



TECHNICAL REGULATIONS

VERSION 1.1

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Chapter I – General Information

1.1 Introduction

- 1.1.001 These Technical Regulations are to be read in conjunction with the Cycling New South Wales (CNSW) By-Laws. Where these regulations and the By-Laws contradict each other, the By-Laws will take precedence.
- 1.1.002 These Technical Regulations are to be read in conjunction with the Union Cycliste Internationale (UCI) Cycling Regulations. Notwithstanding, where the UCI Cycling Regulations refer to subject matter within the context of a National Championship or a World Championship, the relevant regulation is to be considered applicable to general cycle racing and is to be applied at Category 1, 2, and 3 level events.
- 1.1.003 Where CNSW Technical Regulations vary from the UCI Cycling Regulations, this will be specified in these Technical Regulations under the relevant section. In the case where there is any doubt as to which rule to apply, the UCI Cycling Regulations will be the superior regulation.

1.2 Licence and Classification of Riders

- 1.2.001 Members are classified by age category for the issuing of licences and eligibility for age restricted events.
- 1.2.002 All transfers from one age category to another shall take place on October 1st each year.
- 1.2.003 At all state championships a cyclist must compete in the category which is endorsed on their licence other than between October 1st and December 31st annually when category changes come into effect.
- 1.2.004 Where a road state championship event is conducted between October 1st and December 31st the age category of the rider which applied throughout the year will be applied.
- 1.2.005 When a member has competed in a higher classification at an event or carnival, they shall not be eligible to compete in their previous classification at that event or carnival, except as provided for in [Articles 1.3.002](#) and [1.4.001](#).
- 1.2.006 When a postponement of an event causes a rider to enter a higher classification, then the rider shall be able to compete in that event, provided that:
- The postponement does not exceed 14 days, or
 - The rider has not competed in a higher classification during the period of postponement.

1.3 Juniors

- 1.3.001 U15 and U17 riders may ride in open grades at Category 3 events (club level). They must ride on their age group's restricted gearings.
- 1.3.002 An U19 rider may compete in Elite categories provided that the CNSW Technical Commission approves such instances.

1.4 Masters

- 1.4.001 Masters and Women licence holders may compete in all Elite category events with the exception of championship events unless specifically permitted.
- 1.4.002 A member reaching Masters age may elect to have either an Elite category licence or a Masters category licence.
- 1.4.003 At any time a member may relinquish an Elite licence for a Masters licence or vice versa but may only use this option once per membership year.

1.5 Officials

- 1.5.001 All races at all categorisation levels must be officiated by Commissaires who are accredited as per By-Law 5.
- 1.5.002 The number and duties of Commissaires required for Category 1, 2, Masters Open, and Junior Open races will be determined by the Technical Commission and will take into consideration the number of grades/categories to be raced, the nature of the terrain/route (road events) and other considerations as determined by the Technical Commission.
- 1.5.003 The number of qualified Commissaires at Category 3 events will be determined by the host club.
- 1.5.004 Commissaires, both individually and/or in a panel shall direct the sporting aspects of cycling events and ensure that the event be in all respects conducted according to the regulations. They shall, in particular, ensure that the regulations specific to a race, the manner in which it is conducted and all technical provisions relating thereto comply strictly with the applicable provisions of the regulations.
- 1.5.005 Each commissaire shall act neutrally and independently. They shall declare, at the time of appointment, if they are aware of any aspect that could cast doubt on their neutrality.
- 1.5.006 The duties of Commissaires at race events will be as described in the UCI Cycling Regulations. Roles will include, but are not limited to:
- Chief Commissaire:
 - Has full control of the event including races officials, competitors, and accredited team personnel from one hour prior to the commencement of the event or managers' meeting until one hour after the completion of the last victory ceremony
 - Consults with the Principal Commissaires and makes decisions according to the CNSW TR or UCI CR in a logical manner and in the spirit of sportsmanship, after considering whether any incident has affected the result of a race
 - May warn, reprimand, relegate, fine, or disqualify (or a combination of any of the above) any rider who commits an infringement of these Technical Regulations
 - Receives all protests and adjudicates thereon.
Note: When a Junior competitor (under 18 years of age) is asked to report to a Commissaire then they shall be accompanied by an adult
 - Inspects the venue together with a representative of CNSW or the promoter and makes such recommendations considered necessary for the proper and safe conduct of the championship series. These recommendations are to be made to the Technical Commission
 - Submits a written report to CNSW within seven (7) days of the conclusion of the event
 - Principal Commissaire:
 - Assists the Chief Commissaire as required
 - Reports any irregularities
 - Liaises with all other Commissaires where necessary.
 - Commissaire:
 - Fulfils any role appointed to them by the Chief Commissaire
 - Medical Commissaire – Refer to the UCI Anti-Doping Regulations.
 - Chief Judge:
 - Decides the placed riders in all events except Time Trials, Individual and Team Pursuits when electronic timing equipment is used
 - Decides the placings of riders when handheld watches are used in accordance with pursuit rules
 - Liaises with the lap scorer and keeps a record of laps covered
 - Advises the official placings to the Recorder after the "all clear" has been signalled by the Chief Commissaire
 - The decision of the judges shall not be subject to appeal, but may be altered by the judges within ten minutes of the official announcement being made, should they find an error has been made

- Starter:
 - Decides all questions concerning the start of an event
 - Starts the race by either single pistol shot or whistle
 - Signals the stoppage of an event with a double pistol shot or whistle where the relevant rules provide
- Clerk of the Course:
 - Calls the names of riders before an event and ensures that riders have their correct race numbers properly affixed, where it can easily be seen by judges and photo finish cameras
 - Advises the responsible Commissaire that the riders are ready
 - Coordinates the events and reports any necessary changes to the Chief Commissaire
 - Conducts the draw for starting positions in the Sprint and Keirin events
 - Reports all scratching/replacements to the secretary of the panel of Commissaires
 - Inspects the competitors' uniforms and ensures that the regulations pertaining to competitors' clothing are adhered to
- Chief Timekeeper & Timekeeping Panel:
 - Appoints an assistant to work with the operator of the electronic timing device. The assistant shall be responsible to the Chief Timekeeper for the collating of the necessary tapes and documents
 - Oversees the performance of the Assistant Timekeepers who shall take the times of all events and inform the Recorder accordingly, and record times to hundredths of a second, except that, where available, the electronic timing operator will record the times in thousandths of a second, the latter being used in the case of dead heat
 - Ensures electronic timing device shall have precedence.
 - In the event of handheld watches (three required) being used, when two (or three) record the same time, that time will be recognised
 - Ensures that when each watch is different, the middle time is recognised
 - Ensures the official watches approved for the series must be synchronised prior to the start of the series
 - Ensures that in the event of an electronic malfunction, handheld times are used during the period of malfunction only
- Appeal Jury:
 - Will be made up of three (3) attending Commissaires. It is preferable that those commissaires appointed not be assigned to roles that will hold up the schedule of events should they be required to perform Appeal Jury tasks
 - The Jury shall hear all appeals against the decision of the Commissaires panel
 - The Appeal Jury shall have the power to uphold or dismiss any appeal. In doing so, it may confirm or amend the penalty imposed (refer to Annexure 2 – Guidelines for Imposing Penalties of these Technical Regulations). Amendment of penalties may involve varying a fine or period of disqualification or suspension, taking into account the previous conduct of the appellant
- Judge-Referee:
 - The Chief Commissaire will appoint a Commissaire from the selected panel of commissaires for as the Judge-Referee. The Commissaire shall be experienced in track racing and in particular must have a sound knowledge of the Sprint, Keirin, Points Race and Madison.
 - The Judge-Referee shall take up a place in a calm and isolated area with a good general view across the whole track. They must be provided with a means of communicating directly with the Chief Commissaire and Panel. It is preferable that the Judge-Referee shall also have access to a video system permitting slow-motion replay in order to review incidents in the race. A technician (if available) shall be specifically appointed to assist and operate the video system under instructions.
 - The Judge-Referee shall monitor the conduct of the riders and their conformity with the race regulations. On this issue the Judge-Referee shall liaise with the Commissaires infield and give advice on the evidence of the video system. If required to do so, and in order to avoid any delays with the running of the program, they shall immediately advise on penalties to be imposed and take any other decision required under the regulations

1.5.007 A person who is appointed to the position of Chief Commissaire at a state championship or Category 1 event must have had at least two years' experience as a CNSW Official and be a qualified Level 2 Commissaire or above.

Chapter II – Race Classification and Procedures

2.1 Classification of Races

- 2.1.001 Races will be categorised as a means of applying different event conditions on race organisers and competitors. This includes but is not limited to sanction fees applicable to CNSW, standards of operation and entry restrictions. Road and track events will have their own categorisation.
- 2.1.002 CNSW reserves the right not to sanction any criterium event that conflicts with a sanctioned track event.
- 2.1.003 Category 3 events may be listed on the CNSW web site (independent of the Open Calendar) for information only at the discretion of CNSW.
- 2.1.004 The number of entrants may be capped to assure the safety of riders, and to comply with regulatory approvals.
- 2.1.005 Category 1, 2, Masters and Junior event details will be listed on the official CNSW calendar.
- 2.1.006 Open invitation races may be sanctioned in extenuating circumstances (i.e. development events memorial/charity events), providing they do not clash with a sanctioned Open event (applications in writing from host club. Sanctioning of events by CNSW is required).
- 2.1.007 More than one Open event may be held on any one day, not necessarily in the Metropolitan area, providing that there is more than 400 km between events.
- 2.1.008 Category 3 (Combined) Track meetings shall not be held on the same day as an Open race meeting except with the approval of CNSW.
- 2.1.009 The promoting club will be responsible for the organisation of:
- The venue
 - Council
 - Police and any other authority sanctions
 - Hiring charges
 - First Aid
 - Prize money
 - Arranging of the program and printing of same
 - Organisation of the event and the forwarding of the race results to the CNSW office within 7 days of the event.
- 2.1.010 In liaison with the Technical Commission, the promoting club shall be responsible for providing race officials, including the Chief Commissaire of the day.
- 2.1.011 Failure by the promoting club to adhere to this Chapter of these Technical Regulations will incur a penalty by CNSW as described in the By-Laws ([Clause 11](#)).
- 2.1.012 A Category 1, 2, Masters Open & Junior Open Race shall be a race where all CNSW affiliated club members are eligible to enter (where Masters & Junior events are restricted as per the age category).
- 2.1.013 At the discretion of the Commissaire, Junior riders at a Category 3 event may compete out of their category providing they do not exceed the maximum race distances or gearing as per their age category as stipulated in the CNSW Technical Regulations. Forfeiture of their category status will not occur if the above rule is applied.
- 2.1.014 Competitors may forfeit their category status by competing in another category when separate events for their own category are held on the same program. An exception to this rule applies when the Technical Commission grants special sanction.

2.2 Road Races

2.2.001 The road race program (inclusive of criterium racing) will be classified under the following event categories:

- Category 1 (Highest level includes State and National level events)
- Category 2 (Open carnival)
- Category 3 (Club & Club invitation)
- Masters Open & Junior Open (which shall be U17 and younger)
- Junior Club

2.3 Track Races

2.3.001 The track race program will be classified under the following event categories:

- Category 1 (Highest level includes State and National levels)
- Category 2 (Open Carnival)
- Category 3 (Club & Club invitation)
- Masters Open
- Junior Open (which shall be U17 and younger)
- Junior Club

2.4 Race Classification Policy

2.4.001 The Race Classification Policy details the various provisions which must be applied by race organisers/promoters for the various levels of racing. The Policy is divided into two sections:

2.4.002 Section One (1): Managed by CNSW. Where the various provisions are not adhered to CNSW may:

- withhold sanction of the event
- seek to enforce a disciplinary procedure against the club (where the promoter of the event is an affiliated club)
- withhold subsequent event sanctions from the promoter/club, or
- undertake a remediation process with the club/promoter to ensure future adherence to the policy

2.4.003 Section Two (2): Managed by the Chief Commissaire on the day of the event. Where the Chief Commissaire identifies breaches to the policy, they may:

- halt/cease racing until the matter is remedied
- report the club/promoter for action under the disciplinary policy
- allow racing to continue and include in their report details of the breaches

ROAD RACING	Cat 1	Cat 2 Masters Open Junior Open	Cat 3	Junior Club
Section 1 - Admin Responsibility				
Sanction Granted	Yes	Yes	Yes	Yes
Sanction Fee	Yes	Yes	No	No
Entry at Start Line without penalty	No	No	Yes	Yes
Entry at Start Line with penalty	Yes	Yes	No	No
Entry at Start Line – Handicaps	No	No	Yes	Yes
Elite, Masters, U19 only	Yes	N/A	N/A	N/A
All age categories	No	Optional	Optional	U9's - U17's
Teams Racing	Yes	Optional	No	No

ROAD RACING	Cat 1	Cat 2 Masters Open Junior Open	Cat 3	Junior Club
NSW Handicapping/Gradings	Yes	Yes	No	No
Point to Point Course	Yes	Yes	Yes	Yes
Circuit Course	Yes	Yes	Yes	Yes
Out and Back Course	Subject to approval	Optional	Yes	Yes
KOM/s	Yes	Optional	Optional	Optional
Sponsorship	Yes	Yes	Optional	Optional
Designated Sign on Area	Yes	Yes	Yes	Yes
Official Presentation	Yes	Preferable	N/A	N/A
Official Program	Yes	Preferable	N/A	N/A
Finish Line Banner	Yes	Preferable	N/A	N/A
Signage	Yes	Preferable	N/A	N/A
Podium or Stage	Yes	Preferable	N/A	N/A
Results Printout	Yes	Yes	N/A	N/A
Event Manager	Yes	Yes	N/A	N/A
Public Address System/Announcer	Yes	Preferable	N/A	N/A
Media Liaison Officer	Yes	Preferable	N/A	N/A
KOM signage	Yes	Preferable	N/A	N/A
Commissaires/Officials meals etc	Yes	Optional	N/A	N/A
Trophy and/or flowers	Yes	Optional	N/A	N/A
Official Timekeepers Clock (finish line)	Yes	Optional	N/A	N/A
Finish Distance signage	Yes	Preferable	N/A	N/A
Inclusion on CNSW event schedule	Yes	Yes	No	No
CNSW central entry portal	Yes	Yes	No	No
Section 2 - Chief Comm Responsibility				
Commissaire presence	Yes (per Tech Comm)	Yes (as per Tech Comm)	Yes Min. level 1	Yes Min. level 1
Lead Vehicles(s)	Yes	Yes	As per TMP	Yes
Neutral Spares	Yes	Preferable	Optional	N/A
Sag Wagon	Yes	Preferable	Optional	Yes
Motor Bike Marshalls	Yes	Preferable	Optional	Optional
Police Escort (if appropriate)	Yes	Preferable	As per TMP	As per TMP
Official Vehicles - signage/lights	Yes	Yes	Yes	Yes
First Aid	Yes	Yes	Yes	Yes

Table 1

2.6 Entering Events

- 2.6.001 No entries shall be accepted from cyclists who are not affiliated CNSW club members, or members of other state affiliates recognised by Cycling Australia.
- 2.6.002 Entries to close at midnight on the Sunday of the weekend preceding each event. This does not apply to Category 3 (club) events.
- 2.6.003 No late entries to be accepted for state championship or Handicap events unless the entry deadline has been extended by the Chief Executive Officer (where it is deemed that event numbers are low or other extenuating circumstances). Where the entry is not accepted the member will be refunded their entry fee.
- 2.6.004 There will be no late entries permitted on the day of the championship.
- 2.6.005 Late/line entries to other events shall only be permitted at the discretion of the promoter and the Chief Commissaire.
- 2.6.006 Late entry and start line penalty fees shall be payable directly to and retained by the promoter.
- 2.6.007 Late entries will commence from midnight on the Sunday of the weekend preceding each event and finish at midday on the Wednesday prior to the event (allowing time for clubs to be notified the following day). Late entries shall not be subject to handicap or grading challenge.
- 2.6.008 Late entry penalty fees & start line entry fees are noted in Annexure 3 – Late and Start Line Penalties of these Technical Regulations.
- 2.6.009 Late entry at a track open enables a rider to participate in all races other than handicap.
- 2.6.010 On receipt of entries, the State Handicapper will carry out the handicapping and grading of riders forwarding the results of their work to the Cycling NSW Office for publishing and distribution to the promoting authority.
- 2.6.011 Club members must register with their correct names as shown on their UCI or Cycling Australia licence and competitors must at all times enter and compete under their proper names as shown on their UCI or Cycling Australia licence.
- 2.6.012 Cyclists competing in events held under the auspices of CNSW do so at their own risk.
- 2.6.013 Knowledge of rules: - All competitors taking part in events on road and track must have a clear understanding of race rules and regulations, copies of which may be found on the CNSW web site. In the event of dispute, ignorance will not be accepted as an excuse. Clubs shall provide new racing members with a copy of the current Technical Regulations on taking up membership.
- 2.6.014 Proof of age - A birth certificate or statutory declaration pending production of birth certificate, as to the age of Masters, Elite or Juniors club members must be produced on demand to the Chief Executive Officer within 28 days of such request.

2.7 Race Procedure (Opens and State Championships)

- 2.7.001 Before the commencement of a promotion, a technical meeting shall be held at which the Event Director, Chief Commissaire and their Principal Commissaires, Chairman of the Appeal Jury and all Race Officials should attend.
- 2.7.002 The Chief Commissaire shall chair the meeting.
- 2.7.003 The meeting shall review the event program, confirm the availability of Race Officials and Medical Officers, discuss any matters relating to the conduct of the promotion, and ensure that all Local Government and police requirements have been adhered to.
- 2.7.004 The Chief Commissaire shall have full control of all event officials, competitors, and accredited personnel from one hour prior to the commencement of the event until one hour after the completion of the presentation ceremony.
- 2.7.005 The official advertised start time of any event should be adhered to where practical. Under no circumstances may an event start earlier than the advertised time, except with the consent of the Chief Commissaire/Event Director and all competitors.
- 2.7.006 Competitors must at all times, start from their marks as declared by the handicapper. Competitors who do not start on their allocated mark shall be disqualified.
- 2.7.007 The promoter of the event after consultation with Chief Commissaire and/or Management Committee, shall have the power to postpone an event should it be considered necessary. Should a full postponement apply, entry fees will be retained, and refunds only offered on an individual basis to riders unable to make the new date. New entries may be accepted for the event in line with [Article 2.5](#). Should a partial postponement apply, the CEO will decide the arrangement.
- 2.7.008 The specification requirements of the bike are as per the UCI Cycling Regulations. Specific requirements for Junior competitors' bikes can be found in [Chapter VII - Juniors](#) of these Technical Regulations.
- 2.7.009 Cameras on bikes and riders may be used in CNSW sanctioned events under the following conditions:
- Use must be approved by the event organiser prior to the start of the event.
 - The camera, attached in situ to the rider or bike, must be presented to the Chief Commissaire, whose approval must be obtained before the start of the event.
 - If requested by the Chief Commissaire, the rider must identify the owner of the camera and the intended use of the footage, including any websites, social media accounts and broadcast channels on which the footage will be, or has been, published.
 - Riders who start an event without having obtained the approvals required by the points listed above may be disqualified.
 - All footage must be made available to Cycling NSW or the event organiser within 48 hours of a written request.
 - Footage that may bring the sport into disrepute must not be released to the public. If any such footage is published, the owner of the footage must withdraw the footage from publication immediately upon the request of Cycling NSW or the event organiser.
 - Riders breaching these regulations will receive up to four weeks' suspension for a first infraction. The period of suspension may be increased for subsequent breaches.
 - Media services breaching these regulations will be suspended or permanently banned from media accreditation at Cycling NSW events.
 - Cameras may not be used in Junior Open and Junior Club events.
- 2.7.010 The general rules pertaining to the conduct of road disciplines: Road Racing, Road Time Trial and Criterium are as per the UCI Cycling Regulations.
- 2.7.011 The general rules pertaining to the conduct of track disciplines are as per the UCI Cycling Regulations.

2.8 Penalties

- 2.8.001 The penalties for committing a Specific Race Offence include:
- Warning
 - Reprimand
 - Fine
 - Relegation
 - Disqualification
 - Suspension for such a period as the issuing official thinks fit
 - Suspension of the rider's racing licence
 - Combination of any of the above penalties
- 2.8.002 Penalties may be issued to any member by the Commissaire or Board. Fines must be paid within seven (7) days. If a fine remains outstanding after this time the member will not be permitted to race or officiate until the payment is made (except for where there are other races conducted as part of that specific race carnival).
- 2.8.003 The member's club, and/or a promoting club, is responsible for the terms of the penalty being carried out.
- 2.8.004 The Chief Commissaire as part of their report will identify any member who has been in receipt of a penalty and identify the amount of any monetary fine.
- 2.8.005 All monetary fines are issued as breach notices payable to CNSW office during normal business hours. Commissaires are not to accept any payment of fines.
- 2.8.006 Guidelines for penalties that may be imposed can be found in Annexure 2 – Guidelines for Imposing Penalties of these Technical Regulations.

2.9 Suspensions

- 2.9.001 Suspension periods must expire before a member is allowed to race or officiate again.
- 2.9.002 During suspension all membership rights are forfeited, and the person concerned is not permitted to enter the race arena during competition periods.

2.10 Protests

- 2.10.001 Competitors may first approach (verbally) the Chief Commissaire concerning any incident in an event.
- 2.10.002 A protest arising out of the conduct of a race shall be made in writing to the Chief Commissaire within fifteen minutes after the completion of the event, together with a fee of \$100. The protester and the person against whom the protest is made shall be invited to state their case. Should the protest be successful, the fee shall be returned.

2.11 Appeals

- 2.11.001 The Appeal Jury shall be in attendance before the start of each race/event.
- 2.11.002 The Appeal Jury shall consist of three (3) members who should be Commissaires. If no Commissaires are available, then the Jury may consist of office bearers of CNSW and/or an affiliated club.
- 2.11.003 The Appeal Jury shall hear all appeals against the decision of the Chief Commissaire and its decision shall be final on all competition decisions.
- 2.11.004 The Appeal Jury may judge the matter only if the offending party has had a chance to defend their point of view, or if when present, they fail to respond.

2.11.005 The Appeal Jury has the power in respect to the appeal before it to:

- Uphold the appeal
- Dismiss the appeal
- Confirm the decision appealed against and confirm the penalty imposed
- Confirm the decision appealed against but alter the penalty imposed by substituting additional fines, penalties or periods of disqualification's or suspension or by increasing or reducing any penalty, fine or period of disqualification or suspension
- May take into account the competitor's previous conduct

2.11.006 An appeal against a decision of the Chief Commissaire may be made to the Chairperson of the Appeal Jury.

2.11.007 The appeal must be in writing and accompanied by the appropriate fee as noted in [Article 2.10.002](#). Such appeal must be made within fifteen minutes of the Chief Commissaire handing out the decision.

2.11.008 If the appeal is upheld, the fee will be returned.

2.11.009 The Jury's decision shall be final on all competition decisions.

2.11.010 Should a competitor be suspended they have the second and last right of appeal to CNSW's Appeals Committee (as described in [By-Law 11](#)).

2.11.011 All appeals in relation to [Article 2.11.010](#) along with appropriate fee, must be in the hands of the chairperson of the Disciplinary/Appeals Committee no later than two (2) working days from the time of the imposition of the suspension.

2.11.012 Where a competitor leaves the venue prior to 15 minutes after the completion of the event (i.e. the time limitation for the issuing of breaches to the specific race offences) and the Chief Commissaire is therefore unable to issue a notice of breach on the rider, the breach will be notified in writing by the Chief Executive Officer or their delegate. In such instances, subject to [Article 2.11.010](#), the competitor by way of their absence waives their right of appeal. Where the rider has been incapacitated as evidenced by medical certificate, an appeal may be made at an appropriate time thereafter.

2.11.013 There shall be no appeal against the decision of the Judge Referee, nor the decision of the Appeal Jury, except for where the member has received a suspension ([Article 2.11.006](#)).

2.12 Uniforms, Racing Colours, and Helmets

2.12.001 All clothing (jerseys, knicks, socks etc.) and helmets must comply with the current UCI Cycling Regulations.

2.12.002 The CNSW Board shall approve the CNSW colours.

2.12.003 Competitors' uniforms shall be neat and clean, at least at the beginning of an event or race. Helmets, shoes, or clothing that is in a state of disrepair shall not be permitted.

2.12.004 Only State, club, or approved sponsored apparel are permitted.

2.12.005 Jerseys must cover the shoulders. Sleeveless jerseys are not permitted.

2.12.006 One-piece uniforms (skinsuits) are permitted provided the design is approved by the Technical Commission.

2.12.007 Specifically, with respect to uniform colours/design, these must conform with CNSW [By-Law 6.7](#).

2.12.008 In all Road events, competitors shall wear an AS/NZ2063 approved helmet. An approved AS/NZ2063 sticker must be affixed to the inside of the helmet.

- 2.12.009 In all track events, competitors shall wear an AS/NZ2063, ANSI, Snell, or EN approved helmet. The relevant approval sticker must be affixed to the inside of the helmet.
- 2.12.010 State Colours shall only be worn by the competitor from the first day of the National Championships at which they are representing, to the day before the following years State Championships.
- 2.12.011 Competitors, who receive CNSW state clothing to represent on the road, may only wear that clothing in road events, and similarly those who represent on the track may only wear the clothing in track events.
- 2.12.012 With respect to Masters Riders, only the State Champion in each discipline in each respective age category may wear state colours from the day of the National Championship until the day before the State Championship the following year.
- 2.12.013 Competitors who have registered sponsorship may place their sponsors' name/logo on their state clothing subject to ratification by their club and CNSW.
- 2.12.014 The provision around club, team, and group colours is described in [CNSW By-Law 6.7](#). Any breach of this provision shall be considered a Specific Race Offense.
- 2.12.015 Team members representing their club in CNSW State Club Team Championships must all be wearing identical jerseys regardless of that being registered club colours or approved sponsored team kit.
- 2.12.016 CNSW may allow race sponsors to provide advertising material that may be worn on caps, armbands and race numbers in a completely sponsored event in accordance with UCI Cycling Regulations. Such advertising material must only be worn in that race for which approval has been given.
- 2.12.017 Riders may wear a plain white jersey in lieu of registered club kits at any open or championship event except for CNSW State Club Team Championship events as described in [Article 2.12.015](#).

2.13 Racing Numbers

- 2.13.001 Riders shall ensure that their race numbers are visible at all times, including warm up in track events. The race number shall be securely fixed to the clothing and may not be folded or altered in any way.
- 2.13.002 During competition, the following provisions shall be made for the identification of riders:

Discipline/speciality	Body number	Frame number
Road		
One-day races	2	1 (if available)
Stage races	2	1 (if available)
Time Trials	1	1 (if available)
Cyclo-cross	1	
Track		
Sprint	2	
Flying 200m	2	
Individual Pursuit	1	
Team Pursuit	1	
1km TT	1	
500m TT	1	
Points Race	2	
Keirin	2	
Team Sprint	1	
Madison	2	
Omnium (all events)	2	

Table 2

2.14 Equipment

- 2.14.001 All equipment used by competitors in CNSW sanctioned events must be compliant with the current UCI Cycling Regulations Part 1 – General Organisation of Cycling as a Sport.

Chapter III - Road Races

3.1 General Road Racing Rules

- 3.1.001 The general rules and regulations for road racing are consistent with those found in the UCI Cycling Regulations Part 3 – Road Racing and apply to all CNSW sanctioned road events.
- 3.1.002 Competitors and officials must observe the local traffic laws and regulations.
- 3.1.003 First Aid must be in attendance prior to the start of any warm-up period or race.
- 3.1.004 The finish shall be judged from the tip of the front wheel at the point of the tangent with a vertical plane extended above the finishing line.
- 3.1.005 The placings are determined by the order of crossing the finish line at the completion of the last lap. In the case of a dead heat for any position the placegetters will be awarded equal placing with the next placing not stated.
- 3.1.006 Glassware of any kind must not be used to carry food or drink or be used to pass on to a rider.
- 3.1.007 A rider who holds on to or receives pace from a moving vehicle or receives any other outside assistance may be penalised.
- 3.1.008 In circuit races, lapped rider(s) may be withdrawn when they are too far behind to affect the result. When such riders are permitted to continue, they must not assist or interfere with any other competitor and shall not give pace to the riders who have lapped them.
- 3.1.009 In out and back races, a rider not going to the turning point must withdraw.
- 3.1.010 A rider who rides or acts in a manner considered dangerous to other competitors or the public will be penalised.
- 3.1.011 A rider who pushes or pulls another rider, or interferes with the progress of another rider, may be penalised.
- 3.1.012 During a road sprint, it shall be forbidden to interfere with the progress of another rider. Riders must ride a parallel course to the shoulder/edge of the road surface. Failure to do so may incur a penalty.
- 3.1.013 It shall be an offence to leave the sealed portion of the carriageway to gain an advantage. A rider who leaves the road surface must cease to sprint.
- 3.1.014 A rider who has withdrawn from the race, must remove their race numbers and either travel in the Sag Wagon, or continue riding whilst obeying all local/state road rules.
- 3.1.015 The Chief Commissaire may at their discretion withdraw a rider from further competition, if in their opinion, that rider or their equipment is not in a fit state to continue in the competition.
- 3.1.016 During races, the use of radio links or other means of communication with the riders is not permitted except in Elite Time Trials or UCI World Tour events.

3.2 Massed Start Races

- 3.2.001 The rules and regulations concerning Mass start road races are consistent with those found in the UCI Cycling Regulations Part 2 – Road Races. Any exceptions to this are listed below.

3.3 Individual Time Trials

- 3.3.001 The rules and regulations concerning Individual Time Trials are consistent with those found in the UCI Cycling Regulations. Any exceptions to this are listed below.

3.4 Team Time Trials

- 3.4.001 Team Time Trials will generally follow the rules set out in Chapter VI - Championships of these Technical Regulations, and the UCI Cycling Regulations.

3.5 Criteriums

- 3.5.001 The rules and regulations concerning Criteriums are consistent with those found in the UCI Cycling Regulations. Any exceptions to this are listed below.

Chapter IV – Stage Races

4.1 Stage Races

- 4.1.001 All official race personnel directly connected with the conduct of the Tour, other than accredited journalists, sponsors and honorary guests, shall be financial members of Cycling Australia.
- 4.1.002 Stage races may be run over one day or several days, consisting of varying distances and terrain. The winner being determined by accumulated riding time or points classification. (Winner's time less time bonuses for sprints and Mountain Champion, plus any intermediate time bonuses plus any penalties incurred).
- 4.1.003 Any infringement of the race rules and regulations by any competitor, team official or helper will make them liable to such penalties as set down in Annexure 2 – Guidelines for Imposing Penalties of these Technical Regulations.
- 4.1.004 The Commissaires Panel will comprise at least three (3) Commissaires, including the Chief Commissaire who shall allocate the specific duties to the panel members, which may include, but not be limited to, Principal Commissaires and the Medical Inspector.
- 4.1.005 Team managers or individuals may seek clarification of the Commissaires' decisions. However, all protests received by the Commissaires Panel must be in writing and accompanied by the appropriate fee. Should the protest be successful the fee will be returned. Decisions by the Commissaires Panel on protests shall not be subject to appeal. Appeals against, or concerning, classifications shall be lodged no later than 30 minutes after the classification communiqué has been made public.
- 4.1.006 Protests shall be submitted to the Commissaires panel within the following time limits:
- An illicit manoeuvre or some other irregularity during the race - not later than 15 minutes after the finishing time limit (usually 20% of first rider).
 - Placings no later than the start of the next stage.
 - Final general classification – 15 minutes after the official communiqué is issued.
- 4.1.007 An Appeal Jury comprising three (3) qualified Commissaires or eminent tour personnel as appointed by the Chief Commissaire, shall hear all appeals in accordance with CNSW TR and UCI Cycling Regulations.
- 4.1.008 All appeals shall be in writing and accompanied with the appropriate fee and lodged with the Chief Commissaire within 15 minutes of the decision being advised to the team manager. Should the appeal be successful the fee will be refunded.
- 4.1.009 All stages will be run without regard to the weather unless advised by Emergency Services. The panel of Commissaires, after consultation with the tour management, has the discretion to modify a stage should unforeseen circumstances arise. The race may be neutralised by the Chief Commissaire.
- 4.1.010 All stages will start promptly at the advertised times, with countdown times being announced at the assembly area 30 minutes before the start of each stage. The leaders in all classifications are required for presentation near the start line. Riders are required to sign on up to 15 minutes before start time. Failure to sign on may result in a penalty. There may be a processional start to several stages, which will be neutralised.
- 4.1.011 Each team shall have a support vehicle to follow in the race convoy. This vehicle may carry spare bikes, spare wheels and any other spare parts needed to service riders during the race.
- 4.1.012 Unauthorised vehicles following the race shall render the rider whose vehicle is following liable to a penalty.
- 4.1.013 There will be neutral spares vehicles, each under the control of a Commissaire to cover breakaways, punctures, falls and dropped-off riders. Each team should make available at least one (1) pair of wheels, food and drink appropriately marked, for each neutral spares and the sag wagon.

- 4.1.014 Service for all riders will be available from the team vehicles, the neutral spares or the sag wagon. Ideally all vehicles shall be fitted with a minimum of a CB radio, flashing amber lights and caution cyclist signage.
- 4.1.015 All service to riders must take place on the left-hand side of the road to ensure a smooth passage of other convoy vehicles. Failure to do so will incur penalties.
- 4.1.016 All traffic regulations must be strictly observed by both riders and drivers of official vehicles. Any infringements will incur penalties.
- 4.1.017 The Commissaires panel reserves the right to penalise any rider (time and/or fine and/or disqualification) for any traffic regulation infringement.
- 4.1.018 Whilst assistance may be given by the police escort to ensure the smooth passage of the race, competitors and drivers must remember that the tour is being conducted on open roads, and in the interest of rider safety, they must obey any instructions given by race officials and/or police.
- 4.1.019 It is compulsory that competitors wear approved hard shell helmets at all times in every stage in accordance with Australian road traffic regulations. This also includes warming up and training whilst on public roads.
- 4.1.020 Riders are reminded that it is unlawful and an offence against public decency to urinate in public places. Failure to respect these laws may result in monetary and/or time penalties.
- 4.1.021 The race management will supply all race numbers to be worn by competitors. Frame numbers are desirable and should also be supplied by the race organiser.
- 4.1.022 Race numbers shall be worn in all stages, without being cut, folded or reduced. Failure to do so may incur a penalty.
- 4.1.023 Any rider withdrawing from the race shall immediately remove their race numbers. Race numbers will be worn in a position as instructed by the Chief Commissaire and their panel.
- 4.1.024 Riders who finish either first, second or third in any stage, plus the tour leader, sprint leader and the mountain champions leader will be required on the presentation stage immediately after the stage finish. All riders must make themselves available to the media as required. Failure to do so may incur monetary and/or time penalties.
- 4.1.025 Riders must officially complete the previous stage within the 20% time limit or at the discretion of the Chief Commissaire with exception of the prologue, (as per [Article 4.2.002](#)) in order to start the next stage.
- 4.1.026 In the case of a duly noted fall, puncture, or mechanical mishap in the last three kilometres (indicated by official signage), the rider or riders involved shall be credited with the same time as those riders they were with at the moment of the accident. The rider's placings shall be determined by the order in which they actually cross the finish line.
- 4.1.027 If, as a result of a fall in the last three kilometres, a rider is unable to cross the finish line, they shall be placed last in the stage and credited with the time of those riders they were with at the time of the accident.
- 4.1.028 At the finish where there is a gap of more than 1 second between riders this will represent a 'split' and the timekeeper shall give these riders a different time. For the main peloton all riders shall be credited with the same time. Timekeepers shall continue to officiate until the sag wagon crosses the finish line.
- 4.1.029 Riders shall wear only authorised advertising. Unauthorised advertising is absolutely forbidden. Riders wearing unauthorised advertising shall be penalised in accordance with Annexure 2 – Guidelines for Imposing Penalties of these Technical Regulations.

4.2 Prologues

- 4.2.001 Shall be run as an individual time trial over a preferred distance of 1km to 8km.
- 4.2.002 Any rider who suffers an accident during the prologue may be credited with the time of the slowest rider, at the discretion of the Chief Commissaire, in order to contest the following stage.
- 4.2.003 Times shall be recorded to the hundredths of a second. This shall be used to determine the winner if two or more riders are equal on time at the finish of the tour.
- 4.2.004 The tour management will determine the starting order of the prologue.
- 4.2.005 The time of any competitor reporting late at the start shall be calculated from their scheduled starting time and they shall make a standing start from the designated place.

4.3 Classifications

- 4.3.001 The race will be subject to various classifications (but not limited to):
- Individual General Classification
 - Team Classification
 - Mountain Champion Points Classification
 - Sprint Ace Points Classification
 - Under 23 Rider Classification
 - Criterium Points Classification

4.4 General Classification

- 4.4.001 The overall winner of the race will be the rider who has the lowest accumulated time after subtracting bonuses and adding penalties for all stages, including the prologue and criteriums.
- 4.4.002 The finish of all stages will be recorded on video camera along with the results of the Chief Judge and their assistants. All stage placings will be listed in the results communiqué with their place and time, which has been verified by the video camera. It is essential that all riders position their race numbers so that they can be identified on the photo finish film.
- 4.4.003 Riders may be penalised for incorrect race number placement.
- 4.4.004 Time for all riders will be calculated to the nearest second, with times rounded down to the nearest second. Riders finishing in a group will all be credited with the same time as the leader of the group. The Chief Judge in consultation with the Commissaires Panel will define different groups, with time gaps determined in one second increments.
- 4.4.005 The rider leading this classification must wear the tour leader's jersey.
- 4.4.006 In the case of a dead heat in general classification fractions of a second registered by the timekeeper during all individual time trials shall be added back into the total accumulated time to decide the result. If the result is still a dead heat the tie breaking sequence will be: the placings of each stage shall be added, the rider with the lowest accumulated number being placed ahead of the other. As a final separator the placings on the final stage shall be the decider.

4.5 Team Classification

- 4.5.001 Refer to UCI Cycling Regulations Part 2 – Road Races

4.6 Sprint Classification

- 4.6.001 The Sprint Classification will be awarded to the rider with the highest aggregate number of points, accumulated from intermediate sprints and stage finishes.
- 4.6.002 In the event of a tie in the general individual classification by points, the following criteria shall be applied in order until the riders are separated:
- number of stage wins
 - number of wins in intermediate sprints counting for the general classification on points
 - general individual classification by time.
- 4.6.003 The rider leading this classification must wear the allocated Sprint Ace jersey.
- 4.6.004 Points will be awarded for stage finishes and intermediate sprints as follows:
- 1st - 3 points
 - 2nd - 2 points
 - 3rd - 1 point
- 4.6.005 All intermediate sprints are to be listed in the race program.

4.7 Mountain Champion

- 4.7.001 The Mountain Champion will be awarded to the rider with the highest aggregate points, accumulated from mountain champion sprints. Should riders finish on equal points, the classification will be awarded to the rider with the most category 1 wins.
- 4.7.002 The rider leading this classification must wear the allocated Mountain Champion jersey.
- 4.7.003 Points shall be awarded for mountain champion climbs as follows:
- Category 1:- 10pts, 6pts, 4pts, 2pts, 1pt
 - Category 2:- 7pts, 5pts, 3pts, 1pt
 - Category 3:- 5pts, 3pts, 2pts
 - Category 4:- 3pts, 2pts, 1pt
- 4.7.004 All mountain champion climbs will be categorised according to their severity and are to be listed in the race program.
- 4.7.005 In the event of a tie in the general individual mountains classification, the following criteria shall be applied in order until the riders are separated:
- number of first places in the highest category climbs
 - number of first places on climbs in the next inferior category and so on
 - general individual classification by time

4.8 Criterium Classification

- 4.8.001 A Criterium may be included as part of the general classification.
- 4.8.002 A Criterium classification may be conducted with all criteriums held during a tour.

4.8.004 The rider with the most accumulated points after the completion of all the Criterium and Kermesses shall be the Criterium Champion. Points shall be awarded as follows:

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
Points	10	9	8	7	6	5	4	3	2	1

Table 3

4.8.005 The rider leading this classification must wear the criterium leader's jersey.

4.8.006 Should riders finish on equal points, the classification will be awarded to the rider with the most wins. If still equal, then most second places. If the riders are still equal, then the result in the final sprint of the last Criterium/Kermesse shall decide the winner.

4.9 Multiple Jerseys

4.9.001 In the event of one rider holding more than one jersey (e.g. tour leader and sprint), the rider shall wear the jersey of the highest ranking. Subsequently the second placed rider in the Sprint Classification for the next stage shall wear the sprint jersey.

4.10 Time Bonuses

4.10.001 The following time bonuses will be deducted from the general classification following each stage, excluding time trials and the prologue.

- Stage Finishes:
 - 1st – 10 sec
 - 2nd – 6 sec
 - 3rd – 4 sec
- Half Stage Finish:
 - 1st – 6 sec
 - 2nd – 4 sec
 - 3rd – 2 sec
- Intermediate Sprints:
 - 1st – 3 sec
 - 2nd - 2 sec
 - 3rd – 1 sec
- Mountain Champion (all categories):
 - 1st – 3 sec
 - 2nd – 2 sec
 - 3rd – 1 sec

4.10.002 Bonuses and points may be varied by the promoter, but all cyclists must be notified prior to the start of any event.

4.11 Prizes

4.11.001 Competitors shall not be eligible to take prizes if they do not complete the course, unless in the opinion of the Commissaire Panel it is considered that the withdrawal was through no fault of the competitor (i.e. serious accident).

4.11.002 If the standard of riding on any stage is not up to the expectations of the tour management and the Chief Commissaire, they reserve the right to reduce the stage prizes by up to 50%.

Chapter V - Track Racing

5.1 General Track Racing Rules

- 5.1.001 The general rules and regulations for track racing are consistent with those found in the UCI Cycling Regulations Part 3 - Track Racing and shall apply to all CNSW sanctioned track events.
- 5.1.002 Events should be held on tracks of not less than 250 metres or more than 400 metres for one lap. The racing surface can be concrete, bitumen or wood and must be in a suitable condition as determined by the Chief Commissaire. The maximum number of riders on the track shall in no case exceed:
- 20 (15 teams for a Madison) on a 200 metre track
 - 24 (18 teams for a Madison) on a 250 metre track
 - 30 (20 teams for a Madison) on a 333.33 metre track or more
- 5.1.003 Wing nuts, excessively long axles, or any attachment likely to endanger the safety of riders shall not be fitted.
- 5.1.004 Handlebar ends must be plugged.
- 5.1.005 A rider may not carry any object on themselves or their bicycle that could drop onto the track.
- 5.1.006 The wearing or use of any music or radio communication system on the track is prohibited.
- 5.1.007 Devices such as speedometers or power meters should be securely fitted and out of sight of the rider or made unreadable by the covering of the display.
- 5.1.008 A rider overtaking another rider must pass on the outside unless the overtaken rider is manifestly riding wide. The overtaking rider must be a clear machine length in front before taking ground.
- 5.1.009 A rider who rides or acts in a manner considered to be dangerous to other competitors or the public, will be penalised.
- 5.1.010 A rider who pushes or pulls another rider may be penalised.
- 5.1.011 A recognised mishap shall include a puncture, a fall, breaking of a frame and/or any of its accessories, but it shall not include insufficient tightening of a wheel, a chain, handlebars, saddle, toe straps, or any other accessory. The Chief Commissaire will decide if a recognised mishap has occurred.
- 5.1.012 Competitors may take a spare pair of wheels and necessary tools with them to the starting line, in case of mechanical mishap.
- 5.1.013 At the start of a race, the front wheel shall be placed on the starting line as directed by the starting official. The rider's attendant must not overlap the starting line.
- 5.1.014 Generally, the start of an event shall be indicated by a single pistol shot or whistle blast.
- 5.1.015 A false start or stoppage of an event shall be signalled by a double pistol shot or whistle blast.
- 5.1.016 A rider who causes a false start may be penalised.
- 5.1.017 The last lap shall be indicated by ringing a bell.
- 5.1.018 When a competitor's machine is damaged or has suffered a mechanical mishap, the rider may run with or carry the machine but must not interfere with other competitors.

- 5.1.019 On the commencement of the sprint or the final 200m, all riders should maintain a straight course with the measuring line. The Judge Referee will decide whether any infringement of this rule has affected the true and proper result.
- 5.1.020 A rider is considered to be off the racing surface of the track when they move under the inner edge (onto the blue band). A rider who moves onto the blue band of the track in order to gain an advantage may be penalised.
- 5.1.021 For all Scratch races, Sprints, Keirin and Points races, the finish shall be judged from the tip of the front wheel at the point of the tangent with a vertical plane extended above the finishing line.
- 5.1.022 For all timed events the placings will be determined as per the regulations as set out in the rules governing the relevant event.
- 5.1.023 When dead heats are declared the winner shall be determined as set out in the rules governing the relevant event.
- 5.1.024 In all track events where standard or “classic” style handlebars are used, riders must compete with their hands “on the drops”. The only exception shall be:
- In the Elite Madison
 - During changes between partners in a Madison
 - Riders on relief in a Madison
- 5.1.025 Prior to competition and during all warm-up periods an accredited Commissaire must be in attendance. Their duties will be to control and supervise all safety requirements.
- 5.1.026 All competition and warm up periods must have in attendance a qualified and equipped First Aid Officer.
- 5.1.027 Any offence not specifically penalised and any unsporting behaviour shall be punished by a warning indicated by a yellow flag, or by disqualification from the race indicated by a red flag according to the gravity of the fault, notwithstanding the fine provided for in the scale of penalties.
- 5.1.028 If a rider is relegated in the competition, that relegation may also carry with it a warning, depending on the gravity, intent and impact of the fault. A rider receiving a second warning, or being relegated for the third time, is disqualified.
- 5.1.029 On each occasion the Commissaires will indicate at the same time the race number of the rider at fault. The warning and disqualification are relative to one specific competition only.
- 5.1.030 In the case of collusion between riders, the Commissaires may penalise riders concerned.
- 5.1.031 The Chief Commissaire may at their discretion withdraw a rider from further competition, if in the opinion of the Chief Commissaire that rider or their equipment is not in a fit state to continue in the competition.
- 5.1.032 The wearing of dark tinted glasses/visors by competitors shall not be permitted on velodromes during competition and training under the following conditions:
- indoor velodromes, at all times
 - outdoor velodromes, after sunset or when velodromes lights are on
- 5.1.033 This regulation does not affect the wearing of glasses for protective reasons. i.e. with clear or coloured light enhancing lenses.

5.2 The 200 Metre Time Trial (Flying 200)

- 5.2.001 The 200m Time Trial shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.

- 5.2.002 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.3 Sprint

- 5.3.001 The Sprint competition shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 5.3.002 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 5.3.003 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.4 Individual Pursuit

- 5.4.001 The Individual Pursuit shall be conducted in accordance with the UCI Cycling Regulation Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 5.4.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 5.4.003 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.5 Kilometre and 500m time Trial

- 5.5.001 The Kilometre and 500m Time Trial shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 5.5.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 5.5.003 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.6 Points Race

- 5.6.001 The Points Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 5.6.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 5.6.003 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 5.6.004 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.7 Keirin

- 5.7.001 The Keirin Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 5.7.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

- 5.7.003 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 5.7.004 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.8 Scratch Race

- 5.8.001 The Scratch Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 5.8.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 5.8.003 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 5.8.004 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.9 Elimination Race

- 5.9.001 The Elimination Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 5.9.002 Eliminations take place as per the UCI Cycling Regulations, except where The Chief Commissaire in liaison with the Race Director reduces/increases the number of laps between eliminations due to the number of entries, or time constraints.
- 5.9.003 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 5.9.004 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.10 Flying Lap

- 5.10.001 The Flying Lap shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.

5.11 Tempo Race

- 5.11.001 The Tempo Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 5.11.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 5.11.003 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 5.11.004 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.12 Omnium

- 5.12.001 The Omnium shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.

5.12.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

5.12.003 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.13 Team Pursuit

5.13.001 The Team Pursuit shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.

5.13.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

5.13.003 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.14 Team Sprint

5.14.001 The Team Sprint shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.

5.14.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

5.14.003 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.15 Madison Race

5.15.001 The Madison Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.

5.15.002 As a guide, race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

5.15.003 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.

5.15.004 For regulations pertaining specifically to state championships, refer to Chapter VI - Championships of these Technical Regulations.

5.16 Six-Day Races

5.16.001 A Six-Day Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.

Chapter VI - Championships

6.1 General Championships Rules

- 6.1.001 All CNSW Individual Championships are open to affiliated financial members of Cycling Australia. Invitations may be extended to international competitors on application to CNSW.
- 6.1.002 Club Team events are only open to affiliated clubs in CNSW, however ACT clubs may compete in track team events on application to CNSW.
- 6.1.003 A member of another Federation may be invited to compete by the Technical Commission.
- 6.1.004 In the Junior categories (i.e. U9, U11, U13, U15, and U17), riders from other states/territories can ride in the championship races, however only the first 3 NSW competitors in each category shall receive a medal.
- 6.1.005 To compete in a metropolitan road and/or track championship the competitor must be a member through an affiliated CNSW metropolitan club as identified in the CNSW's By-Law - Determinations of Divisions Policy.
- 6.1.006 To compete in a country road/track championship, the competitor must be a member through an affiliated CNSW country club as identified in the CNSW's By-Law - Determinations of Divisions Policy.
- 6.1.007 In any championship event conducted by CNSW there must be a minimum of two (2) starters or teams other than in timed events (on the track only).
- 6.1.008 The medals for each Individual or team championship of CNSW shall be as follows:
- 1st – Gold Medal
 - 2nd – Silver Medal
 - 3rd – Bronze Medal
- 6.1.009 In timed events on the track only, when only 1 rider competes the rider shall be awarded a medal if their time is within 105% (Gold), 107% (Silver) and 110% (Bronze) of the current Australian record for the event on any indoor track and 110% (Gold), 115% (Silver) and 120% (Bronze) on any outdoor tracks.
- 6.1.010 In teams' events, each competitor competing in the final shall be awarded the applicable medal.
- 6.1.011 The medals will be supplied by CNSW and shall be engraved with the title of the event.

6.2 Country and Metropolitan Road Championships – General

- 6.2.001 Distances and categories are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 6.2.002 All U9 and U11 events must be conducted on closed roads when practicable.
- 6.2.003 Categories may be combined with the prior approval of the Technical Commission in order to run a combined championship event. Where numbers are low or other constraints or restrictions apply, the organiser and/or officials in charge of the event may opt to combine categories awarding separate medals for each category where numbers meet the criteria above.
- 6.2.004 All competitors must adhere to the road racing rules as noted in the UCI Cycling Regulations.

6.3 State Road Championships – General

- 6.3.001 Events, Categories, and Distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.3.002 All U9 & U11 all events must be conducted on closed roads or where this is not practicable under safe conditions.

6.4 State Road Championships – Individual Time Trial

6.4.001 The State Championships Individual Time Trial shall be conducted in accordance with the UCI Cycling Regulations Part 2 – Road Races. Any deviations or exceptions to this are listed below.

6.4.002 Events, Categories, and Distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.5 State Road Championships – Road Race

6.5.001 The State Championships Road Race shall be conducted in accordance with the UCI Cycling Regulations Part 2 – Road Races. Any deviations or exceptions to this are listed below.

6.5.002 Events, Categories, and Distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.6 State Road Championships – Criterium

6.6.001 The State Championships Criterium shall be conducted in accordance with the UCI Cycling Regulations Part 2 – Road Races. Any deviations or exceptions to this are listed below.

6.6.002 Events, Categories, and Distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.7 State Road Championships – Hill Climb

6.7.001 The State Championships Hill Climb shall be conducted in accordance with the UCI Cycling Regulations Part 2 – Road Races. Any deviations or exceptions to this are listed below.

6.7.002 Events, Categories, and Distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.7.003 With respect to the hill climb championships the following conditions will apply;

- The distances for each age category will be determined in consultation with the Technical Commission on assessment of the difficulty of the proposed course.
- The age categories for which a championship will be conducted will be from U15 through to Master 10, and all categories in between.
- The hill climb championships will be conducted in time trial format whereby the Technical Regulations as they pertain to time trials will apply.

6.8 State Road Championships - Club Team Time Trial

6.8.001 The Club Team Time Trial shall be conducted in accordance with the UCI Cycling Regulations Part 2 – Road Races. Any deviations or exceptions to this are listed below.

6.8.002 Categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.8.003 A rider may be nominated for more than one team but cannot ride for more than one team (i.e. - they cannot ride in more than one age category).

6.8.004 Each club may nominate one (1) or more teams for each championship.

- 6.8.005 Up to six (6) names may be nominated with each team entry from which a maximum of four (4) will start in that team on the day.
- 6.8.006 When no team event is listed for the women's U13, U15, U17 or U19 categories, (subject to CNSW sanction) they may compete with the men in the same category.
- 6.8.007 Should a club have difficulty in forming a team, they can (on application and subsequently being sanctioned by the CNSW Technical Commission) be permitted to nominate a U13, U15, U17, U19 member to compete one level above their category for that event and may ride the gearing for the age group in that event only.
- 6.8.008 Where a club is unable to form a team in the men's or women's U13, U15, U17, or U19 categories due to limited numbers, a composite team may be formed from members of clubs in the same division (as identified in the CNSW's By-Laws – Determination of Divisions Policy). If due to low entries, forming a club or composite team is not possible, then riders may form a team from combined divisions. Any rider seeking inclusion in a combined divisional or composite team must be approved by their club (i.e. clubs take preference over combines).
- 6.8.009 In the U19, Elite, and Master's categories, composite teams may be made up of divisional combines (as identified in the CNSW's By-Laws – Determination of Divisions Policy). A rider seeking inclusion in a composite team must be approved by their club (i.e. clubs take preference over combines).
- 6.8.010 Members must be financial with their competing club and CNSW two calendar months before the event.
- 6.8.011 The handicapper, taking into consideration the previous year's championship results, shall decide the starting order. Teams shall start in the reverse order to that in which they were placed the previous year. The winning team shall be the last team to leave the start.
- 6.8.012 Elite and U23 Men's categories will start 4 minutes apart. All other categories will start 2 minutes apart. The Chief Commissaire may alter these times to ensure the event can be finalised in the time period allocated.
- 6.8.013 Members of each team shall line up abreast at the start.
- 6.8.014 Competitors must be held by designated attendants and released on the starting signal. They must not be pushed.
- 6.8.015 Starting and timing procedure shall be the same as the UCI Cycling Regulations for Team Time Trials.
- 6.8.016 The finishing time shall be calculated with the timing stopped as the front of the front wheel of the third member of each team crosses the finish line.
- 6.8.017 Members of the same team may exchange food, drink, bicycles and or equipment, or members may wait for a team member who has had an accident or dropped behind. Team members cannot push or tow each other.
- 6.8.018 Competitors shall carry their own food and drink. Outside feeding from persons on the course or from the team support is forbidden at the risk of disqualification.
- 6.8.019 A team overtaking another shall pass on the right side, leaving at least two (2) metres between it and the other team. The overtaken team must not impede the progress of the overtaking team.
- 6.8.020 Any team that has been overtaken must, after 1km, ride at least 25m away from the team that passed them.
- 6.8.021 A competitor who has been dropped by their team cannot re-join it by waiting for its arrival on the next leg, or join another team, or receive/provide assistance.
- 6.8.022 Megaphones or loud hailers may be used. It is recommended that each team has the support of a following vehicle (car or light commercial vehicle only).

- 6.8.023 Support Vehicles must be a legally registered.
- 6.8.024 Support vehicles may be occupied by a maximum of three (3) persons, minimum age 18 years. Each person must be a current financially affiliated member of Cycling Australia. The driver must be in possession of a current driver's licence.
- 6.8.025 All support vehicles must be fitted with a roof mounted flashing yellow light in good working order and a securely rear mounted sign "CAUTION RACE IN PROGRESS" with 120 mm high black letters on yellow or orange background. The sign must be clearly visible from a minimum distance of 50 metres.
- 6.8.026 Occupants of the support vehicle, especially the driver, are under the control of the Chief Commissaire and must heed directions from Commissaires as indicated.
- 6.8.027 The race support vehicle shall follow at least 10 metres behind the last rider, or behind the third member of the team, should the fourth rider have been dropped, and shall not overtake or draw level with the team.
- 6.8.028 In the case of a breakdown, service may be rendered only when the rider and the vehicle are stationary on the left-hand margin of the road.
- 6.8.029 The support vehicle shall not hinder other competitors or support vehicles.
- 6.8.030 At no time is any team member permitted to take pace from the support vehicle.
- 6.8.031 The support vehicle of a team that is about to be caught shall, as soon as the distance between the two (2) teams drops below fifty (50) metres, fall back behind the support vehicle of the other team.
- 6.8.032 Provision must be made in the front seat of each vehicle for a Commissaire if one is allocated to the vehicle.
- 6.8.033 The race support vehicle must obey all directions given by NSW Police and be driven according to the NSW Traffic Regulations.

6.9 Country and Metropolitan Track Championships – General

- 6.9.001 Where numbers are low or other constraints or restrictions apply, the organiser and/or officials in charge of the event may opt to combine categories awarding separate medals for each category where numbers meet the criteria under [Article 6.9.002](#).
- 6.9.002 A gold, silver and bronze medal shall be awarded in each membership category to the riders accumulating the most points, with 5,3,2,1 points being awarded for the first four places in each of the disciplines which make up a Metropolitan and/or Country Championship.
- 6.9.003 There must be a minimum of 3 riders per category for the event to be recognised as a championship event.
- 6.9.004 Categories may be combined with the prior approval of the Technical Commission in order to run a combined championship event.
- 6.9.005 Distances for events may be reduced at the discretion of the Chief Commissaire and Race Director (except Derby races).
- 6.9.006 Derby races are to be 2-3 laps depending on track size. Refer to Annexure 4 – Race Categories and Distances of these Technical Regulations for race distances and categories.
- 6.9.007 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 6.9.008 All Pursuit, Scratch and Points race distances to be to the closest lap, depending on the track size. Refer Annexure 4 – Race Categories and Distances of these Technical Regulations for race distances and to categories, and for track size and laps calculations.

6.10 State Track Championships – General

- 6.10.001 Categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 6.10.002 All Elimination Race & Tempo Races are non-selection events for the National Omnium Championships. Masters are held in 10 year age categories.

6.11 State Track Championship - 200m Time Trial

- 6.11.001 The 200m Time Trial shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.11.002 Race categories are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.12 State Track Championship - Sprint

- 6.12.001 Sprints shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.12.002 Race categories are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 6.12.003 Sprint Championships semi-final & final rounds shall be decided by a best of three (3) series. For all other rounds the winner shall be decided by a single race series only.
- 6.12.004 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.

6.13 State Track Championship – Individual Pursuit

- 6.13.001 The Individual Pursuit shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.13.002 Race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 6.13.003 The top 4 times will progress through to the finals, where 1st and 2nd will ride for gold/silver, and 3rd and 4th will ride for bronze.
- 6.13.004 In the finals, if a rider catches their opponent thereby winning the race, they may continue to ride to record a time provided the Principal Commissaire or Starter has been advised of this prior to the race. The rider that has been caught cannot continue to ride for a time and must leave the track at the earliest opportunity.

6.14 State Track Championship – Kilometre and 500m Time Trial

- 6.14.001 The Kilometre and 500m Time Trial shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.14.002 Race categories are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 6.14.003 The qualifying rounds shall be run in two-up heats to find the fastest 4 riders.
- 6.14.004 In the finals, each rider shall take the track alone.

6.15 State Track Championship – Points Race

- 6.15.001 The Points Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.15.002 Race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 6.15.003 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 6.15.004 In Points races for all Juniors/Masters, the final sprint points shall be 5,3,2, and 1 - not doubled.
- 6.15.005 In Points races that are 60 laps (15kms) or less, 10 points will be allocated/subtracted for taking and losing laps,

6.16 State Track Championship – Keirin

- 6.16.001 The Keirin shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.16.002 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 6.16.003 Race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.17 State Track Championship – Scratch Race

- 6.17.001 The Scratch Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.17.002 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 6.17.003 Race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.18 State Track Championship – Elimination Race

- 6.18.001 The Elimination Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.18.002 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 6.18.003 Eliminations shall take place as per the UCI Cycling Regulations, except where The Chief Commissaire in liaison with the Race Director reduces/increases the number of laps between eliminations due to the number of entries, or time constraints.

6.19 State Track Championship – Tempo Race

- 6.19.001 The Tempo Race shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.19.002 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 6.19.003 Race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.

6.20 State Track Championship – Omnium

- 6.20.001 The Omnium shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.20.002 The Omnium for Elite Men and Women shall consist of the following events:
- Scratch Race
 - Tempo Race
 - Points Race
 - Elimination Race
- 6.20.003 If the Omnium is held at the same carnival, the Omnium points from the championship events shall be used to calculate the Omnium result, only when held on separate dates are the Omnium events points calculated separately to the championship event.

6.21 State Track Championships – Club Team Sprint

- 6.21.001 The Club Team Sprint shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races
- 6.21.002 Categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 6.21.003 When no team event is listed for the U15, U17, U19 women, subject to CNSW sanction, they may compete with the men in the same category.
- 6.21.004 Should a club have difficulty in entering a team, they can on application (and subsequently being sanctioned by CNSW), nominate a U15, U17, or U19 member to compete one level above their category for that event. The rider may use the gearing for that age group in that event only.
- 6.21.005 Where a club is unable to form a team in the women's U17, a composite team may be formed from members of clubs in the same division (as identified in the CNSW's By-Laws - Determination of Divisions Policy). If a club or composite team is not possible, riders may form teams from combined divisions.
- 6.21.006 Each rider shall be a financial member of the affiliated club they represent and will not have competed in any open or championship track event for another club during the current track season (1st October to 31st March). This applies to U15 and U17 age categories only.
- 6.21.007 In the U19, Elite and Masters categories, composite teams may be made up of divisional combines (club allocation to divisions is included in the CNSW By-Laws – Determinations of Divisions Policy). Any rider seeking inclusion in a composite must be approved by their club (i.e. clubs take preference over combines). If a club or composite team is not possible, riders may form teams from combined divisions.
- 6.21.008 Members must be financial with their competing club and CNSW two calendar months before the event.
- 6.21.009 Up to six (6) riders may be nominated with each team entry for the event, from which a maximum of three ~~men/two women riders~~ will start in that team on the day. Riders may be nominated for more than one team for the club they represent, however they can only compete for one category and one team per championship series.
- 6.21.010 The ~~three or two (3/2)~~ riders who start in the qualifying round will be the riders who compete in each subsequent round, including the final. No substituting or replacing of riders is allowed once the competition has started.
- 6.21.011 In qualifying, teams shall ride against the clock (i.e.- one team on the track at a time). Depending on the number of teams entered, the Chief Commissaire may waive this rule and runs teams two at a time (front and back).

- 6.21.012 The Handicapper shall seed the teams taking into account the results from the previous championship and in the event of two-up heats, endeavour to match two (2) teams of similar ability, but not match the two (2) top teams together in the qualifying rounds.
- 6.21.013 The top 4 teams in qualifying shall progress through to the finals, where the 1st and 2nd fastest times will ride for gold and silver, and 3rd and 4th fastest will ride for bronze.

6.22 State Track Championships – Club Team Pursuit

- 6.22.001 The Club Team Pursuit shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races.
- 6.22.002 Categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 6.22.003 When no team event is listed for the U15, U17, or U19 women, subject to CNSW sanction, they may compete with the men in the same category.
- 6.22.004 Should a club have difficulty in entering a team, they can on application (and subsequently being sanctioned by CNSW), nominate a U15, U17, or U19 member to compete one level above their category for that event. The rider may use the gearing for that age group in that event only.
- 6.22.005 Where a club is unable to form a team in the women's U17, a composite team may be formed from members of clubs in the same division (as identified in the CNSW's By-Laws - Determination of Divisions Policy). If a club or composite team is not possible, riders may form teams from combined divisions.
- 6.22.006 Each rider shall be a financial member of the affiliated club they represent and will not have competed in any open or championship track event for another club during the current track season (1st October to 31st March). This applies to U15 and U17 age categories only.
- 6.22.007 In the U19, Elite and Masters categories, composite teams may be made up of divisional combines (club allocation to divisions is included in the CNSW By-Laws – Determinations of Divisions Policy). Any rider seeking inclusion in a composite team must be approved by their club (i.e. clubs take preference over combines). If a club or composite team is not possible, riders may form teams from combined divisions.
- 6.22.008 Members must be financial with their competing club and CNSW two calendar months before the event.
- 6.22.009 Up to six (6) riders may be nominated with each team entry for the event, from which, a maximum of four riders will start in that team on the day. Riders may be nominated for more than one team for the club they represent. A rider may only compete for one category and one team per championship series.
- 6.22.010 The same four (4) riders who start in the qualifying round will be the riders who compete in each subsequent round, including the final. No substituting or replacing of riders is allowed once the competition has started.
- 6.22.011 The Handicapper shall seed the teams taking into account the results from the previous championship and in the event of two-up heats, endeavour to match two (2) teams of similar ability, but not match the two (2) top teams together in the qualifying rounds.
- 6.22.012 In qualifying, teams shall ride against the clock (i.e.- one team on the track at a time).
- 6.22.013 The fastest 4 teams in qualifying shall progress through to the finals, where the 1st and 2nd fastest times will ride for gold and silver, and 3rd and 4th fastest will ride for bronze.
- 6.22.014 In the Finals, if a team catches their opponent and thereby wins the race, they may continue to ride to record a time provided the Principal Commissaire or Starter have been advised of this prior to the race. The team that has been caught cannot continue to ride for a time and must leave the track at the earliest opportunity.

6.23 State Track Championships – Madison

- 6.23.001 The Madison shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.
- 6.23.002 Race categories and distances are specified in Annexure 4 – Race Categories and Distances of these Technical Regulations.
- 6.23.003 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.
- 6.23.004 The competition must have a minimum of six (6) teams and a maximum of eighteen (18) teams for U19's and above categories, and a maximum of twelve (12) teams for the U17 category. These minimum numbers may be varied at the discretion of CNSW.
- 6.23.005 For all Madison races, intermediate sprints will be run every 2.5km or the number of laps closest to 2.5km.
- 6.23.006 Each intermediate sprint shall earn the first four (4) teams the following points:
- 1st place – 5 points
 - 2nd place – 3 points
 - 3rd place – 2 points
 - 4th place – 1 point
- 6.23.007 In the final sprint, the points will be doubled.
- 6.23.008 The sprints shall be run according to Annexure 1 – Sprint Rules and the normal penalties apply. Refer to Annexure 2 – Guidelines for Imposing Penalties.
- 6.23.009 Riders that gain a lap on the field as declared by the Chief Commissaire will be awarded 20 points.
- 6.23.010 Riders that lose a lap will have 20 points subtracted from their total.

Chapter VII - Juniors

7.1 Equipment

7.1.001 These Technical regulations apply equally to Junior competition, except as specified below.

7.1.002 Roll out distances for Junior riders shall be as follows:

Age Group	Roll-Out distance
U9/U11	5.5 metres
U13	5.5 metres
U15	6.0 metres
U17	7.0 metres
U19	7.93 metres (Road U19 events only)

Table 4

7.1.003 To restrict roll out distances in [Article 7.1.002](#), blocking off will only be permitted by the adjustment of the derailleur or other means for:

- U9, U11 and U13 riders
- U15 and U17 riders at Category 3 events only

7.1.004 Junior U19 male and female competitors may ride unrestricted gears when competing in CNSW sanctioned Open events.

7.1.005 'Time Trial' style helmets with or without AS/NZ 2063 approval shall not be used in junior categories U13 or below.

7.1.006 Handlebars shall be of a standard or "classic" style. However, bolt on handlebar extensions shall be allowed for U15 and U17 riders in the Individual Pursuit, Team Pursuit and road and track Time Trials only. Gear and brake mechanisms must not be placed on the extensions.

7.1.007 For all events wheels must have at least 16 spokes.

7.1.008 The wheel shall exclude the use of composite fibres.

7.1.009 Only high-pressure detachable tyres and tubes shall be used. A detachable type tube means the tube is detachable from the tyre casing. Such high-pressure tyres shall be beaded.

7.2 Junior State Track Championships - General

7.2.001 All events for the State Junior Track Championships shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.

7.2.002 In the Junior State Track Championships (i.e. U9, U11, U13, U15, and U17), riders from other states/territories may ride in the championship races, however only the first 3 NSW competitors in each category shall receive a medal.

7.2.003 In Points races for all Juniors, the final sprint points shall be 5, 3, 2, and 1 – not doubled.

7.2.004 In Points races with 60 laps (15kms) or less, 10 points will be allocated for taking and losing laps.

7.3 Junior State Track Championships – Derbies

7.3.001 All events for the State Junior Track Championships shall be conducted in accordance with the UCI Cycling Regulations Part 3 – Track Races. Any deviations or exceptions to this are listed below.

- 7.3.002 NSW Derby Championships will be held in the following age categories:
- Under 13 Boys/Girls
 - Under 11 Boys/Girls
 - Under 9 Boys/Girls
- 7.3.003 The number of competitors in each heat may vary in accordance with the size of the track and the number of entries received.
- 7.3.004 The number of competitors in the qualifying rounds may vary, with a maximum of six (6) per heat.
- 7.3.005 The winner of each heat shall advance. The placegetters in each heat who contest the repechage will depend on the number of heats and shall be decided by the Technical Commission.
- 7.3.006 The final shall consist of four (4) competitors.
- 7.3.007 The Chief Commissaire in consultation with the promoter shall decide the distances to be ridden taking into account the size of the track for U9 to U15 age categories.
- 7.3.008 All sprints shall be judged in accordance with Annexure 1 – Sprint Rules.

Chapter VIII - Masters

8.1 Masters Championships - General

8.1.001 The Masters Championships in both track and road will be conducted as per the championship rules noted in these regulations except for those noted specifically in this Chapter.

8.2 Masters Championships - Road

8.2.001 For the Masters Road Championships, a Champions Jersey will be awarded in each category (male and female) to the competitor who accumulates the most points for the championships across the three disciplines – Road Race, Criterium, and Time Trial.

8.2.002 Points will be awarded as per the [Table 5](#), and in compliance with [Article 6.1.007](#) of these Technical Regulations.

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th onwards
Points	25	20	16	13	11	9	7	5	3	2	1

Table 5

8.2.003 In the event of a tie, the competitor with the highest placing in the road race will be awarded the Champions Jersey.

8.3 Masters Championships - Track

8.3.001 For all Scratch/Points races there shall be a minimum of 6 starters.

8.3.002 If fewer than 6 riders present at the start line, then the race will be run in combination with that of a younger age category.

8.3.003 In combined categories, results will be recorded for each age category. (This is with the proviso that the riders complete the distance/race and are not withdrawn as per the regulations that apply for each event (e.g. - points race).

8.3.004 In all Points races, the final sprint points shall be 5, 3, 2, and 1 - not doubled.

8.3.005 In Points races with 60 laps (15kms) or less, 10 points will be allocated/subtracted for taking/losing laps.

8.3.006 All Time Trials shall be run as straight out finals.

Chapter IX – Para Cycling

9.1 Para Cycling - General

9.1.001 For Para-cycling cycling competitions, the current UCI Cycling Regulations Part 16 – Para Cycling shall apply. Brief details are provided in this Chapter, with the most commonly referred to regulations being listed. For more detail on any regulation, refer to the UCI Cycling Regulations Part 16 – Para Cycling.

9.2 Para Cycling – Eligibility

9.2.001 Eligibility for CNSW Para Cycling competitions are athletes with a minimal disability as defined for each class under these rules.

9.2.002 All athletes, including tandem pilots, must hold a valid Cycling Australia racing membership. This membership must be presented at all CNSW Para Cycling competitions.

9.2.003 Tandem Pilots:

- No cyclist registered with a UCI trade team may take part as a tandem pilot
- A tandem pilot who is an ex-UCI trade team member must not have been registered as a trade team cyclist for a period of three calendar years
- Note - Such a tandem pilot is allowed to earn their living from cycle racing, e.g.- coach, manager, mechanic, physiotherapist etc., but not as a cyclist
- Men and women cyclists over 18 years of age, may race as tandem pilots, provided they have not been selected by their national body for any UCI listed events in the previous three calendar years. A tandem pilot may only compete with one visually impaired athlete each day of a CNSW Para Cycling competition
- Each blind or visually impaired (B) athlete is allowed a maximum of one pilot for any CNSW Para Cycling road only competition. For a CNSW Para Cycling track only competition, each blind or (B) athlete is allowed one pilot for sprint events and one pilot for endurance events, being a maximum of two. In practice one pilot shall be for track sprint and 1,000 metres time trial and one pilot shall be for the track pursuit. Where a CNSW Para Cycling competition has both road and track events, each blind or (B) athlete is allowed one pilot for sprint events and one pilot for endurance events, being a maximum of two. In practice one pilot shall be for track sprint and 1,000 metres time trial and one pilot shall be for the road race and road time trial. For the track pursuit, flexibility shall be allowed as to which of the two pilots is used. The use of just one pilot for all events, both track and road, shall be permitted
- A pilot (front rider) should have at least one full year of racing a single bike (CA member) in track, road and criterium races prior to being allowed to race as a pilot for a blind or vision impaired stoker

9.3 Para Cycling – Classification

9.3.001 The Classification process and definition of categories are as per the UCI Cycling Regulations Part 16 – Para Cycling, [Chapters IV and V](#).

9.4 Para Road Cycling – Road Races

9.4.001 Para Cycling Road Races shall be run in accordance with UCI Cycling Regulations Part 16 - Para Cycling.

9.4.002 Races must begin with a neutralised rolling start of at least 200 metres to enable all athletes to be safely and fairly underway. A full road closure is preferred for the maximum safety of the riders.

9.4.003 Road Race Distances shall be in accordance with Annexure 4 – Race Categories and Distances.

9.4.004 Road Race Circuits shall consider UCI Cycling Regulations Part 16 – Para Cycling, [Article 16.07.003](#).

9.5 Para Road Cycling – Individual Time Trial

9.5.001 For all road Time Trial races every effort must be made by the organisers to arrange with the local authorities to have traffic managed or closed courses.

9.5.002 Road ITT Distances shall be in accordance with Annexure 4 – Race Categories and Distances.

9.6 Para Track Cycling – General

9.6.001 Para Cycling Track events shall be conducted in accordance with UCI Cycling Regulations Part 16 – Para Cycling, Chapter VIII - Track Races.

9.7 Para Track Cycling – Standing Start Kilometre and 500m time Trial

9.7.001 Races shall be for the following Classes and distances only:

Category	Classification	Distance
Tandem Men, Women	B	1000m
Bicycle Men	C5, C4, C3, C2, C1	1000m
Bicycle Women	C5, C4, C3, C2, C1	500m

Table 6

9.8 Para Track Cycling – Individual Pursuit

9.8.001 Races shall be for the following Classes and distances only:

Category	Classification	Distance
Tandem Men	B	4000m
Bicycle Men	C5, C4	4000m
Bicycle Men	C3, C2, C1	3000m
Tandem Women	B	3000m
Bicycle Women	C5, C4, C3, C2, C1	3000m

Table 7

9.9 Para Track Cycling – Tandem Sprint

9.9.001 Races shall be for Tandem Men, Women, Mixed - B

9.10 Para Track Cycling – Team Sprint

9.10.001 Races shall be for

- Men Classes – C5, C4, C3, C2, C1
- Women Classes – C5, C4, C3, C2, C1

9.10.002 For all Para- Cycling State Team Sprint Championships, a team of three must add up to a maximum of 11 points with women being one point below their category. (e.g. - Men C5 = 5 points, Women C5 = 4 points etc.)

Note: If there are insufficient C category athletes from any one Club to make up one Sprint team, then C category athletes from different Clubs can be used to make up one Sprint team.

9.11 Para Cycling – Mixed Competition with Able Bodied Athletes

9.11.001 Refer to Table 8 below.

Note: The key to the table below is:

- Y – Allowed to compete with Able Bodied Athletes
- N – Not allowed to compete with Able Bodied Athletes
- SR – Sanction is required for persons to ride with Able Bodied Athletes. This must be done with the appropriate people i.e. Chief Commissaire, Promoter, or CNSW.
- C – Club competition as determined by CNSW

Category	Description	Time Trial	Sprint	Indiv. Pursuit	Points	Scratch	Team Sprint	Keirin	Team Pursuit	IRTT*	Crit	Road Race
B	Tandem	N	N	N	N	N	N	N	N	Y	C	C
C5	Standard Bicycle	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y
C4	Standard Bicycle	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y
C3	Standard Bicycle	Y	N	Y	SR	SR	Y	SR	SR	Y	Y	Y
C2 & C1	Standard Bicycle	Y	N	Y	SR	SR	Y	SR	SR	Y	Y	Y
T1 & T2	Tricycle	N	N	N	N	N	N	N	N	Y	N	N
H1 to H4	Hand Cycle	N	N	N	N	N	N	N	N	Y	N	N

Table 8

*Para-cyclists should be started after the Able Bodied in an IRTT and have a following car if the roads are open to traffic.

9.11.002 If a club affiliated to CNSW requires or wishes to hold a club event which contains visually impaired and able bodied riders in the same event, they must allocate and register a suitable circuit or course which would be appropriate for mixed racing with single and tandem cycles. If there is a road or criterium race which is held on a different circuit to those allocated, then the club involved with that particular race should seek written permission from the State Technical Commission, providing a description of the circuit to be used, for tandems to race that circuit.

Annexure 1 – Sprint Rules

10.1 Sprint rules – General

- 10.1.001 The blue band does not form part of the racing surface of the track. If a rider rides on the blue band voluntarily, and in doing so gains an advantage, they may be relegated or disqualified depending on the seriousness of the fault.
- 10.1.002 Before the last 200 metres line or the start of the final sprint, riders may avail themselves of the full width of the track but must nevertheless leave sufficient space for their opponent to pass and shall refrain from any manoeuvres that could provoke a collision, a fall or cause any rider to ride off the track.
- 10.1.003 During the final sprint, even if launched before the last 200 metres, each rider shall remain in their lane up to the finish, unless they have at least a clear cycle-length lead and shall not make any manoeuvre to prevent the opponent from passing.
- 10.1.004 A rider may not challenge or pass on the left an opponent riding in the sprinters' lane.
- 10.1.005 If the leading rider leaves the sprinters' lane and their opponent attempts to pass on the left, they may not return to that lane unless they still have a clear cycle-length lead.
- 10.1.006 A rider passing on the right of their opponent, who is in the sprinters' lane, may not crowd them or cause them suddenly to reduce speed.
- 10.1.007 A rider starting the sprint outside the sprinters' lane may not drop into that lane if it is already occupied by their opponent unless there is a clear cycle-length lead.
- 10.1.008 Should the leading rider move below the measuring line they shall be relegated, unless they do so involuntarily, and it is judged not to have affected the result.
- 10.1.009 If, in a three or four-up race, a rider behaves in an irregular manner to favour another rider, they shall be relegated. The race shall be immediately rerun as a two or three-up race.

Annexure 2 – Guidelines for Imposing Penalties

11.1 General Penalty Guidelines

11.1.001 The following penalties may be applied to a rider who commits an offence per Table 9:

- Warning (W): A warning is any infringement that has been handed down as a penalty, any two warnings or infringements will result in disqualification from the event.
- Relegation (R): Relegation in a heat, a final or an event is where the rider concerned is placed at the back of the group due to an infringement during the race.
- Fine (F): A monetary penalty within the guidelines of the Penalties in Competition depending on the severity of the incident
- Disqualification (D): Disqualification from participation including heats, finals and any other events or a part thereof on the program (e.g. subsequent rounds, repechages etc). Any other event on the program may be interpreted as another event on another day.
- Suspension (S): Suspension from participating in any further events and licence withdrawn for the length of the suspension.
- Time Penalty (TP): A time penalty will be incurred for riders who commit an offence during a race where time is relevant to deciding placings in the event.

11.1.002 These penalties are generally recognised for all levels of competition.

11.1.003 Should a second offence occur at the same carnival/race meeting the resulting penalty may include disqualification from the remainder of that carnival/race meeting.

11.1.004 Penalties and fines are a guide and may be varied at the discretion of the Chief Commissaire.

11.1.005 Penalties for juniors may be half the monetary value.

11.2 Table of Offences and Penalties

#	Offence	Penalty
1	Start without signature check	W + F (\$50)
2	Bicycle/ Wheels	
2.1	Presentation at the start of a race or race stage with a bicycle not in conformity with the regulations	Start Refused
2.2	Use of a bicycle in a race which is not in conformity with the regulations	R + D
2.3	Use of wheels in a mass start road race that are not in conformity with the regulations (1/1/2010)	W, F (\$50), or Suspension
3	Clothing	
3.1	Wearing unapproved kit	Start Refused or F (\$50) if detected after event start
3.2	Wearing of non-essential items	Start Refused
3.3	Wearing of inappropriate clothing or articles on presentation podium	F (\$50)
3.4	Rider at the start without mandatory helmet	Start Refused
3.5	Rider taking off the mandatory helmet during the race	F (\$50) + D
3.6	Rider competing with an unauthorized helmet	F (\$50) + D
	Road Racing	
4	Bib/frame number not visible, changed, or altered in any way	
4.1	One-Day Race and Stage race	1 st Offence: F (\$50) 2 nd Offence: F (\$100) 3 rd Offence: D
5	Not reporting to Commissaire or Race Secretary after dropping out	F \$50
6	Non-regulation assistance to a rider of another team	
6.1	One-Day Race	D
6.2	Stage Race	1 st Offence: F (\$100) 2 nd Offence: F (\$200) + Time Penalty (30")

		3 rd Offence: D
7	Hand Sling between teammates	
7.1	One-Day Race	F (\$50) + R to end of field
7.2	Stage Race	F (\$50) + Time Penalty (30")
7.3	In last km of a stage	F (\$100) + R + Time Penalty (60")
	Between riders from different teams	
7.4	One-Day Race	F (\$100) + R to end of field
7.5	Stage Race	F (\$100) + Time Penalty (30")
7.6	In last km of a Stage	F (\$50) + R + Time Penalty (60")
8	Sprint deviating from selected lane and endangering other riders (irregular sprint)	
8.1	One-Day Race	R to last in group + F (\$100)
8.2	Stage Race	1 st Offence: R to the last place in their group + F (\$100) 2 nd Offence: R to last place in the stage, point classification penalty + F (\$100) 3 rd Offence: D
9	Pulling jersey	
9.1	One-Day Race	F (\$50)
9.2	Stage Race	F (\$50) + Time Penalty (10")
9.3	During last km of the event	F (\$100) + D
9.4	During last km of a stage	1 st Offence: F (\$100) + Time Penalty (30") 2 nd Offence: F (\$200) + D
10	Pushing off against a vehicle	
10.1	One-day race	F (\$50)
10.2	Stage race	F (\$50) + Time Penalty (10")
	Pushing amongst teammates	
10.3	One-Day Race	F (\$50)
10.4	Stage Race	F (\$50) + Time Penalty (10")
	Pushing a member of another team	
10.5	One-Day Race	F (\$50) + D
10.6	Stage Race	F (\$50) + Time Penalty (10")
10.7	For offence in last stage	D
11	Wilful obstruction of a rider or a team car	
11.1	One-Day Race	F (\$50) + D
11.2	Stage Race	1 st Offence: F (\$50) + Time Penalty (10") 2 nd Offence: F (\$100) + D
11.3	During last km of stage	F (\$100) + Time Penalty (30")
11.4	During in last stage	F (\$100) + D
12	Prohibited assistance to another rider during a circuit finish	
12.1	One-Day Race	F (\$100) + D
12.2	Stage Race	F (\$100) + R
12.3	During last stage	F (\$100) + R
13	Deviation from the course or circuit	
13.1	Wilful deviation from the course, attempt to be placed without having covered the entire course by bicycle, resuming the race after having accepted a lift in a vehicle or on a motorbike	F (\$100) + D + Suspension
13.2	Unintentional deviation or detour of the circuit constituting an advantage	D
14	Passing a level crossing which is already down	D and possible Suspension
15	Cheating, attempted cheating, collusion between riders of different teams	
15.1	One-Day Race	F (\$100) + D
15.2	Stage Race	F (\$100) + D
16	Rider holding on to their team's vehicle:	Rider: (\$100) + D

		Team Manager: F (\$100) + D Team: Exclusion of the vehicle for the duration of the race without the possibility of replacement
17	Rider holding on to some other motor vehicle	
17.1	Briefly	F (\$50)
	For some time	
17.2	One-Day Race	F (\$100) + D
17.3	Stage Race	1 st Offence: F (\$100) + Time Penalty calculated by Commissaires 2 nd Offence: F (\$150) + D and possible Suspension
18	Non-regulation breakdown or medical assistance	
18.1	One-Day Race	1 st Offence: F (\$100) 2 nd Offence: D
18.2	Stage Race	1 st Offence: W 2 nd Offence: F (\$50)
18.3	During last 20 km of stage	F (\$30)
19	Follower leaning out or holding supplies out of vehicle	1 st Offence: F (\$50) to follower 2 nd Offence: F (\$100) to follower + removal from team
20	Motorcycle carrying breakdown supplies other than wheels	1 st Offence: W 2 nd Offence: Removal from convoy
21	Unauthorised refreshments	
	One-Day Race	
21.1	- in the first 50 km	F (\$50)
21.2	- in the last 20 km	F (\$100) and may be Disqualified
	Stage Race	
21.3	- in the first 50 km of stage	F (\$50)
21.4	- in the last 20 km of stage	F (\$100) and may incur Time Penalty, or be Disqualified
22	Non-regulation supply of refreshments	Per offence: F (\$50)
23	Breach of regulations concerning vehicle movements during the race	Vehicle driver: F (\$100)
24	Obstructing the progress of an official car	Rider: F (\$100) Other licence-holder: F (\$100)
25	Abandoning a commissaire riding in a Trade Team, National Federation or Association vehicle during the race	Team Manager: F (\$150)
26	Failure to respect instructions by the race organiser official or commissaire	1 st Offence: F (\$100) 2 nd Offence: F (\$100) + D
26.1	Failure to respect instructions concerning a vehicle in Stage Race	Vehicle sent to back of the field for stage
26.2	Failure to respect instructions concerning a vehicle in One Day Race	Vehicle sent to back of the field for entire race
27	Dangerous Riding	F (\$100) + R or D, and possible Suspension
28	Insults, threats, unseemly behaviour	W or F (up to \$200) or depending on severity, possible Suspension
29	Acts of violence	
29.1	Among riders	F (\$100) + Time Penalty (60" – Stage Race) or D and possible Suspension

29.2	Towards anyone else	F (\$100 - \$200) + Suspension and possible withdrawal of licence for a stated period.
30	Theft of food, drink or any other goods during the race	D and possible Suspension
31	Carrying a glass container	F (\$50)
32	Illegal or dangerous throwing of an object	F (\$200)
33	Discarding a glass object	F (\$100)
34	Re crossing the finishing line in the direction of the race while still wearing a race number panel	W then F (\$50)
35	Failing to attend official ceremonies	F (\$200)
36	Using a mobile telephone, CD player, iPod or any music device during a road or track race	F (\$100)
37	Giving a victory salute	F (\$50 - \$100) depending on circumstances
38	Road Stages and One Day Races	
38.1	Failure to wear an awarded leader's jersey or skinsuit	Rider: Start refused or D
38.2	Demonstration or collusion to avoid being eliminated	F (\$100) or D depending on severity
38.3	Motor Pacing	1 st Offence: F (\$200 max.) + Time Penalty (60" max.) 2 nd Offence: F (\$400 max.) + Time Penalty (5:00" max.) 3 rd Offence: F (\$400) + D + possible Suspension
39	INDIVIDUAL ROAD TT EVENTS	
39.1	Riders failing to respect regulation distances and gaps	W then F (\$50) then D
39.2	Slip-streaming behind another rider	Time Penalty as Annexure 2 – Guidelines for Imposing Penalties, Time Trial Penalties table below
39.3	Following vehicle failing to respect a distance of 10m	Team Manager: F (\$100) Rider: Time Penalty (20")
39.4	Breach of provisions concerning the circuit and warming up	W then F (\$50)
40	TEAM ROAD TT EVENTS	
40.1	Riders failing to respect regulation distances and gaps	W then F (\$50) each rider, then D
40.2	Slipstreaming behind another team	Time Penalty as per Time Trial Penalties table below
	Pushing amongst riders of the same team	
40.3	Day Event	D
40.4	Stage Race	Time Penalty on each rider
40.5	Following vehicle failing to respect a distance of 10m	Team Manager: F (\$100) Each rider in the team: Time Penalty (20")
40.6	Breach of provisions concerning the circuit and warming up	W then F (\$50) each rider
41	TRACK EVENTS	
41.1	For not holding their line during the final sprint	W then D (D without W if severe)
41.2	For riding on the blue band during the sprint	W then D
41.3	For deliberately riding on the blue band during the race	D
41.4	For not having held their line from the commencement of the sprint	R then D
41.5	For irregular movements to prevent their opponent from passing	R then D
41.6	For dangerous riding in the final bend	R then D
41.7	For dangerous riding during the race	F (\$100) + R or D
41.8	For entering the sprinters lane when the opponent was already there	R
41.9	For moving down towards the inside of the track when a rival was already there	W or R

41.10	For moving down towards the inside and forcing the other competitor off the track	W or R
41.11	For crowding their opponent with the intention of causing them to slow down	W or R
41.12	For moving outwards with the intention of forcing the opponent to move up	W or R
41.13	For moving down too quickly after overtaking an opponent	W or R
41.14	For a deliberate and flagrant action	W or D
41.15	For causing the crash of another rider	D + F (\$50)
41.16	For having blocked an opponent	W or D
41.17	For being late at the start line	W then D
41.18	For wearing only one race number (when the rules require the using of more than one)	W
41.19	For incorrect gestures	W + F (\$50)
41.20	For incorrect behaviour	W + F (\$50 - \$100) + D if severe
41.21	For pushing an opponent	W + F (\$50 - \$100) + D if severe
41.22	For using two persons to give information to a rider during a Team Pursuit race	W then F (\$100)
42	For carrying illegal publicity on the back of a racing jersey	W + F (\$50)
43	For incorrect behaviour or disrespect to an official	F (\$100 - \$200) Referral to Disciplinary Committee (General Offence)
44	For folding or mutilating a race number	1 st Offence: F (\$50) 2 nd Offence: F (\$100) and then x 2 for each subsequent offence
45	For improper advertising on a National/State jersey or shorts	F (\$100)
46	Qualified for (insert event) event but did not start without justification	F (\$100)
47	For protest with hands off handlebars	W then F (\$50)
48	For not being ready with extra wheels or other equipment at the start (championships only)	W then F (\$50)
49	Urinating within the public view road or track	D + F (\$100) + Suspension for 4 weeks

Table 9

11.3 Time Trial Penalties

11.3.001 The following time penalties (seconds) will be applied in Time Trials for drafting infringements.

Distance in Metres	Speed in km/h																														
	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
50	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3
100	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	3	3	3	3	3	3	4	4	4	4	5	5	
150	1	1	1	1	1	2	2	2	2	2	2	3	3	3	3	3	4	4	4	4	4	4	5	5	5	5	5	5	5	6	6
200	2	2	2	2	2	2	3	3	3	3	3	4	4	4	4	4	5	5	5	5	5	5	6	6	6	6	6	6	7	7	7
250	2	2	2	2	3	3	3	3	4	4	4	4	4	4	5	5	5	5	5	6	6	6	6	7	7	7	7	8	8	8	9
300	2	2	3	3	3	3	4	4	4	4	4	5	5	5	6	6	6	7	7	7	7	8	8	8	9	9	9	10	10	11	12
350	3	3	3	3	3	4	4	4	5	5	5	5	6	6	6	7	7	7	7	8	8	8	9	9	10	11	11	12	13	14	15
400	3	3	3	3	4	4	4	5	5	5	5	6	6	7	7	8	8	9	9	9	10	10	11	12	13	14	15	16	17	18	19
450	4	4	4	4	5	5	5	6	6	6	6	7	7	8	8	9	10	11	11	12	12	13	14	15	16	17	18	19	20	22	23
500	4	4	4	5	5	5	6	6	7	7	7	8	8	9	9	10	11	12	12	13	14	15	16	17	18	20	21	22	24	26	28
550	5	5	5	6	6	6	7	7	8	8	8	9	10	10	11	12	13	14	15	16	16	17	18	20	22	24	26	27	29	31	33
600	5	5	6	6	7	7	8	8	9	9	10	11	11	12	12	13	14	15	16	17	19	20	21	23	25	27	29	31	33	35	38
650	6	6	6	7	7	7	8	8	9	10	11	12	12	13	14	15	16	17	18	20	22	23	25	27	29	31	33	35	37	40	43
700	6	6	7	7	8	8	9	9	10	12	13	14	15	15	17	18	19	20	21	23	25	27	29	31	33	36	38	40	42	46	49
750	6	7	7	8	8	8	9	10	11	13	14	15	16	17	18	20	21	22	24	26	28	30	32	35	37	40	42	44	47	50	55
800	7	7	7	8	9	9	10	11	12	14	15	16	17	19	21	23	24	25	27	29	31	33	36	39	42	45	47	49	52	56	61
850	7	7	8	9	9	10	11	13	14	15	17	18	19	21	23	25	27	29	31	33	35	37	40	43	47	50	53	56	59	62	68
900	7	8	9	10	11	12	13	14	15	17	19	20	22	24	26	28	30	32	34	36	39	42	45	48	51	55	58	61	65	69	75
950	8	9	10	11	12	13	14	15	17	19	21	23	25	27	29	31	33	35	37	39	42	45	49	51	55	60	64	67	71	75	82
1000	8	9	11	12	13	14	15	17	19	21	23	25	27	29	31	34	36	38	40	43	46	49	52	56	60	64	68	72	77	82	90

Table 10

Annexure 3 – Late and Start Line Penalties

12.1 Late and Start Line Penalties

12.1.001 The following fees and penalties will be applied to late entries:

12.1.002 Road (non-seeded event) – up to Midday Wednesday prior to the event

- Category 1 \$75 plus race entry fee
- Category 2 \$50 plus race entry fee
- Category 3 \$30 plus race entry fee
- U17 & younger - 50% of penalty fee above plus race entry fee

12.1.003 Track (non-seeded event) – up to Midday Wednesday prior to the event

- Category 1 \$50 plus race entry fee
- Category 2 \$30 plus race entry fee
- Category 3 \$20 plus race entry fee
- U17 & younger - 50% of penalty fee above plus race entry fee

12.1.004 Seeded Road and Track events (accepted at the total discretion of the promoter)

- As per the above penalties, plus \$75
- As per the U17 & younger penalties above, plus \$35
- Start Line Penalty Fees

12.1.005 Road (non-seeded event)

- Category 1 \$100 plus race entry fee
- Category 2 \$75 plus race entry fee
- Category 3 \$50 plus race entry fee
- U17 & younger - 50% of penalty fee above plus race entry fee

12.1.006 Track (non-seeded event) – entry on race day

- Category 1 \$75 plus race entry fee
- Category 2 \$50 plus race entry fee
- Category 3 \$30 plus race entry fee
- U17 & younger - 50% of penalty fee above plus race entry fee

Annexure 4 – Race Categories and Distances

13.1 Country and Metropolitan Road Championships

13.1.001 The categories and distances for Country and Metropolitan Road Championships shall be as follows:

MALE CATEGORY	DISTANCE	FEMALE CATEGORY	DISTANCE
Elite Men	80-100km	Elite Women	40-60km
U19 Men	60-80km	U19 Women	30-50km
U17 Men	30-40km	U17Women	20-30km
U15 Men	15-20km	U15 Women	10-15km
U13 Boys	10-12km	U13 Girls	8-10km
U11 Boys	4-6km	U11 Girls	4-6km
U9 Boys	3-4km	U9 Girls	3-4km
MM 1	60-80km	All Women Masters	30-50km subject to course terrain and number of starters
MM 2	60-80km		
MM 3	60-80km		
MM 4	40-60km		
MM 5	40-60km		
MM 6	30-50km		
MM 7	30-50km		
MM 8	20-40km		
MM 9+	20-40km		

Table 11

13.1.002 Distances may vary according to the demands of course configuration and number of competitors.

13.2 State Road Championships

13.2.001 The categories, events, and distances for State Road Championships shall be as follows:

Category	Road Race Distance	Time Trial Distance	Criterion Distance
Elite Men	180-220km	40-50km	60 min + 3 laps
U23 Men	160-180km	30-40km	60 min + 3 laps
U19 Men	100-120km	20-25km	30 min + 3 laps
U17 Men	Up to 70km	10-15km	30 min + 3 laps
U15 Men	Up to 40km	8-10km	20 min + 3 laps
U13 Boys	10-12km	4-6km	15 min + 3 laps
U11 Boys	4-6km	3-4km	Max 4km
U9 Boys	4-6km	3-4km	Max 3km
Elite Women	90-100km	25-30km	60 min + 3 laps
U19 Women	70-80km	20-25km	30 min + 3 laps
U17 Women	Up to 70km	10-15km	30 min + 3 laps
U15 Women	Up to 40km	8-10km	20 min + 3 laps
U13 Girls	10-12km	4-6km	15 min + 3 laps
U11 Girls	4-6km	3-4km	Max 4km
U9 Girls	4-6km	3-4km	Max 3km
MMAS 1	100-120km	20km	40 min + 3 laps
MMAS 2	90-110km	20km	40 min + 3 laps
MMAS 3	70-90km	20km	40 min + 3 laps
MMAS 4	70-90km	20km	40 min + 3 laps
MMAS 5	70-90km	20km	40 min + 3 laps
MMAS 6	50-70km	20km	30 min + 3 laps
MMAS 7	50-70km	20km	30 min + 3 laps
MMAS 8	50-70km	20km	30 min + 3 laps
MMAS 9+	50-70km	20km	30 min + 3 laps
WMAS 1	70-90km	20km	40 min + 3 laps
WMAS 2	70-90km	20km	40 min + 3 laps
WMAS 3	70-90km	20km	40 min + 3 laps
WMAS 4	70-90km	20km	40 min + 3 laps
WMAS 5	70-90km	20km	40 min + 3 laps
WMAS 6	50-70km	20km	30 min + 3 laps
WMAS 7	50-70km	20km	30 min + 3 laps
WMAS 8	50-70km	20km	30 min + 3 laps
WMAS 9+	50-70km	20km	30 min + 3 laps

Table 12

13.2.002 Distances may vary according to the demands of course configuration and the number of competitors as determined by the Race Director in liaison with the Chief Commissaire.

13.3 State Club Team Road Time Trial Championships

Category	Distance
Elite Men, Women, and U19	30-40km
MMAS1 – 9	30-40km
WMAS1 – 9	30-40km
U17 Men and Women	15-20km
U15 Men and Women	8-15km

Table 13

13.3.001 Distances may vary according to the demands of course configuration and the number of competitors as determined by the Race Director in liaison with the Chief Commissaire.

13.4 Country and Metropolitan Track Championships

13.4.001 The categories and distances for Country and Metropolitan Track Championships shall be as follows:

Category	Distances
Elite Men	Derby (1300m), 4000m Ind. Pursuit, 20km Points Race
U19 Men	Derby (1300m), 3000m Ind. Pursuit, 10km Points Race
U17 Men	Derby (1300m), Time Trial (max.) 500m, 5km Scratch Race
U15 Men	Derby, Time Trial (max.) 500m, 3km Scratch Race
U13 Boys	Derby, Time Trial (max.) 500m, 2km Scratch Race
U11 Boys	Derby, 1 Lap Time Trial, 3 Lap Scratch Race
U9 Boys	Derby, 1 Lap Time Trial, 2 Lap Scratch Race
Elite Women	Derby (1300m), 3000m Ind. Pursuit, 5km Scratch Race
U19 Women	Derby (1300m), 2000m Ind. Pursuit, 5km Scratch Race
U17 Women	Derby (1300m), Time Trial (max.) 500m, 3km Scratch Race
U15 Women	Derby, Time Trial (max.) 500m, 3km Scratch Race
U13 Girls	Derby, Time Trial (max.) 500m, 2km Scratch Race
U11 Girls	Derby, 1 Lap Time Trial, 3 Lap Scratch Race
U9 Girls	Derby, 1 Lap Time Trial, 2 Lap Scratch Race
All Masters Categories	Derby (1300m), Time Trial 500m, 5km Scratch Race

Table 14

13.4.002 Derby races to be 2-3 laps depending on track size.

13.4.003 Pursuit, Scratch and Points race distances to be to the nearest lap, depending on the track size.

13.4.004 Distances for events may be reduced at the discretion of the Chief Commissaire and Race Director (except Derby races)

13.5 State Track Championships – Elite & U19

13.5.001 The categories, events, and distances for the NSW State Track Championships for Elite and U19 shall be as follows:

Event	Elite Men	Elite Women	U19 Men	U19 Women
Sprint	750m (3 Laps)	750m (3Laps)	750m (3 Laps)	750m (3 Laps)
Time Trial	1000m (4 Laps)	500m (2 Laps)	1000m (4 Laps)	500m (2 Laps)
Individual Pursuit	4000m (16 Laps)	3000m (12 Laps)	3000m (12 Laps)	2000m (8 Laps)
Points Race	40km (160 Laps)	25km (100 Laps)	25km (100 Laps)	20km (80 Laps)
Scratch Race	15km (60 Laps)	10km (40 Laps)	10km (40 Laps)	7.5km (30 Laps)
Team Sprint	750m (3 Laps)	500 750m (2 3 Laps)	750m (3 Laps)	500 750m (2 3 Laps)
Keirin	1500m (6 Laps)	1500m (6 Laps)	1500m (6 Laps)	1500m (6 Laps)
Tempo	10km (40 Laps)	7.5km (30 Laps)	7.5km (30 Laps)	5km (20 Laps)
Elimination				
Madison	50km (200 Laps)	30km (120 Laps)	30km (120 Laps)	20km (80 Laps)
Team Pursuit	4000m (16 Laps)	4000m (16 Laps)	4000m (16 Laps)	4000m (16 Laps)

Table 15

13.5.002 Distances for events may be reduced at the discretion of the Chief Commissaire and Race Director.

13.6 State Track Championships – Junior (U9 through U17)

13.6.001 The categories, events, and distances for the NSW State Track Championships for Juniors shall be as follows:

Event	U17 Men	U17 Women	U15 Men	U15 Women	U13 Boys and Girls	U11 Boys and Girls	U9 Boys and Girls
Sprint	750m (3 Laps)	750m (3Laps)	750m (3 Laps)	750m (3 Laps)			
Time Trial	500m (2 Laps)	500m (2 Laps)	500m (2 Laps)	500m (2 Laps)	1 Lap	1 Lap	1 Lap
Individual Pursuit	2000m (8 Laps)	2000m (8 Laps)	2000m (8 Laps)	2000m (8 Laps)			
Points Race	12.5km (50 Laps)	12.5km (50 Laps)	7.5km (30 Laps)	7.5km (30 Laps)			
Scratch Race	7.5km (30 Laps)	7.5km (30 Laps)	5km (20 Laps)	5km (20 Laps)	2000m	1250m	750m
Team Sprint	750m (3 Laps)	500 750m (2 3 Laps)					
Keirin	1500m (6 Laps)	1500m (6 Laps)					
Tempo	5km (20 Laps)	5km (20 Laps)	3km (12 Laps)	3km (12 Laps)			
Elimination							
Madison	15km (60 Laps)	15km (60 Laps)					
Team Pursuit	3000m (12 Laps)	3000m (12 Laps)					
Derby					3 Laps	3 Laps	3 Laps

Table 16

13.6.002 Distances for events may be reduced at the discretion of the Chief Commissaire and Race Director (except Derby races).

13.7 State Club Team Sprint Championships

13.7.001 The categories and distances for the NSW Club Team Sprint Championships shall be as follows:

Category	Distance	Category	Distance
Elite Men	3 Laps	Elite Women	23 Laps
U19 Men	3 Laps	U19 Women	23 Laps
U17 Men	3 laps	U17 Women	23 laps
U15 Men	3 laps	U15 women	23 laps
Masters All Age Division	3 laps	Women's Masters All Age Division	23 laps
Masters Combined minimum age 135 years + (minimum cumulative age of the three youngest Masters riders is 135 years)	3 laps	Women's Masters 90+ years (minimum cumulative age of the three youngest Masters riders is 90 years) *Note where there are insufficient teams to host an event in the 90+ age division, all teams would be re-entered into the Women's All Age Division	23 Laps

Table 17

13.8 State Club Team Pursuit Championships

13.8.001 The categories and distances for the NSW Club Team Pursuit Championships shall be as follows:

Category	Distance	Category	Distance
Elite Men	4000m	Elite Women	4000m
U19 Men	4000m	U19 Women	4000m
U17 Men	3000m	U17 Women	3000m
Masters All Age Divisions	3000m	Women's Masters All Age Divisions	2000m
Masters Combined minimum age 135 years + (minimum cumulative age of the three youngest Masters riders is 135 years)	2000m	Women's Masters 90+ years (minimum cumulative age of the three youngest Masters riders is 90 years) *Note where there are insufficient teams to host an event in the 90+ age division, all teams would be re-entered into the Women's All Age Divisions	2000m

Table 18

13.9 State Madison Championships

13.9.001 The categories and distances for the NSW State Madison Championships shall be as follows:

Category	Distance	Category	Distance
Elite Men	50km	Elite Women	30km
U19 Men	30km	U19 Women	20km
U17 Men	15km	U17 Women	15km

Table 19

13.10 State Track Championships – Masters

13.10.001 The categories, events, and distances for State Track Championships for Masters shall be as follows:

Categories	Events	Distances
MMAS1/2	Sprint	750m (3 Laps)
	Time Trial	1000m (4 Laps)
	Individual Pursuit	3000m (12 Laps)
	Points Race	30km (120 Laps)
	Scratch Race	15km (60 Laps)
	Keirin	1500m (6 Laps)
	Madison	50km (200 Laps)
	Team Sprint	750m (3 Laps)
	Team Pursuit	3000m (12 Laps)
MMAS3/4	Sprint	750m (3Laps)
	Time Trial	750m (3 Laps)
	Individual Pursuit	3000m (12 Laps)
	Points Race	20km (80 Laps)
	Scratch Race	15km (60 Laps)
	Keirin	1500m (6 Laps)
	Team Sprint	750m (3 Laps)
	Team Pursuit	3000m (12 Laps)
	MMAS5/6	Sprint
Time Trial		500m (2 Laps)
Individual Pursuit		2000m (8 Laps)
Points Race		15km (60 Laps)
Scratch Race		10km (40 Laps)
Keirin		1500m (6 Laps)
Team Sprint		750m (3 Laps)
Team Pursuit		3000m (12 Laps)
MMAS7-9+		Sprint
	Time Trial	500m (2 Laps)
	Individual Pursuit	2000m (8 Laps)
	Points Race	10km (40 Laps)
	Scratch Race	10km (40 Laps)
	Keirin	1500m (6 Laps)
	Team Sprint	750m (3 Laps)
	Team Pursuit	3000m (12 Laps)
	Men's Masters Teams	Open Team Time Trial
150+ Team Time Trial		2000m (8 Laps)
WMAS1-6	Sprint	750m (3 Laps)
	Time Trial	500m (2 Laps)
	Individual Pursuit	2000m (8 Laps)
	Points Race	15km (60 Laps)
	Scratch Race	10km (40 Laps)
	Keirin	1500m (6 Laps)
	Team Sprint	500 750m (23 Laps)
	Team Pursuit	2000m (8 Laps)
	WMAS7-9+	Sprint
Time Trial		500m (2 Laps)
Individual Pursuit		2000m (8 Laps)
Points Race		10km (40 Laps)
Scratch Race		10km (40 Laps)
Keirin		1500m (6 Laps)
Team Sprint		500 750m (23 Laps)
Team Pursuit		2000m (8 Laps)
Women's Masters Teams		Open Team Time Trial
	140+ Team Time Trial	2000m (8 Laps)

Table 20

13.11 Track Sizes and Laps

Laps and Distances							
250m Track		285.71m Track		333.33m Track		400m Track	
5km	20 Laps	5km	17.5 Laps	5km	15 Laps	5km	12.5 laps
7.5km	30 Laps	7.5km	26.2 Laps	7.5km	22.5 Laps	7.5km	18.75 laps
10km	40 Laps	8km	28 Laps	8km	24 Laps	8km	20 laps
15km	60 Laps	10km	35 Laps	10km	30 Laps	10km	25 laps
16km	64 Laps	15km	52.5 Laps	15km	45 Laps	15km	37.5 laps
20km	80 Laps	16km	56 Laps	16km	48 Laps	16km	40 laps
24km	96 Laps	20km	70 Laps	20km	60 Laps	20km	50 laps
25km	100 Laps	24km	84 Laps	24km	72 Laps	24km	60 laps
30km	120 Laps	30km	105 Laps	30km	90 Laps	30km	75 laps
40km	160 Laps	40km	140 Laps	40km	120 Laps	40km	100 laps
50km	200 Laps	50km	175 laps	50km	150 laps	50km	125 laps

Table 21

13.12 Para-Cycling Road Race Distances

Category	Distances	
	Road Race	Individual Time Trial
B Men	120km	35km
B Women	100km	30km
C3, C4, C5 Men	100km	30km
C1, C2 Men	75km	25km
C3, C4, C5 Women	75km	25km
C1, C2 Women	60km	20km
T1 Men	40km	15km
T2 Men	30km	15km
T1, T2 Women	30km	15km
H3, H4, H5 Men	80km	30km
H1, H2 Men	60km	20km
H5 Women	80km	30km
H3, H4 Women	60km	20km
H1, H2 Women	50km	10km

Table 22

Version Details and Summary of Changes

Date of Release – 7th July, 2020

Version - V1.1

Referenced Documents

Where there are references to other documents in these Technical Regulations, the following points details the versions of those documents (if applicable) that were active at the time these Technical Regulations were released and are the only versions that should be referred to.

- UCI Part 1 – General Organisation of Cycling as a Sport: ~~11.02.2020~~ 12.06.2020
- UCI Part 2 – Road Races: ~~02.03.2020~~ 12.06.2020
- UCI Part 3 – Track Races: ~~01.10.2019~~ 12.06.2020
- UCI Part 14 – Anti-Doping Rules: ~~01.01.15~~ 01.01.2020
- UCI Part 16 – Para Cycling: ~~11.02.2020~~ 01.07.2020
- UCI Clarification Guide: 04.05.2020
- Cycling New South Wales By-Laws: December 2018

Details of Changes in this release

The changes made to these Technical Regulations for the version and date listed above, are as follows:

- References to external documents, specifically UCI Regulations, amended to reflect the latest versions of these documents
- Amend Article 6.21.009 – Club Team Sprint for women is now made up of 3 competitors per team, instead of two
- Amend Article 6.21.010 – Reference to number of riders removed, as both Men and Women's teams are now made up of three competitors
- Amend Article 7.1.002 – U19 Roll Out restriction applies to road events only. For track events, U19 riders may ride unrestricted gearing.
- Amend Article 13.5.001 – Team Sprint for Elite and U19 Women: Number of riders increased from 2 to 3
- Amend Article 13.6.001 – Team Sprint for U17 Women: Number of riders increased from 2 to 3
- Amend Article 13.7.001 – State Club Team Sprint: All Women's categories now increased from 2 to 3 riders
- Amend Article 13.10.001 – Team Sprint and Team Pursuit events and distances inserted into table for all Masters Men's categories. Team Pursuit events and distances inserted into table for all Masters Women's categories. Women's Team Sprint: Number of riders increased from 2 to 3