

Rider Information

Reminder of Dispositions

Signing On

Riders must sign on each day for the events they are riding that day. Please respect the closing times published in the race manual.

Warm Up

The track will be available for warm up 1 hour before the start of racing each day, for 45 minutes. Only riders competing that day may use the track during warmup.

During warm up, riders must be wearing at least one number. The use of headphones etc is not allowed.

Strictly no standing start practice during warm up sessions

Rider Numbers

- Riders may wear one number for the Time Trial and Individual Pursuit. In these events only, the use of a number pocket is permitted.
- Two numbers must be worn for all other events. Numbers must be **pinned** to the outside of the jersey, the use of pockets is not permitted.
- Numbers must be clearly visible and not be folded or modified in any way.
- 'Speedwrap' style belts are not permitted.

Podium Ceremonies

- Riders must attend the podium ceremony wearing their racing kit. Hats/sunglasses etc are not permitted.
- Medals & Jerseys will be awarded in line with British Cycling Regulations. Where groups have been combined, there will only be a single medal ceremony except when explicitly stated.

Number of Entrants	Medals	Jersey
4 or more	Gold, Silver & Bronze	Yes
3	Gold & Silver	Yes
2	Gold	Yes
1	None	No

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Equipment

- Please ensure that all equipment used in competition conforms to the British Cycling and UCI technical regulations.
 - Please remember that smart glasses and smart watches (and similar devices) are not allowed during competition.
 - All bicycle measurement checking shall be carried out in the equipment check area in track centre.
 - Riders must come for bike check in adequate time prior to their start. Checking will also be carried out one hour prior to commencing each session of the competition.
 - Commissaires are entitled to double check positions after the race. Should the bicycle or position have been modified in contravention of the regulations, the rider may be disqualified.
 - Pre-checks are available during the warm up session
 - **Please note BCF clothing regulations will apply (BC articles T2.2.1, 2.2.3 and 2.2.4). Only private members are permitted to wear plain kit. If you are competing for your club or team then you must wear the approved club or team kit**
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Timed Events

- In each event, a rider is only permitted two starts. A restart shall **only** be given in the case of a false start or recognised mishap (A legitimate fall, puncture or breakage of an essential component.)
 - All other incidents are considered unrecognised and no restart shall be given (e.g. pulling a wheel or unclipping from a pedal at the start)
 - As both the Time Trial and Individual Pursuit are run as straight finals, caught riders must continue to complete the distance and set a time.
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Points Race

- When the bell is rung by the commissaire, the head of the race is defined and decisive for the awarding of sprint points. At the moment of a sprint considered for classification, if one or some rider(s) gain a lap, this/these rider(s) shall be awarded 20 points plus the points awarded for that sprint (art. 3.2.125).
 - The bell will be rung for any rider or group of riders in contention for sprint points.
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General

- If a rider is issued a warning in an event, the warning will also be carried to the other events within the same competition. A rider receiving a second warning within the same event is disqualified from the event and for the rest of the competition. A rider receiving 3 warnings in a competition, or being relegated for the third time, is disqualified for the rest of the competition.