

Scratch Race

The course today is We are racing today on open roads so the standard road rules apply to us as they do to any other road user. Also the UCI, and Cycling Australia behaviour & equipment rules apply as well as our own Club rules and the rules of common sense.

- Your helmet must have an Australian Standards (AS/NZ 2063) sticker.
- You must have a rear flashing red light in operation that is visible from 200 metres throughout the race.
- You are only permitted to use wheels that are "traditional". **OR** Appear on the UCI list of approved "Non-Standard" wheels.
- Bottles being carried on your bike must be on inside of the main triangle of the frame.
- Aero bars are not permitted as part of the handlebar configuration.
- Give Way to traffic at "Give Way" signed Intersection and round-a-bouts. If a traffic marshal is positioned at an intersection they are there to stop you as riders, not the traffic with right of way.
- Don't ride more than two abreast on the roadway unless you are overtaking and it is safe to do so.
- Don't ride on the Right Hand Side of the centre line. If an echelon forms and you cannot get cover from the wind on the correct side of the road then you will have to consider forming a second echelon behind the first one.
- Don't cross the centre line in the last 200 metres of the race under any circumstances.
- Don't push, pull or interfere with the progress of another rider. This includes swerving or changing your line to deliberately block another rider.
- Don't interfere with the progress of another rider during a sprint. You must ride a parallel course to the shoulder/edge of the road surface.
- If you are lapped then you must not ride with anyone who is not on the same lap as yourself.
If you are being lapped by a faster rider or group of riders, you are not permitted to join with those riders.
- In the event of a fall during the race, all of the group and following riders, must stop and render assistance, unless a final sprint situation exists. The extent of injuries will dictate the action to be taken. This will primarily be determined by the injured rider. If the race is at the Austlink circuit, or another closed circuit that is entirely visible from the finish line, then riders don't need to stop, the finish line officials will attend to assistance if required.

Graded Scratch Race

In addition to the Scratch Race briefing:

- There are __separate races on the course at the same time today. You must not ride with riders from any other race /Grade unless you are the last in your race and just making your way to the finish.

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- There are __separate races on the course at the same time today. You must not ride with riders from any other race /Grade unless you are the last in your race and just making your way to the finish.
- If you have a mechanical or a fall then you can have 2 laps out to fix problems. You must report to the Start/Finish line to claim your laps out and re-join the race with the group you were with when you had the problem. Laps out are not available in the final 5 minutes of the race.

Handicap Race

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- You must have a rear flashing red light in operation that is visible from 200 metres throughout the race.
- You are only permitted to use wheels that are "traditional". **OR** Appear on the UCI list of approved "Non-Standard" wheels.
- Bottles being carried on your bike must be on inside of the main triangle of the frame.
- Aero bars are not permitted as part of the handlebar configuration.
- Give Way to traffic at "Give Way" signed Intersection and round-a-bouts. If a traffic marshal is positioned at an intersection they are there to stop you as riders, not the traffic with right of way.
- Don't ride more than two abreast on the roadway unless you are overtaking and it is safe to do so.
- Don't ride on the Right Hand Side of the centre line. If an echelon forms and you cannot get cover from the wind on the correct side of the road then you will have to consider forming a second echelon behind the first one.
- Don't cross the centre line in the last 200metres of the race under any circumstances.
- Don't push, pull or interfere with the progress of another rider. This includes swerving or changing your line to deliberately block another rider.
- Don't interfere with the progress of another rider during a sprint. You must ride a parallel course to the shoulder/edge of the road surface.
- You must not ride with anyone who is not on the same lap as yourself. If you are being lapped, rather than being caught, by a faster rider or group of riders, you are not permitted to join with those riders. This also applies to situations where you have completed a lap before a faster group start their race, and that group passes you, in effect "un-lapping" themselves. If a faster group e.g. "Scratch", catch you, and you are all on the same lap, then you are permitted to ride with them if you are able to.
- In the event of a fall during the race, all of the group and following riders, must stop and render assistance, unless a final sprint situation exists. The extent of injuries will dictate the action to be taken. This will primarily be determined by the injured rider.
- The primary goal of each group is to catch all other riders that have started in front of them and stay away from all other riders that start after them.
- At the end of a race, if you have not been able to work with the strongest of the group you are finishing with then it is a bit rude to contest the sprint.

Individual Time Trial

The course today is and we are starting at _____ intervals. We are racing on open roads so the standard road rules apply to us as they do to any other road user. Also the UCI, and Cycling Australia behaviour & equipment rules apply as well as our own Club rules and the rules of common sense.

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- You must have a rear flashing red light in operation that is visible from 200 metres throughout the race.
- Bottles being carried on your bike must be on inside of the main triangle of the frame.
- Give Way to traffic at "Give Way" signed Intersection and round-a-bouts. If a traffic marshal is positioned at an intersection they are there to stop you as riders, not the traffic with right of way.
- Don't ride on the Right Hand Side of the centre line.
- If one rider is caught up by another, neither may lead nor follow in the slipstream of the other.
- A rider catching up with another must keep a lateral gap of at least 2 metres to the other rider.
- After 1 km, the rider caught up must ride at least 25 m away from the other.
- Don't change your line to deliberately block another rider.

If you do not comply with any of these TT regulations, do the right thing and make sure the Race Secretary of Chief Commissaire knows that you are not eligible for Points, Placings, or Prizes.

- 3:1
- Equipment setup
- Rider position