rd Category riders in British national Events shall count towards both British National and Home Country/Regional rankings.
- R5.3.15.7. For the purpose of British National Region rankings and Regional Individual rankings, Licence Points shall be awarded on the basis of the rider's Region of permanent residence, and not of their Club/Team location. Those residing at a non-permanent address may opt to record their Licence Points in the Region of that non-permanent address for the purposes of Regional Individual Rankings.

R6. OFFICIALS

- R6.1. The Chief Commissaire for an Event must not be the Organiser, a member of the organising Club or related to the Organiser.
- R6.2. The Organiser shall be responsible for the appointment of Officials other than the Chief Commissaire and Commissaire(s). These may include but not be limited to: judges, drivers, starters, gear checkers, recorders, lap scorers, licence and sign-on stewards, course marshals and other roles according to the needs of the Event.
- R6.3. The appointment of Accredited Marshals and National Escort Group support shall be managed by a Region or Home Country's co-ordinator(s).
- R6.4. The conduct of all Stage Races will be in the hands of a Race Jury. The Race Jury shall consist of the Chief Commissaire, Finish Commissaire/Chief Judge and the Organiser. All decisions of the Race Jury shall be final.

R7. INFRINGEMENTS

- R7.1. The relevant penalty or penalties for infringements are outlined in Appendix R1.

R8. GENERAL COMPETITION PROVISIONS

R8.1. Competition Types

- R8.1.1. Road Race. A single Race held on public roads, whether or not closed to all other traffic. Road Races may be scratch or Handicap Events.
- R8.1.2. Handicap Events may be individual, Team or group Events. In Team Handicaps all the members of a Team shall start together. In group Handicaps each rider shall be individually handicapped and all riders with the same allowance shall be started together
- R8.1.3. Closed Circuit or Criterium Race. A single Race run over multiple laps of a circuit, held on public roads closed to all traffic, or in an enclosed area off the public highway such as a park, motor racing circuit, or disused airfield. Closed Circuit Races may be scratch or Handicap Events.
- R8.1.4. Individual Time Trial. A trial against the clock restricted to individual riders.
- R8.1.5. Team Time Trial. A trial against the clock restricted to Teams of two or more riders.
- R8.1.6. Stage Race. A Race comprising two or more stages, with the overall result being determined by a general time classification. Individual stages may be Road Races, Closed Circuit Races or Time Trials.
- R8.2. Youth competitors must not take part in Events on the public highway unless all roads are closed to all other traffic, except in Scotland where riders aged 12 years and older may compete in Time Trials.
- R8.3. Where the number of advance entries received for an Event exceeds the maximum number permitted, the Organiser may allow reserves of up to 25% of the authorised number of starters.

- R8.4. Where appropriate, riders shall indicate on entry whether they wish to be nominated as reserves.
- R8.5. When more than the permitted maximum number of riders present themselves for an Event, entry fees shall be returned to those reserves who, having signed on for the Event, are not allowed to start.
- R8.6. Organisers may accept substitute riders in Events for Teams of three or more riders. These substitutions may take place until sign on (or sign on for the first Stage in a Stage Race) is closed, after which no further substitutions will be permitted.
- R8.7. Organisers shall not accept entries from riders in categories other than those to which the Event listing indicates the Event to be open.
- R8.8. It is the responsibility of the rider to keep to the course.
- R8.9. All riders in Events must observe the law of the land in relation to road travel, and exercise extreme care at all times.
- R8.10. If instructed by the Chief Commissaire, a rider in a Road or Circuit Event when lapped must retire from the Event and report to the control point at the finish of the Race immediately.
- R8.11. Where lapped riders are allowed to continue, they shall not give pace or shelter to riders by whom they have been lapped. Otherwise, riders in a Road Race may take pace or shelter from each other but not from any other vehicle.
- R8.12. To be entitled to a finishing time/position, riders when dismounted must wheel or carry their machines without assistance whilst covering any portion of the course.
- R8.13. Having completed an Event, riders must return their race numbers and (where used) timing chips and retrieve their Racing Licence Cards.
- R8.14. Applications for Events to be run under the provisions of the Cycle Racing on the Highway Regulations, or on public roads closed to all traffic, or under the provisions of G6.4, shall be submitted to the relevant Home Country or Region for approval.
- R8.15. Once approved, an Event's course must not be altered without notification to the relevant police authorities.
- R8.16. Course Signals**
- R8.16.1. In all Events, riders must adhere to the following flags which shall be displayed as appropriate and as described:
- R8.16.1.1. The British National or Home Country Flag at the starting point;
- R8.16.1.2. A black and white chequered flag to denote the finish;
- R8.16.1.3. A yellow flag 200 metres from the finish;
- R8.16.1.4. A white flag at every prime point;
- R8.16.1.5. A green flag with a white border 200 metres from every prime point;
- R8.16.1.6. A blue flag at the commencement of each hill prime;
- R8.16.1.7. A red flag at danger points;
- R8.16.1.8. A red and white chequered flag at the start of a neutralised area;
- R8.16.1.9. A red and white chequered flag with a wide black border at the finish of a neutralised area; and
- R8.16.1.10. A black flag on the instructions of the Commissaire to stop the Event. All riders must stop safely.
- R9. BRITISH NATIONAL CHAMPIONSHIPS**
- R9.1. British National Championships shall be open to Silver and Gold Members who are citizens of the United Kingdom and dependent Territories, the Isle of Man, or the Channel Islands. Riders must hold a valid UCI-recognised licence showing the rider nationality as "GBR" which has been issued at least 28 days prior to the Event. If resident in another country the rider must hold a United Kingdom passport and must not, in the same Year, have competed in the national championship of any other UCI affiliated national federation.

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- R9.2. The list of entries shall be published as soon as practicable after the advertised closing date. After the list of entries has been published, no further entries shall be accepted.
- R9.3. Where the number of entrants is lower than three, a British National Championship may not be held. For British National Championships restricted by age categories, after the entries have closed the Federation may choose to combine one or more adjacent categories to create a new British National Championship Event where the number of entries exceeds this limit.
- R9.4. If a British National Championship is held, jerseys and medals shall be presented as follows:

AGE CATEGORY	NUMBER OF ENTRIES	MEDALS	JERSEY
Youth A Youth B	3 or more	Gold, silver and bronze	Winner
Youth C Youth D	2	Gold and silver	Winner
Youth E Junior	1	Gold	Winner
Senior Under-23	4 or more	Gold, silver and bronze	Winner
Master	3	Gold and silver	Winner
	2	Gold	Winner
	1	None	None

R10. HOME COUNTRY AND REGIONAL CHAMPIONSHIPS

- R10.1. *INTENTIONALLY LEFT BLANK*

R11. SPECIFIC COMPETITION PROVISIONS – ROAD RACE

- R11.1. Riders shall start with one foot on the ground and pushers/holders shall not be permitted.
- R11.2. Where a vehicle connected with a rider or riders in a Race (but not being an Official vehicle) immediately precedes or follows a Race without the permission of the Chief Commissaire, the rider or riders concerned may be withdrawn from the Race.

- R11.3. With the agreement of the Organiser and Chief Commissaire, any Team 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 Club or Team and must be appropriately insured. The driver and mechanic shall be Members and one of the occupants of the vehicle must be the holder of a Team Manager's licence.
- R11.4. Riders may receive service from the technical personnel of their Team or from a neutral service vehicle.
- R11.5. Whatever the position of a rider in the Race, they may only receive such service at the rear of their bunch and on the left-hand side of the road.
- R11.6. Persons riding in service vehicles shall not reach or lean out of the vehicle whilst it is in motion.
- R11.7. If motorcycle service is permitted, the only service equipment to be carried shall be spare wheels.
- R11.8. 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 waiting time is recorded accurately and they 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.
- R11.9. Any rider who passes the first lead vehicle in an Event may be disqualified.

R12. SPECIFIC COMPETITION PROVISIONS – CLOSED CIRCUIT OR CRITERIUM RACE

- R12.1. Riders shall start with one foot on the ground and pushers/holders shall not be permitted.
- R12.2. Circuit Races and Closed Circuit Races for Under 16'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

R13. SPECIFIC COMPETITION PROVISIONS – STAGE RACES

- R13.1. Organisers may only impose additional regulations to Stage Events if they deal with items which are not already covered by these Technical Regulations.
- R13.2. Stage Races for Juniors must not exceed four days in duration. Maximum distances for Stage Races for Juniors shall be as follows:

	MAX. AVERAGE DAILY DISTANCE	MAX. DISTANCE PER STAGE	MAX. DISTANCE PER ITT STAGE	MAX. DISTANCE PER TTT STAGE
Junior Males	100km	120km	30km (half stage 15km)	40km (half stage 25km)
Junior females	60km	80km	15km	20km

- R13.3. In the event of any racing incident, mechanical issue or puncture occurring within the last 3km of any Stage, any riders concerned shall be credited with the finishing time of the last competitor of the group they were with at the time of the incident, providing that the finishing line is crossed by the affected riders within the time limit in R13.10.

- R13.4. In timing Stage finishes, each rider in a group shall be awarded the time of the leading rider at the line save that, where a gap of one full second or more is recorded between riders, the riders after that gap shall be timed as another group and given the time of the leading rider in that group.
- R13.5. The winner of the individual General Classification shall be the rider having the lowest total time taken to complete each Stage of the Race plus penalties and less bonuses.
- R13.6. In the event of two or more riders having equal times, the fractions of a second registered during the Individual Time Trials shall be added back into the total time to decide the rankings. If the result is still tied or if there are no individual Time Trial stages the placings obtained in each Stage, except Team Time Trial Stages, shall be added and, as a last resort, the place obtained in the last stage ridden shall determine the rankings.
- R13.7. Team classification results shall be calculated as the aggregate of the Team times for each Stage. Team times for each Stage shall be the aggregate of the best three individual times from each Team for that Stage.
- R13.8. In Team Stage Races, the winner of the Event 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 Stage wins obtained by each Team and then, if still tied, by the number of second places and so forth.
- R13.9. 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 Event.
- R13.10. Where a time limit (used to eliminate riders) that is a percentage of the Stage winner's time is to be applied during a Stage Race, details must be included in the Event manual. The limit may be increased at the discretion of the Race Jury.

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R14. SPECIFIC COMPETITION PROVISIONS – TIME TRIALS

R14.1. Time Trial Courses

- R14.1.1. Courses shall be of an out and home or circuit nature (or of a combination of the two).
- R14.1.2. For 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.
- R14.1.3. For 100 mile and 12 hours Events,; a length of road may be covered no more than four times, regardless of the direction travelled, provided that overlapping of riders can be strictly monitored.
- R14.1.4. For 12 Hour Events: riders must cover not less than 200 miles out and home or circuit except as allowed for in R14.1.5 before going onto the finishing circuit which may be covered as many times as required. The finishing circuit must not be less than 7 miles.
- R14.1.5. During 12 and 24 hour Events, when it becomes apparent that a rider will not cover sufficient distance in order to reach the finishing circuit and have a total distance accurately measured, the Organiser and/or their assistants may direct a rider to omit part of the course. The exact distance of the section omitted must be accurately known.
- R14.1.6. The straight-line distance between start and finish of standard distance Events must not exceed:
 - R14.1.6.1. 1.5 miles in the case of 10 mile Events;
 - R14.1.6.2. 2.5 miles in the case of 25, 30, and 50 mile Events;
 - R14.1.6.3. 5 miles in the case of 100 mile Events; or
 - R14.1.6.4. 25 miles in the case of 12 and 24 hour Events.
- R14.1.7. Team Time Trials shall be held on courses that do not include "dead" turns

R14.2. Individual Time Trials

- R14.2.1. All cycles used in Scottish Time Trial Events must comply with Appendix R2 save where required otherwise by Event regulations.
- R14.2.2. The maximum number of competitors shall be as approved by the Home Country or Region, up to a maximum of 120.
- R14.2.3. Riders not ready to start at their stated time must report to the start when ready. The Chief Commissaire shall decide if and when such riders may start. Such riders shall be penalised by adding the time between their original starting time and their time of reporting to the start to their finishing time.
- R14.2.4. No rider shall be allowed a re-start.
- R14.2.5. Riders shall be started at intervals of not less than one minute.
- R14.2.6. Riders must ride entirely alone and unassisted. They must not ride in company with, nor take shelter from any other rider or from any vehicle. If one rider overtakes another they 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.
- R14.2.7. Riders shall not be accompanied, followed or in any way encouraged by anyone in or on a motorised vehicle whilst such a vehicle is moving unless permitted by the Federation.
- R14.2.8. Any such permitted vehicle must carry a bold identification name of the rider and/or number to the front and rear of the vehicle.
- R14.2.9. Any permitted following vehicle shall carry a Commissaire/Observer approved by the Chief Commissaire. Such following vehicle must remain at least 20 metres behind the rider and is not permitted to pass the competitor or draw alongside. In the event that service is required, the rider must come to a complete stop.

- R14.2.10. When one rider is catching any vehicle permitted by R14.2.7 which is following another rider, that vehicle must drop back behind any vehicle following the chasing rider as soon as the distance between the two riders is 100 metres. When the chasing rider catches another rider, the vehicle following the chasing rider must not pass the overtaken rider until there is a gap of 60 metres between the riders. If the gap should subsequently close, that vehicle must drop behind the overtaken rider.
- R14.2.11. The use of loudhailers or speaker systems for the purpose of encouraging riders from following vehicles is not permitted.
- R14.2.12. With the exception of British National Championships, the minimum licence status criteria shall be that of Provisional Licence. The minimum Membership shall be that of Silver.
- R14.3. Team Time Trial**
- R14.3.1. Regulations under R14.2 shall also apply to Team Time Trials as appropriate.
- R14.3.2. Teams must be of two or more riders. All Teams in any one Race shall consist of an equal number of riders.
- R14.3.3. 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.
- R14.3.4. Incomplete Teams may start but shall not qualify for a Team prize - except Teams of three starting in a competition for Teams of four.
- R14.3.5. All riders in each Team shall be clothed in jerseys of similar colour and design.
- R14.3.6. Each rider must be issued with a separate number with such numbers including those of substitutes being numbered consecutively.
- R14.3.7. Teams may nominate one substitute in the case of Teams of three and two substitutes in the case of four. The names of all substitutes must appear on the start sheet.
- R14.3.8. When passing other Teams or vehicles, Teams shall always be in single file.
- R14.3.9. No Teams or members of Teams shall take shelter from other vehicles or members of other Teams.
- R14.3.10. If one Team overtakes another, the onus shall be upon the overtaken Team to avoid giving shelter by dropping back at least 25 metres.
- R14.3.11. An overtaking Team must pass on the outside leaving a reasonable gap between itself and the other Team.
- R14.3.12. 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.
- R14.3.13. At no time may a following vehicle approach closer than 20 metres behind the last rider of the Team or the third rider of a four-rider Team if the fourth rider has been dropped.
- R14.3.14. Any exchange of food, drink and equipment may only take place among members of the same Team.
- R14.3.15. Pushing between Team members is not permitted.

ROAD TECHNICAL REGULATIONS

APPENDIX R1

Sanctions and Penalties Guidance

Pursuant to G8.1, at their discretion, Commissaires may impose a penalty or penalties upon Members (or participants in Events) for infringements of these Technical Regulations. In exercising this discretion, Commissaires must take into account the nature of the infringement and the category of Event concerned.

The following tables shall be used by Commissaires as a guide to the penalty or penalties appropriate for any relevant infringements. Where one or more penalties may be applied to an infringement, the Commissaire shall, using their discretion, decide which is the most appropriate penalty (or penalties).

General infringements

INFRINGEMENTS		NATIONAL EVENTS	REGIONAL/CLUB EVENTS
1	Failure to correctly register and/or sign on	Verbal warning, fine of at least £30 and/or Disqualification	Verbal warning, fine of at least £20 and/or Disqualification
2	Use of inappropriate or non-regulation cycle, clothing, or equipment	Fine of between £50 and £100, start refused, Disqualification and/or referral to Disciplinary Officer	Fine of between £25 and £100, start refused, Disqualification and/or referral to Disciplinary Officer
3	Prohibited/non-regulation assistance, equipment exchange, refreshment	Fine of between £50 and £100 and/or Disqualification	Fine of between £25 and £100 and/or Disqualification
4	Continuing in an event after being withdrawn, or failure to complete a course	Time penalty, Relegation, Disqualification and/or fine of up to £100	Time penalty, Relegation, Disqualification and/or fine of up to £50
5	Disobeying an Official's instructions	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50
6	Dangerous riding and/or compromising the safety of another Participant.	Fine of between £50 and £100, referral to Disciplinary Officer and/or Disqualification	Fine of between £25 and £50, referral to Disciplinary Officer and/or Disqualification
7	Conspiring, cheating or collusion to pre-determine or alter a result/placing	Disqualification, fine of £100 and referral to Disciplinary Officer	Disqualification and referral to Disciplinary Officer
8	Non-return of number/transponder/or any other equipment	Fine of £50 plus cost of item	Fine of £25 plus cost of item
9	Failure to attend official ceremonies	Forfeiture of prizes or fine of £100 and forfeiture of prizes	Forfeiture of prizes or fine of £50 and forfeiture of prizes
10	Breach of the British Cycling Code of Conduct	Referral to Disciplinary Officer, Disqualification and/or fine of £50	Referral to Disciplinary Officer, Disqualification and/or fine of £50
11	Conduct that may bring the sport into disrepute	Referral to Disciplinary Officer or fine of between £20 and £100 and referral to Disciplinary Officer	Referral to Disciplinary Officer or fine of up to £100 and referral to Disciplinary Officer

Road Infringements

INFRINGEMENTS		NATIONAL EVENTS (SENIOR, JUNIOR AND YOUTH) REGIONAL EVENTS (WHERE TEAM VEHICLES ARE PRESENT)	REGIONAL EVENTS (WHERE NO TEAM VEHICLES ARE PRESENT)
1. PROCEDURES AT THE START AND FINISH AND OFFICIAL CEREMONIES			
1.1	Starting without signing on, failing to respect the order or timing of signing the signing-on sheet or the Team presentation <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £35 fine Team Manager: £35 fine <i>Elimination or disqualification</i>	Disqualification and verbal warning <i>Elimination or disqualification</i>
1.2	Failing to attend official ceremonies (including press conference etc.) or failing to respect the 10 minute deadline after the rider crosses the finish line	Rider: £100 and/ or forfeit of prizes	Rider: Forfeit of prizes
1.3	Non-compliant clothing during podium obligations	Rider: £50 per rider involved Team member in charge: £50 fine (regardless of no. of riders involved)	Rider: Verbal warning
1.4	Rider who has abandoned or been eliminated crossing the finish line while displaying a body number or frame number	Rider: £100	Rider: Verbal warning
1.5	Recrossing the finish line in the direction of the Race while still displaying body number or frame number	Rider: £35 fine	Rider: Verbal warning
2. EQUIPMENT AND INNOVATIONS			
2.1	Rider attempting to start a Race or Stage with a cycle that does not comply with the Technical Regulations	Rider: Start refused and referral to Disciplinary Officer depending on severity of intent	Rider: Start refused and referral to Disciplinary Officer depending on severity of intent
2.2	Use of cycle that does not comply with the Technical Regulations	Rider: Elimination or disqualification and referral to Disciplinary Officer depending on severity of intent	Rider: Elimination or disqualification and referral to Disciplinary Officer depending on severity of intent
2.3	Presence of a cycle that does not comply with the Technical Regulations	Rider: Elimination or disqualification Team: Elimination or disqualification	Rider: Elimination or disqualification
2.4	Use of a prohibited remote communication system by a rider	Rider: Start refused, elimination or disqualification Team Manager: Exclusion Team vehicles: Exclusion	Rider: Start refused, elimination or disqualification
2.5	Use of technical innovation, innovative clothing or equipment not yet approved by the Federation	Rider: Start refused, elimination or disqualification	Rider: Start refused, elimination or disqualification
2.6	Evading, refusing or obstructing an equipment check	Rider: Elimination or disqualification Other Team member: Exclusion	Rider: Elimination or disqualification
3. RIDERS' CLOTHING AND RIDER IDENTIFICATION			
3.1	Failure to wear the Race leader's jersey or skinsuit or distinctive sign	Rider: £35 fine and start refused, elimination or disqualification	Rider: verbal warning and start refused, elimination or disqualification

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3.2	Use of a non-compliant clothing	Rider: Start refused, disqualification or elimination and/or £35 fine Team Manager: £70 fine	Rider: verbal warning, start refused or disqualification or elimination
3.3	Rider at the start without mandatory helmet	Rider: Start refused	Rider: Start refused
3.4	Rider taking off mandatory helmet during the Event	Rider: £35 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
3.5	Rider identification		
3.5.1	Identification number replicated on a medium other than that provided by the Organiser	Rider: start refused	Rider: start refused
3.5.2	Identification number (body of number or frame number) missing, not visible, modified, incorrectly positioned or not recognisable	Rider: 1st infringement: £35 fine 2nd infringement: £70 fine 3rd infringement: £140 fine Team manager: £35 fine per rider involved	Rider: verbal warning
3.5.3	Evading, refusing or obstructing the installation or discarding a timing or tracking device	Rider: Start refused, elimination or disqualification Other Team member: Exclusion	Rider: Start refused, elimination or disqualification Other Team member: Exclusion
3.6	Failure to return a body number to a Commissaire or the broom wagon after abandoning or failure to inform a Commissaire or the broom wagon of abandoning	Rider: £35 fine Team Manager: £35 fine per rider involved	Rider: verbal warning
3.7	Non-compliant rain jacket (different design to that of the standard Team jersey or non-transparent material) or Team name does not appear on rain jacket	Rider: Warning Team: Warning	Rider: Warning
3.8	Different clothing (jersey, shorts, rain jacket) for different riders of a Team	Rider: Warning Team: Warning	Rider: Warning

4. IRREGULAR ASSISTANCE, REPAIRS OR FEEDING

4.1	Irregular mechanical assistance to a rider of another Team		
4.1.1	One-day Race	Rider: £70 fine and elimination or disqualification of the riders involved	Each rider involved: verbal warning
4.1.2	Stage Race	Rider: 1st infringement: £35 fine and 2 minute penalty 2nd infringement: £70 fine and 5 minute penalty 3rd infringement: £70 fine and 10 minute penalty 4th infringement: £70 and elimination Other licence holder: £70 fine	Each rider involved: verbal warning
4.2	Hand sling between riders of the same Team		
4.2.1	One-day Race <i>In the case of an infringement at the end of a Race</i>	Rider: £70 fine per rider involved and per infringement <i>And elimination or disqualification</i>	Each rider involved: verbal warning <i>And elimination or disqualification</i>

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4.2.2	Stage Race <i>In the case of an infringement in the last kilometre of the Stage</i>	Rider: £70 fine, 10 seconds and 20% penalty in points and mountains classifications per rider involved per infringement <i>And 20-second penalty and a further 80% penalty in the points and mountains classifications and relegated to last place in their group</i>	Rider: verbal warning, 10 seconds and 20% penalty in points and mountains classifications per rider involved per infringement <i>And 20-second penalty and a further 80% penalty in the points and mountains classifications and relegated to last place in their group</i>
4.3	Hand sling between riders from different Teams	And elimination or disqualification	Rider: verbal warning per rider involved and elimination or disqualification of the riders involved
4.4	Pushing off against car, motorcycle, rider; rider pushing another rider; repeated or extended push(es) from spectator(s)		
4.4.1	One-day Race	Rider(s): £35 fine per infringement	Rider: verbal warning
4.4.2	Stage Race	Rider(s): £35 fine, 20% penalty in points and mountains classifications and 10 seconds penalty	Rider(s): verbal warning, 20% penalty in points and mountains classifications and 10 seconds penalty
4.5	Prohibited assistance between riders during a Circuit Race or Circuit finish (riders not at the same distance in the Race)		
4.5.1	One-day Race	Rider: £70 fine per rider involved and elimination or disqualification	Rider: verbal warning per rider involved and elimination or disqualification
4.5.2	Stage Race <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider £70 fine per rider involved and relegation of the riders involved to last place on the Stage <i>Elimination or disqualification</i>	Rider verbal warning per rider involved and relegation of the riders involved to last place on the Stage <i>Elimination or disqualification</i>
4.6	Rider not completing the Race entirely on his or her own effort and without the assistance of any other person	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
4.7	Rider holding on to own Team vehicle, or vehicle of another Team or other motor vehicle or being pushed/ towed/ held by a vehicle passenger, or a mechanical intervention on the rider's cycle from a moving vehicle	Rider: 70 fine and elimination or disqualification Driver: £70 fine and exclusion Team Manager responsible for vehicle: £70 fine and exclusion Other licence holder involved: £70 fine and exclusion Other person involved: exclusion Vehicle: exclusion of the vehicle until the end of the Event without the possibility of replacement	Rider: verbal warning and elimination or disqualification Other person(s) involved: verbal warning
4.8	Sheltering behind or taking advantage of the slipstream of a vehicle		

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4.8.1	One day Race <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider: 1st infringement: £35 fine 2nd infringement: £70 fine Driver: 1st infringement: warning 2nd infringement: £70 fine Team Manager responsible for vehicle: 1st infringement: warning 2nd infringement: £70 fine <i>Rider: Elimination or disqualification</i> <i>Other licence holder: Exclusion</i>	Rider: 1st infringement: verbal warning 2nd infringement: disqualification Driver: 1st infringement: warning 2nd infringement: Referral to Disciplinary Officer <i>Rider: Elimination or disqualification</i> <i>Other licence holder: Exclusion</i>
4.8.2	Stage Race <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider: 35 fine, 20% penalty in the points and mountain classifications and 20 seconds to 5 minute penalty per infringement Driver: £70 fine Team Manager responsible for vehicle: £70 fine <i>Rider: Elimination or disqualification</i> <i>Other licence holder: Exclusion</i>	Rider: 1st infringement: verbal warning, 20% penalty in the points and mountain classifications and 20 seconds to 5 minute penalty per infringement 2nd infringement: disqualification Driver: 1st infringement: warning 2nd infringement: Referral to Disciplinary Officer <i>Rider: Elimination or disqualification</i> <i>Other licence holder: Exclusion</i>
4.9	Changing a cycle other than from Team vehicles, neutral service or the broom wagon or outside authorised zones	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
4.10	Follower leaning out of vehicle or holding equipment outside of a vehicle <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Driver: £140 fine Team Manager responsible for vehicle: 1st infringement: £140 fine 2nd infringement: £350 fine 3rd infringement: £350 fine and exclusion Other licence holder: 1st infringement: £70 fine 2nd infringement: £140 fine 3rd infringement: £350 fine and exclusion <i>Exclusion</i>	N/A
4.11	Unauthorised feeding		
4.11.1	One day Race, in the first 30 km	Rider: £35 fine Other licence holder: £105 fine	Rider: verbal warning Other licence holder: verbal warning
4.11.2	One day Race in the last 20 km	Rider: £105 fine Other licence holder: £105 fine	Rider: verbal warning Other licence holder: verbal warning
4.11.3	Stage Race, in the first 30 km of the Stage	Rider: £35 fine Other licence holder: £105 fine	Rider: verbal warning Other licence holder: verbal warning

4.11.4	Stage Race, in the last 20 km of the Stage Race	Rider: £35 fine and 20 second penalty per infringement Other licence holder: £105 fine	Rider: verbal warning Other licence holder: verbal warning
4.11.5	Stage Race, from the 3rd infringement (during the same Event)	Rider: £105 fine Other licence holder: £105 fine	Rider: disqualification Other licence holder: verbal warning
4.12	Irregular feeding ('sticky bottle' for a short distance, feeding outside feed zone, etc)	Rider: £35 fine per infringement Other licence holder: £35 fine per infringement	Rider: verbal warning Other licence holder: verbal warning
5. INTERMEDIATE SPRINTS AND FINAL SPRINT			
5.1	Deviation from the chosen line that obstructs or endangers another rider or irregular sprint (including pulling the jersey or saddle of another rider, intimidation or threat, blow from the head, knee, elbow, shoulder, hand etc)		
5.1.1	One day Race <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £70 fine and relegation to last place in the rider's group <i>Elimination or disqualification</i>	Rider: verbal warning and relegation to last place in the rider's group <i>Elimination or disqualification</i>
5.1.2	Stage Race <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider: 1st infringement: £70 fine, 25% penalty in the points classification, and/or mountains classification and relegation to last place in the rider's group 2nd infringement: £70 fine, 100% penalty in the points classification, and/or mountains classification and relegation to last place in the rider's group 3rd infringement: £140 fine and elimination or disqualification <i>Penalty of 10 seconds to 1 minute or elimination or disqualification</i>	Rider: 1st infringement: verbal warning, 25% penalty in the points classification, and/or mountains classification and relegation to last place in the rider's group 2nd infringement: verbal warning, 100% penalty in the points classification, and/or mountains classification and relegation to last place in the rider's group 3rd infringement: verbal warning and elimination or disqualification <i>Penalty of 10 seconds to 1 minute or elimination or disqualification</i>
6. CIRCULATION OF VEHICLES (CARS AND MOTORCYCLES) AND RIDERS IN THE RACE			
6.1	Obstruction by a rider or vehicle in order to prevent or delay the movement of another rider or vehicle		
6.1.1	One-day Race	Rider: £70 fine and elimination or disqualification Other licence holder: £140 fine and exclusion	Rider: verbal warning and elimination or disqualification

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6.1.2	<p>Stage Race</p> <p><i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i></p>	<p>Rider:</p> <p>1st infringement: £35 fine, 20% penalty in the points and mountains classifications and 10 second penalty</p> <p>2nd infringement: £70 fine and elimination or disqualification</p> <p>Infringement during last KM: £70 fine, 50% penalty in the points and mountains classifications, 30 second penalty and relegation to last on the Stage</p> <p>Infringement during the final Stage: £70 fine and elimination or disqualification</p> <p>Infringement against one of the top 10 riders in a classification: £70 fine and elimination or disqualification.</p> <p>Other licence holder: £140 fine per infringement</p> <p><i>Rider: Elimination or disqualification</i></p>	<p>Rider:</p> <p>1st infringement: verbal warning, 20% penalty in the points and mountains classifications and 10 second penalty</p> <p>2nd infringement: verbal warning and elimination or disqualification</p> <p>Infringement during last KM: verbal warning, 50% penalty in the points and mountains classifications, 30 second penalty and relegation to last on the Stage</p> <p>Infringement during the final Stage: verbal warning and elimination or disqualification</p> <p>Infringement against one of the top 10 riders in a classification: verbal warning and elimination or disqualification.</p> <p><i>Rider: Elimination or disqualification</i></p>
6.2	Spraying a rider with liquid from vehicle	<p>Driver: £35 fine per infringement</p> <p>Team Manager responsible for vehicle: £35 fine per infringement</p>	N/A
6.3	Breach of Federation regulations or guidelines concerning vehicle movements during the Race or failure to comply with the instructions of Commissaires and/or the Organiser	<p>Driver: £70 fine</p> <p>Team Manager responsible for the vehicle: £70 fine</p> <p>Team vehicle: relegation in the convoy of Team Manager, exclusion for one or more Stages or definitive exclusion</p> <p>Other vehicle: exclusion for one or more Stages or definitive exclusion</p>	Driver: verbal warning and referral to Disciplinary Officer depending on the severity
6.4	Interviewing a rider during the Race	<p>Media driver: £350 fine and exclusion</p> <p>Journalist: Exclusion</p> <p>Media vehicle: Exclusion</p>	N/A
6.5	Interviewing a Team Manager during the last 10 km of a Race or conducting the interview from a car rather than a motorcycle	<p>Team Manager: £70 fine</p> <p>Media driver: Exclusion</p> <p>Journalist: Exclusion</p> <p>Media vehicle: Exclusion</p>	N/A
7. IRREGULAR BEHAVIOUR, IN PARTICULAR BEHAVIOUR THAT AFFORDS A TEAM OR RIDER SPORTING ADVANTAGE OR THAT IS DANGEROUS			
7.1	Deviation from the Race route constituting an advantage, attempting to be placed without having covered the entire Race	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification

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7.2	Resuming the Race after having been transported by a car or motorcycle	Rider: £70 fine and elimination or disqualification Driver: £70 fine Team Manager responsible for vehicle: £70 fine Team vehicle: One day Race: Exclusion Stage Race: Exclusion for one or more Stages or definitive exclusion Other vehicle: One day Race: Exclusion Stage Race: Exclusion for one or more Stages or definitive exclusion	Rider: verbal warning and elimination or disqualification
7.3	Attitude or behaviour that has the objective of avoiding elimination	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
7.4	Rider refusing to quit the Race after being eliminated by a Commissaire	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
7.5	Rider undertaking part of the Race route on foot, or crossing the finish line on foot, without his or her cycle	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
7.6	Use of sidewalks/ pavements, paths or cycle lanes that do not form part of the Race route <i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £35 to £70 fine Furthermore, for Stage Races a 20 second penalty and 80% penalty in the points and mountain classifications <i>Relegation to last place on the Stage, elimination or disqualification</i>	Rider: verbal warning Furthermore, for Stage Races a 20 second penalty and 80% penalty in the points and mountain classifications <i>Relegation to last place on the Stage, elimination or disqualification</i>
7.7	Passing through a level crossing that is closed or in the process of closing (lights flashing and/ or audible warnings)	Rider: £140 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
7.8	Cheating, attempted cheating, collusion between riders of different Teams or other licence holders who are involved or complicit		
7.8.1	One-day Race	Rider: £70 fine and elimination or disqualification of each rider involved Other licence holder: £70 fine and exclusion	Rider: verbal warning and elimination or disqualification of each rider involved Other licence holder: verbal warning and exclusion
7.8.2	Stage Race <i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £70 fine and 100% in the points and mountains classifications and 10 minute penalty per rider involved. Other licence holder: £70 fine <i>Rider: Elimination or disqualification</i> <i>Other licence holder: Exclusion</i>	Verbal warning and 100% in the points and mountains classifications and 10 minute penalty per rider involved. Other licence holder: verbal warning <i>Rider: Elimination or disqualification</i> <i>Other licence holder: Exclusion</i>
7.9	Using a non-compliant position or point of support on the cycle that represents a danger to the rider or competitors	Rider: £140 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification

8. FAILURE TO RESPECT INSTRUCTIONS, IMPROPER, DANGEROUS OR VIOLENT BEHAVIOUR; DAMAGE TO THE ENVIRONMENT OR THE IMAGE OF THE SPORT

ROAD TECHNICAL REGULATIONS

8.1	Failing to respect the instructions of the Organiser or Commissaires	Rider: £35 to £70 fine Other licence holder: £35 to £140 fine	Rider: verbal warning Other licence holder: verbal warning
8.2	Assault, intimidation, insults, threats, improper conduct (including pulling the jersey or saddle of another rider, blow with the helmet, knee, elbow, shoulder, foot or hand etc.), or behaviour that is indecent or that endangers others		
8.2.1	Between riders or directed at a rider <i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i>	Riders: £35 to £350 fine per infringement Other licence holder: £350 fine <i>Rider: Elimination or disqualification and referral to Disciplinary Officer</i>	Riders: verbal warning Other licence holder: verbal warning <i>Rider: Elimination or disqualification and referral to Disciplinary Officer</i>
8.2.2	Directed at any other person (including spectators) <i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £35 to £350 fine per infringement Other licence holder: £700 <i>Rider: Elimination or disqualification and referral to Disciplinary Officer</i>	Rider: verbal warning Other licence holder: verbal warning <i>Rider: Elimination or disqualification and referral to Disciplinary Officer</i>
8.3	Rider or Team staff disposing of waste or other objects outside of litter zones, or not returned to Team or organisation staff, not collected by Team, thrown at a spectator. Disposing of waste or other objects in a careless or dangerous manner (e.g. bottle or other object remaining or bouncing back on the road, thrown directly or with excessive force at spectator, causing dangerous manoeuvre by other rider or vehicle, causing spectator to move onto the road).		
8.3.1	One-day Race	Rider or any other licence holder: 1st infringement: £70 fine Subsequent infringements: £140 fine and elimination or disqualification <i>The financial penalty is applied to the Team if the licence holder cannot be specifically identified</i>	Rider or any other licence holder: 1st infringement: verbal warning 2nd infringement: elimination or disqualification <i>The financial penalty is applied to the Team if the licence holder cannot be specifically identified</i>
8.3.2	Stage Race	1st infringement: £70 fine 2nd infringement: £140 fine and a 1 minute penalty. 3rd infringement: £280 fine and elimination or disqualification <i>The financial penalty is applied to the Team if the licence holder cannot be specifically identified</i>	Rider or any other licence holder: 1st infringement: verbal warning 2nd infringement: 1 minute penalty 3rd infringement: elimination or disqualification <i>The financial penalty is applied to the Team if the licence holder cannot be specifically identified</i>
8.4	Carrying, using or discarding a glass object	All licence holders: £35 fine and exclusion	Rider: verbal warning and disqualification or elimination
8.5	Unseemly or inappropriate behaviour (in particular undressing or urinating in public at the start or finish or during the Race)	Rider or any other licence holder: 1st infringement: £35 fine Subsequent infringements: £70 fine and referral to Disciplinary Officer <i>The penalty is applied to the Team if the licence holder cannot be specifically identified</i>	Rider or any other licence holder: verbal warning and disqualification or elimination and referral to Disciplinary Officer <i>The penalty is applied to the Team if the licence holder cannot be specifically identified</i>

1. Monetary fines do not apply to riders in Regional, Junior and Youth Events.

Time Trial Infringements

In addition to the above General and Road infringements guidance, Commissaires may impose the below penalty or penalties during Time Trial Events.

INFRINGEMENTS		NATIONAL EVENTS (SENIOR, JUNIOR AND YOUTH) REGIONAL EVENTS (WHERE TEAM VEHICLES ARE PRESENT)	REGIONAL EVENTS (WHERE NO TEAM VEHICLES ARE PRESENT)
1	Starting on a cycle that has not been checked by the Commissaires in an individual Time Trial	Rider: elimination or disqualification Team: £140 fine	N/A
2	Starting on a cycle that has not been checked by the Commissaires in a Team Time Trial	Team: £140 fine and elimination or disqualification	N/A
3	Cycles and equipment not presented for checking at least 15 minutes before a rider's or Team's start time in a Time Trial	Rider: £35 fine per rider involved Team Manager: £35 fine per rider involved	N/A
4	Rider or Team failing to respect regulation distances and gaps during a Time Trial	Rider: £35 fine per infringement Team: £140 fine per infringement	Rider or Team: verbal warning
5	Slipstreaming (individual Time Trial)	Rider: £35 fine per infringement and time penalty	Rider: disqualification
6	Slipstreaming (Team Time Trial)	Team: £35 fine per infringement Rider: time penalty Team: £35 fine per infringement	Team: disqualification
7	Following vehicle failing to respect a distance of 10m during an individual Time Trial	Rider: 20 seconds per infringement Team Manager: £70 fine per infringement	N/A
8	Assistance of any kind (nudging, guiding or pushing) among riders of the same Team during a Team Time Trial, except in cases of imminent danger		
8.1	One day Race	Rider: £35 fine per rider involved Team: 1 minute penalty	Rider: verbal warning Team: 1 minute penalty
8.2	Stage Race	Rider: £35 per rider involved and 1 minute penalty in Stage result for each rider of the Team	Rider: verbal warning per rider involved and 1 minute penalty in Stage result for each rider of the Team
9	Following vehicle failing to respect a distance of 10 m during a Team Time Trial		
9.1	One day Race	Team: 20 second penalty Team Manager: £70 fine	Team: 20 second penalty
9.2	Stage Race	Team: 20 second penalty Team Manager: £70 fine	Team: 20 second penalty
10	False start less than 3 seconds during a mixed relay event	Team: 10 second penalty	Team: 10 second penalty
11	False start more than 3 second during a mixed relay event	Team: elimination or disqualification	Team: elimination or disqualification

1. Monetary fines do not apply to riders in Regional, Junior and Youth Events.

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APPENDIX R2 – SCOTTISH TIME TRIAL EQUIPMENT REGULATIONS

These regulations shall apply to all Scottish Time Trial Events, unless otherwise stated in the Event manual:

1. The riding position shall be set so that the rider has good forward vision when in a competitive position;
2. Brake levers must be secured to the handlebars in such a position as to enable the rider to readily apply both brakes whilst holding the handlebars at their widest point. The width of handlebars shall be no less than 35cms;
3. On tricycles and tandem tricycles, two brakes may operate on the front wheel but otherwise the braking systems must operate independently on both front and rear wheels;
4. Bicycles with a fixed wheel shall have a left-hand threaded locking device securing the fixed sprocket. Similarly, tricycles with a fixed wheel shall have a suitable locking device or alternatively shall include an integral system as part of the design. Cycles with fixed wheel require only a brake operating on the front wheel(s);
5. Cycles fitted with triathlon handlebars and derivations thereof which have forearm supports may be used provided that when the rider adopts a competitive position on these bars:
 - (i) The wrists are no lower than the elbows.
 - (ii) The height from the ground to the forearm resting position is no less than 80% of the height of the saddle from the ground;
6. Tyres shall be in good condition and tubular tyres shall be securely attached to the rims;
7. Disc wheels may be used only on the rear of a cycle;
8. Deep section rims, tri-spoke and wheels of a similar design may be used. The front wheel must have at least 45% of the surface area open; and
9. The use of recumbent cycles, protective shields, windbreaks or other means of reducing air resistance is prohibited.

The use of the so called "tuck" and "superman" positions would be a breach of this Appendix and that such use is not in the best interests of the safety of riders or the welfare of the sport.

Para-cyclists who are unable to ride a cycle that complies with this regulation shall apply to the Chief Executive for dispensation.