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Bangalore Bicycle Championships

Rules and Regulations

Official rulebook governing all BBCh race disciplines: Road Race, Criterium, Individual Time Trial and Team Time Trial.

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Table of Contents

Table of Contents	2
Revision History	4
General Rules and Regulations	5
1. Definitions	5
2. Officials of BBCh	5
2A. Race Referee	5
2B. Race Marshals.....	6
2C. Starter	6
2D. Time Keepers	6
3. Rider Categories.....	6
Road Race	6
MTB Race	7
3A. Category Description	7
3B. Podium Winner's Category Upgrade.....	8
3C. Individual Points Classification.....	8
4. Teams	9
4A. Team Points.....	9
5. Entry, Risk, Fields and Prizes	9
5A. Entry in Races	9
5B. Acceptance of Risk.....	9
5C. Maximum Race Field.....	10
5D. Minimum Race Field.....	10
5E. Podium Places.....	10
5F. Prizes	10
6. Bicycles, Uniform and Race Numbers	10
6A. Bicycles.....	10
6B. Rider's Uniform	11
6C. Race Numbers (Bibs).....	11
7. Conduct, Protests and Hearings	11
7A. Conduct	11
7B. Protests and Hearings	12
Road Racing: Rules & Regulations.....	13
Road Course	13
Riding Conduct.....	13
Incidents.....	13
Following Cars and Support Motorbikes.....	14
Feeding	14
Race Finish	14

Criteriaums: Rules & Regulations	15
The Race.....	15
Lapped Riders.....	15
Primes	15
Support Vehicles.....	15
Individual Time Trial: Rules & Regulations	16
Course.....	16
Start.....	16
Rider Conduct	16
Support Vehicles	16
Bicycle and Equipment	16
Team Time Trial: Rules & Regulations	17
Team Points	17
Course.....	17
Start.....	17
Rider Conduct	17
Support Vehicles	18
BBCh Table of Penalties	19
Definitions	21

Revision History

A summary of substantive changes made to this rulebook over time.

Date	Changes
Feb-15	Updated categories and dates
Sep-16	Updated dates. Amended 1st offense penalties — “Relegation” changed to “Relegation 10 places.” Updated year to 2017.
Jan-17	Updated dates. Podium place typo correction. Age changed for Master category. Category description updated. Registration closing moved to Wednesday. TTT: max 3 riders in a team.
Jul-17	Updated dates. Category description updated. Added “Kids Fun Ride” category. Podium places updated. Rider category upgrade rules added.
Nov-17	Updated dates. Category upgrade: TTT result won’t count. Added “Kids Fun Ride” category: U10.
Apr-18	New category: Non-Road Bike. Category upgrade rules (Non-Road Bike → Amateur, Amateur → Elite). Fixed-gear bikes no longer allowed. Registration closing moved to Tuesday (depends on race day).
Dec-20	Added U18, U14 and U10 race categories.
Feb-22	Updated dates. MTB race categories changed: U-18 (16+ to U18), U-16 Boys/Girls (11+ to U16), U-11 Boys/Girls (6+ to U11). Rider category upgrade/promotion rules updated.
Mar-22	Time trial rules regarding bicycle and equipment added.
Mar-22	Race categories for Road and MTB races updated. Minimum race fields defined. Podium winner category upgrade rules updated.
Nov-22	Minimum race fields defined for Men / Women Master (40+).

General Rules and Regulations

These rules are applicable to all cycling disciplines and races organized by BBCh, unless specifically excluded. In case of conflict, a more specific rule in a discipline-specific chapter supersedes a general rule.

An entrant in an event organized by BBCh shall be subject to these rules from the time the bib number is collected to the completion of the event, including the last awarding of prizes.

The purpose of these rules is to allow participants and officials to take part in bicycle racing which is safe and enjoyable.

1. Definitions

- **Ban:** A penalty imposed on a rider or team making them ineligible to participate in any race (including races held in HCCC, TCC, Pune, Delhi) organized by the respective city-based clubs for the whole season.
- **Category:** An ability/skill-based designation of riders.
- **Class:** Rider classification based on age or gender.
- **Disqualification:** A penalty that causes a rider or team to lose placing in a race and to be ineligible for any subsequent heats in the race.
- **False Start:** A rider moving forward or crossing the start line or gate before the start command is given.
- **Hearing:** A formal request for review by a hearing panel of a suspension or qualification to race.
- **Mishap:** A crash or a mechanical accident.
- **Protest:** A formal request by a rider or team manager to have a race official review a decision or oversight.
- **Race Director:** The person named/announced for a race event or complete season, responsible to BBCh for the proper organization of the race event.
- **Prize List:** All prizes announced by the Race Director for a race.
- **Race Entry:** The process of paying a fee and making a commitment to compete.
- **Race Event:** One or more races covered by a single race permit, not necessarily limited to a single day.
- **Racer:** A competitor who has registered for a BBCh event and is participating in that event.
- **Race Registration:** The process (conducted online, pre-race) of submitting personal details, agreeing to an indemnity, and having a race number assigned.
- **Suspension:** A penalty imposed on a rider, team, or both, making them ineligible to participate in subsequent races in a season in BBCh. When invoked, the rider/team will be relegated.
- **Time Trial (or Team Time Trial):** A competition in which individuals or teams race against the clock.

2. Officials of BBCh

All officials will be from the Bangalore Bikers community. Race officials will be announced prior to the start of each race. All officials shall endeavor to uphold and enforce the regulations of BBCh and shall do so in an impartial manner.

2A. Race Referee

- Supervises the general sporting aspect of each race, and is empowered to interpret and enforce the rules of BBCh, ruling on any point not specifically covered in the rules.
- May neutralize, shorten, suspend, or cancel any race if dangerous conditions, hazardous weather, or any other “force majeure” arises.
- Has the power to penalize or recommend suspension of any licensee who refuses to obey instructions of officials or who commits other offenses.

- Shall invoke penalties for infractions of the rules except suspension. A decision of the Race Referee under the racing rules is final, subject only to the hearing of a protest.
- Will assign duties for each event to the other officials and may delegate authority to them.
- Is in charge of the overall results process at a race — determining finish order, finish times, laps completed, mid-race competitions, and additional rankings, if applicable.
- May receive protests concerning preliminary postings of results, but the decision on finish order and time is final.
- May, from time to time, delegate responsibilities to an alternate individual.

2B. Race Marshals

Race Marshals act in an advisory capacity to the Race Referee. They position themselves to best observe any infractions of the rules, watch closely, and report to the Race Referee at the end of the race. They call all rule violations whether or not a protest is received.

2C. Starter

- Responsible for calling riders at the appropriate time (15 minutes before the race starts) and informing them of the distance and any special rules governing the race. If the finish line differs from the start, riders must be informed of its exact location.
- Ensures riders reporting to the starting line are properly attired (helmets compulsory) and that their numbers are in good condition and properly placed.
- Shall not permit riders to start whose uniforms or equipment do not conform to the rules.
- Alerts other officials when the race is about to begin, judges whether there has been a valid start, and stops the race when called for by the rules.

2D. Time Keepers

- Use automated timing devices to record each rider's timing, and ensure recording devices are reset and in working order before the race starts.
- Are in charge of the overall results process at a race, including finish order, finish times, and laps completed.
- Will, as a minimum, announce the top 3 winners in each category at the race venue; remaining competitors' timings will be posted online.
- May receive protests (in the presence of the Race Referee) concerning preliminary postings of results, but the decision on finish order and time is final.
- Work with the Registrar to develop the start list, the Starter to record which riders start, and the Race Referee to ensure results reflect any assessed penalties.

3. Rider Categories

The following rider categories are applicable for all BBCh racing seasons.

Road Race

- Elite
- Amateur
- Women
- Women Master (40+)
- Non-Road Bike
- Men / Open Masters (40 years and above, open for men and women)
- Open Under-18 (Boys and Girls)

- Kids Fun Ride (below 6 years)

As per the BBCh race format, the kids' age categories will modify to:

- U-18 (age 16+ to under 18)
- U-16 Boys/Girls (age 11+ to under 16)
- U-11 Boys/Girls (age 6+ to under 11)

MTB Race

- Elite
- Amateur
- Women

As per the BBCh race format, the kids' age categories will modify to:

- U-18, Boys and Girls (age 16+ to under 18)
- U-16 Boys/Girls (age 11+ to under 16)
- U-11 Boys/Girls (age 6+ to under 11)
- Kids Fun Ride (below 6 years)

3A. Category Description

Under-18 category is common for both boys and girls who are below the age of 18. Girls below the age of 18 may opt for the Women category also if they wish to. All riders will share the same podium irrespective of their gender.

- Photo and birth-date ID card mandatory.
- It's mandatory for a parent/guardian/team manager to accompany U-18 participants.
- The parent/guardian/team manager owns full responsibility for the safety of the participant, and must sign the indemnity form before the bib is issued — without which the participant will not be allowed to take part in the race.

Women: Girls below the age of 18 may opt for the Women category also if they wish to.

Amateur category is open for anybody who wants to race irrespective of age.

Elite category is also open for anybody who wants to race, but since that is the category where most of the pro cyclists take part, it is better to have a good level of experience to enroll — otherwise it might cause inconvenience for the entire peloton due to handling and skill set.

Note: *Whoever participates in Elite should stick to Elite category for the rest of the season — they can't go back to Amateur in other Road/MTB races of the season.*

Men Masters (40+) category is for anybody who is above 40 years of age, created to cater to participants who think they can compete against elites who are younger. A minimum of 10 participants is required on race day. In case of fewer participants, the Men Master category will be merged with the Elite category, and all riders will share the same podium irrespective of their age.

Note: *Whoever participates in Men Master should stick to the Master category for the rest of the season — they can't go back to Amateur/Elite in other road races of the season.*

Women Master (40+) category is for anybody who is above 40 years of age, created to cater to women participants who think they can compete against women who are younger. A minimum of 10 participants is required on race day. In case of fewer participants, the Women Master category will be merged with the Women category, and all women riders will share the same podium irrespective of their age. This category mirrors the distances that the Women category races at.

Note: *Whoever participates in the Women Master category should stick to it for the rest of the season — they cannot go back to the Women category in other road races of the season.*

Non-Road Bike category is for non-road bikers only. Cyclists can use hybrid, MTB, and foldie bicycles.

Note: Fixie and single-speed bikes are not allowed in this category — they may register in other categories.

Kids Fun Ride: the child's age must be less than 6 years on race day. Parent/guardian presence is mandatory. There is no restriction on the type of bike (a tricycle is fine). Helmets are mandatory.

3B. Podium Winner's Category Upgrade

1) Any beginner can choose to ride in the Amateur category.

Non-Road Bike category podium winner's upgrade criteria to Amateur:

- A rider will be promoted to the Amateur category if they take any podium place (1st, 2nd or 3rd) in the Non-Road Bike category, irrespective of any previous season or race.
- A rider may opt to move to the Amateur category, but once moved, cannot move back to Non-Road Bike.

Note: All existing Non-Road Bike category podium winners were promoted to the Amateur category. It is the podium winner's responsibility to register in the Amateur category from the next race onward; they cannot move back to Non-Road Bike for any upcoming road race. If a podium winner registers again in Non-Road Bike instead of Amateur, they will receive a time penalty or DSQ; where the categories share the same distance (e.g. an ITT), the rider will receive a time penalty and then be moved to Amateur, or DSQ.

2) Any professional rider can choose to ride in the Elite category.

Amateur category podium winner's upgrade criteria to Elite:

- A rider will be promoted to the Elite category if they take any podium place (1st, 2nd or 3rd) in the Amateur category, irrespective of any previous season or race.
- A rider may opt to move to the Elite category, but once moved, cannot move back to Amateur.

Note: All existing Amateur category podium winners were promoted to the Elite category. It is the podium winner's responsibility to register in the Elite category from the next race onward; they cannot move back to Amateur for any upcoming race. If a podium winner registers again in Amateur instead of Elite, they will receive a time penalty or DSQ; where the categories share the same distance (e.g. an ITT), the rider will receive a time penalty and then be moved to Elite, or DSQ.

* TTT results do not count toward category upgrades.

3C. Individual Points Classification

Points awarded for each race depend on the number of starters in the event, in each category. Points are assigned after each race and accumulate for the season to decide the individual champion. All races EXCEPT the Team Time Trial carry points as per the table below.

Road Championship points count only for Elite Men and Women. Men Masters (40+) and Women Masters (40+) categories do not count toward Road Championship points — a rider must race in the Elite category to be eligible.

Placing	0–14 starters	15–39 starters	40+ starters
1	15	20	30
2	12	17	26
3	10	15	23
4	9	14	21
5	8	13	20
6	7	12	19
7	6	11	18

Placing	0–14 starters	15–39 starters	40+ starters
8	5	10	17
9	4	9	16
10	3	8	15
11	—	7	14
12	—	6	13
13	—	5	12
14	—	4	11
15	—	3	10
16	—	—	9
17	—	—	8
18	—	—	7
19	—	—	6
20	—	—	5
21	—	—	4
22	—	—	3

4. Teams

A maximum of 8 riders from a single team shall compete in the Open category. For all other classes, the maximum number of riders shall be 4.

4A. Team Points

For each race, team points are compiled based on:

- Points earned by the first three team members in the Open category
- Points earned by the first three team members in the Women's category
- Points earned by the first three team members in the Masters category
- Points earned by the first three team members in the Under-18 category

5. Entry, Risk, Fields and Prizes

5A. Entry in Races

Registration for all BBCh races is handled online. Registrations for each race close on Tuesday/Wednesday/Thursday midnight, on the same weekend as the race.

5B. Acceptance of Risk

All riders who compete in any of the events authorized under these rules do so at their own risk, and no liability shall attach to BBCh or any of its officials with respect to any loss or injury sustained or caused by anyone competing in the events.

During online registration, the rider is required to agree to the terms and conditions set out in the indemnity form. Indemnity forms are also available on race day for those unable to register online.

By competing in a race conducted by BBCh, a rider — or a parent/legal guardian who permits a minor to compete — acknowledges understanding and acceptance of the regulations covering the event and agreement to the terms and conditions, which shall be binding even when no proper entry form has been signed and submitted.

5C. Maximum Race Field

The maximum field for each category in a road event shall be 100. Entries are accepted in order of receipt by the Race Director, up to the field limit; subsequent entries shall be returned.

5D. Minimum Race Field

If the number of entries for a given race is less than the minimum field size stated in the race announcement — at the close of entries or within 30 minutes of the starting time, whichever is earlier — the Race Director may optionally decide to combine categories. If no minimum field size was given in the official race announcement, “one” shall be assumed for time trials and “six or ten” for other events.

5E. Podium Places

The number of podium places depends on the number of riders who START in each category:

- 1–5 riders: one podium position — 1st place
- 6–10 riders: two podium positions — 1st and 2nd place
- 11 or more riders: three podium positions — 1st, 2nd and 3rd place

5F. Prizes

The complete prize list, with values for each place, is available to competitors on the day of the event. Prize evaluations are based on retail prices.

- No disincentives: no prizes or prizes of value greater than the last-place prize may be offered for poor performance, such as a prize for the last rider across the finish line.
- Individual prizes may not exceed a value of ₹25,000.

6. Bicycles, Uniform and Race Numbers

6A. Bicycles

Bicycles used in competition must be propelled solely by the rider's legs and shall have the following characteristics:

- Dimensions: bicycles may be no more than 2 metres long and 75 cm wide, except that tandems may be up to 3 metres long.
- No protective shield, fairing, or other device on any part of the bicycle that reduces air resistance, except that spoke covers may be used.
- Wheels may be spoked or of solid construction. No wheel may contain a mechanism to store and release energy.
- Handlebar ends shall be solidly plugged and any attachments fashioned to minimize danger without impairing steering. In road, track or cyclo-cross races, handlebar extensions or attachments that extend forward/upward, or provide support other than for the rider's hands, are permitted only in time trial and pursuit events; brake-hood attachments that point upward are allowed only if the distance between them exceeds 25 cm.
- Recumbent bicycles may not be raced in BBCh races unless there is a separate race for that category.
- A massed-start bicycle should not have forearm supports, handlebar extensions (aero bars), or forward-pointing attachments.
- Time trial events may restrict competitors to massed-start bicycles in one or more classes, provided the restriction is stated in the race announcement and technical guide.

- A single-speed bicycle possesses only one rear cog and one front chainring, with no means of altering the gear ratio during the race.
- No fixed-gear bikes are allowed in any BBCh race, in any category — this was decided in view of safety concerns raised by participants. Single-speed bikes with two working brakes are allowed only in the Non-Road Bike category.

Riders are responsible for their selection of competition equipment and for taking reasonable precautions to ensure it is adequate and safe. Equipment and uniforms may be examined at any time at the discretion of the Race Referee, who shall prohibit the use of any non-compliant or unsafe items discovered. An examination of every rider's equipment is not required.

BBCh, any Race Referee, and their respective agents, officials, employees and volunteers, shall not be liable for any damages or injuries arising from or connected to the condition or adequacy of any rider's competition equipment or uniform, regardless of whether it was examined.

6B. Rider's Uniform

- Helmets: at all times when participating in a BBCh event, every rider shall wear a protective, securely fastened helmet. This covers riding in the vicinity of a race from the beginning of registration to the last awarding of prizes, but not warm-up on rollers or a stationary trainer.
- For MTB downhill and 4X events, a full-face helmet is mandatory. For all MTB gravity events, additional padding (body armor, elbow/knee pads, full-finger gloves) is strongly recommended.
- Jerseys must be worn in all races and shall cover the shoulders. No additional equipment that reduces wind resistance is permitted, except protective covering against precipitation or cold in inclement weather. Shoe covers are permitted in any conditions.

6C. Race Numbers (Bibs)

- Racing bib numbers are provided by the Race Committee on race day.
- Riders shall place their numbers as prescribed by the Race Director or officials, visible when the rider is in a racing position. Numbers may not be folded, trimmed, or otherwise defaced.
- Additional bib numbers (helmet stickers, seatpost numbers, etc.) may be provided and must be placed as prescribed by the Race Director.

7. Conduct, Protests and Hearings

7A. Conduct

No rider shall benefit from his or her misconduct. Misconduct on the part of a team member or support person may result in penalties to any member of the team.

General misconduct — the following offenses may be punished by disqualification, suspension, or lesser penalties:

- Acts of theft, fraud, dishonesty, or grossly unsportsmanlike conduct in conjunction with a sporting event.
- Offering, conspiring, or attempting to cause any race to result otherwise than on its merits.

Identity fraud: no licensee may enter a race under an assumed name, nor conspire to allow another rider to do so. This includes fraudulent use of another rider's license or racing number.

Rules and course: it is the rider's responsibility to familiarize themselves with the rules of the event and the race course before the start. Riders may not take any other route or shortcut. The fact that tape or barriers may have moved or fallen does not relieve the rider of responsibility to stay on the designated route.

Withdrawal: riders must immediately follow a referee's order to withdraw from the race.

Abuse:

- No rider may be disrespectful toward anyone at a race.
- No rider may use foul or abusive language or conduct during a race event.

- No rider may assault or commit battery against anyone connected with a BBCh event.
- Violent assault and/or battery by a rider against another rider or a race official at a BBCh event shall be subject to a lifetime ban from further BBCh events.

No rider may make an abrupt motion so as to interfere with the forward progress of another rider, either intentionally or by accident.

Dangerous rider: any rider who appears to present a danger to other competitors may be disqualified by the Race Referee, before, during, or after a race.

Pushing or pulling among riders is prohibited in all races. No rider may hold back or pull an opponent by any part of their clothing, equipment, or body.

Competitors may make no progress unaccompanied by a bicycle. In the case of a crash, they may run with their bicycles to the finish line, staying on the course.

A racer may be penalized for causing a crash or spill through inadequate tightening or adjustment of a bicycle component, including gluing of tires.

Non-competitor on course: a rider may not be on the track or course during a race for which they have not entered and registered, or from which they have withdrawn or been directed to withdraw.

No person with official responsibilities at a race shall consume alcoholic beverages or other intoxicants while races are in progress; anyone appearing to be under the influence shall be promptly relieved of responsibilities. No person with official responsibilities may lay a wager on the outcome of the race they are participating in.

Recommended penalties for first and second offenses under normal circumstances are listed in the Table of Penalties at the end of this document.

7B. Protests and Hearings

Procedure: protests may be made verbally to the Race Referee on the day of the race. All other protests must be in writing, submitted directly to BBCh via email (council@bbch.in).

Protests must be made within the following time limits:

- A protest of foul riding or any other irregularity taking place during the race must be made within 15 minutes after the protestor's finish time.
- A protest regarding the final results must be made within 15 minutes after the announcement of results, in order for riders to remain eligible for prizes.
- For any protests made after the awards ceremony, any rider's right to prizes is waived.
- Protests regarding the qualification of riders or bicycles, or the regularity of entries or classifications, must be made prior to the start of the race.

Once results have been finalized onsite and awards given out, any further results protests may be submitted directly to BBCh via email (council@bbch.in), who will consider them at its discretion. Such protests must be submitted at the latest 3 days after the results are published online on the BBCh website.

All protests, other than those regarding results and placings, shall be heard and decided either by the Race Referee or by a jury composed of an odd number of race officials that includes the Race Referee.

Road Racing: Rules & Regulations

Road Course

A road course may be from place to place, around a circuit, out-and-back, or any combination of these. The course shall not cross itself; there must be no chance that riders may have to cut through other groups of riders.

The Race Director shall endeavor to establish police and marshal facilities to help ensure the safety of the riders, and that preparations have been made for crowd control at the finish. If these conditions are not met, the Race Referee may delay or cancel the race.

Any change in route shall be decided jointly by the Race Referee and the Race Director. Once adopted, such a decision shall be immediately transmitted to all riders and team managers.

Should some or all riders head off in the wrong direction, the Race Director's staff shall do all in their power to redirect them back to the correct route, but shall not be held responsible for routing errors by riders. Should such riders be in the lead, and redirecting cancels that lead, no account may be taken of that loss — all riders are expected to know the route and bear full responsibility for any such incidents.

Riding Conduct

- Center line: if a course is not closed to traffic, all competitors must keep to the left of the road center line or enforcement line.
- Rules of the road: riders shall, of their own responsibility, conform to all traffic regulations in force in the area where the race is held.

Road closure: it is forbidden to cross a closed railroad crossing or any other road closure. The following rules apply:

- If riders who have broken away are held up at a crossing and the gates open before the field catches up, the closed crossing is a mere race incident.
- If riders with more than a 30-second lead are held up and the field catches up while the gates are still closed, the race shall be neutralized and restarted with the same gaps once official vehicles have passed. If the lead is less than 30 seconds, it is a mere race incident.
- If leading riders make it over the crossing before the gates shut and the remainder are held up, no action shall be taken.
- Any other situation (e.g. prolonged closure) shall be resolved by the officials case by case.

The responsibility of keeping on the prescribed course rests with the rider. A rider may not leave the prescribed course unless ordered to do so by public authorities or a race official.

Taking pace or assistance from any outside means is forbidden, including holding on to a motor vehicle or taking pace from riders in a different race concurrently on the same course.

Competitors who suffer a mishap may be assisted in remounting and may be pushed up to 10 metres.

Riders are permitted to start with feeding bottles or refreshments they wish to carry, but glass containers are strictly prohibited.

Support: competitors may exchange food and drink among themselves. Tires, tools, pumps, and wheels may also be exchanged, but a rider may not sacrifice themselves for another rider unless on the same team.

Feeding: the passing of food or refreshments to competitors is at the discretion of the Race Referee. Riders may not discard non-biodegradable materials; they may pass or throw such material to support personnel in places far from bystanders.

Incidents

Should an incident or accident occur that interferes with the proper conduct of the race, officials may:

- Temporarily neutralize the race;

- Restart the race, beginning with sign-in; or
- Reroute or shorten the stage; or
- Cancel the stage and any results of that stage.

Following Cars and Support Motorbikes

Team cars and neutral service vehicles should be 1.6 metres in height or less, with windows that are not opaque. If non-complying vehicles are allowed in the caravan, the Chief Referee may change their position based on vehicle characteristics.

Drivers of support vehicles shall keep to the left of the road and follow the rules of the road. Should a support vehicle need to stop, it shall always pull off the road on the right side.

Riders may be assisted only at the rear of the group, regardless of the rider's position in the race. No rider may be assisted at the front of a group.

In the case of a breakaway, a support vehicle may drop in between the breakaway riders and the main group only with the permission of a referee.

Feeding

Riders may be supplied with food or drink in specified feed zones by hand-ups (from the Race Director's or the rider's support staff), or from support vehicles during the race. Feeding will normally begin 50 km from the start and continue thereafter, except for the last 15–20 km — subject to modification by the Race Referee depending on course and weather.

When a referee grants permission to feed from cars, riders move slowly to a position even with their team car, which must be positioned at the rear of the race group. No supplies may be sought or provided from a vehicle during a hill climb or on dangerous bends or descents. Riders accepting food or drink from spectators (where not an organized service) do so at their own risk.

Race Finish

In the case of a group finish, the Chief Judge shall attempt to place as many riders as possible; those who follow are placed equal up to the point where individual riders can again be identified.

A rider who suffers a mishap in the last kilometre of a road race shall be given the same finish time as the riders they were with at the time, provided the mishap was observed or otherwise verified by a race official. This rule does not apply to hill-climb finishes.

Riders must normally finish within a time limit equal to the winner's time plus a percentage specified in the race regulations. If the number of riders beyond this time cut exceeds 20% of those who started, the Race Referee may extend the time cut after consultation with the Race Director. All riders finishing within the revised deadline qualify for championship points.

criteriums: Rules & Regulations

A criterium is a closed-loop course entirely closed to traffic. The length of the course is between 800 m and 5 km, with a minimum width of 7 m throughout. Riders may only ride in a forward direction on the course, but may dismount and run backward to a repair pit when safe to do so.

The Race

To ensure the race is run safely, the following rules apply:

- Maintain your line and keep left unless overtaking
- Do not change direction suddenly
- Do not pass underneath in a corner
- Do not overlap wheels
- Do not pedal through corners
- Do not push, pull or interfere with another rider
- Do not contest a sprint from further back than 10th wheel
- Sprint in a straight line once out of the final corner
- As the lead rider, guide the peloton safely past hazards
- Communicate your intentions with others
- Keep both hands on the bars (unless taking a drink)
- Follow all directions from marshals and officials

Lapped Riders

The method for handling lapped riders (or those out of contention) is chosen by the Race Director with the Race Referee, and must be clearly explained to riders before the race:

- A rider considered out of contention may be removed by officials and placed according to distance covered and placing amongst those pulled that lap; or
- Lapped riders may remain in the race and finish on the same lap as the leaders — placed at the finish according to laps down, then position.

Riders who have lost contact with the field, and are then caught by a breakaway, may not lead. Riders off the front of the field may not accept assistance from riders who have lost contact with the back of the field.

Free Lap Rule: no free laps are allowed in BBCh criteriums.

Feeding is not permitted unless specifically authorized by the Race Referee.

Primes

Primes are sprints within a race, for the lead riders or any group/field. A bell is sounded on the lap preceding the prime sprint at the appropriate line, which need not be the start or finish line. Primes may be predetermined for certain laps or spontaneously designated under the Race Director's supervision. All primes won are awarded even if the rider withdraws from the race. Lapped riders are not eligible for primes. Points are awarded to the first three places on primes.

Support Vehicles

No support vehicles are allowed on course during a criterium.

Individual Time Trial: Rules & Regulations

Road bicycles and time trial bikes shall be used. Bicycles with a front hand brake and fixed wheel may also be used.

Course

Courses may be out-and-back, around a circuit, or one-way. Only out-and-back and circuit courses may be used for record purposes.

Start

- Starting times shall be at equal intervals.
- Starting order may be chosen by random selection, numeric order, or seeding (normally fastest last).
- Each rider shall report to the starter at least three minutes before their scheduled starting time and shall start at the scheduled time.
- The rider shall be held at the start but shall neither be restrained nor pushed.
- No restarts are permitted for any reason.

Rider Conduct

- On an out-and-back course, riders shall stay to the left of the centerline or enforcement line at all times.
- No group of riders shall set up a pace-line for the benefit of all riders in that group.
- No rider shall take pace behind another rider closer than 25 m (80 ft) ahead, or 2 m (7 ft) to the side.
- No two riders may ride abreast other than when attempting to pass, and such attempts shall not be maintained beyond 500 m. If the pass is not made cleanly within 500 m, the caught rider must drop back to a distance of 25 m behind the rider who caught them.

Support Vehicles

- Support vehicles must be authorized by the Race Referee to be on the course.
- Each rider may be followed by a motor vehicle carrying spare wheels, repair materials and bicycles for use in case of a mishap.
- A bullhorn may be used to communicate with the rider. Support vehicles shall remain at least 10 m behind the rider at all times, except when the rider has a foot on the ground.
- A support vehicle may not take a position between two riders unless there is a distance of at least 75 m between them; should this distance diminish, the trailing vehicle must drop back.
- No attendant may lean or hold any piece of replacement equipment out of a vehicle.
- No rider may be handed supplies during a time trial, whether from a support vehicle or not.

Bicycle and Equipment

Rules regarding bicycle and equipment for time trial races:

- a) Racers using TT/triathlon bikes or frames with clip-on aero bars and disc wheels are only allowed to enter races in the Elite, Masters and Women's categories. Even a racer under 18 with such equipment must compete in the Elite category.
- b) All racers who have represented a state or other team at national level (holding a CFI rider license), or represented their country (holding a UCI rider license), can and will ONLY compete in the Elite category, irrespective of age.
- c) All racers with road bike frames (aero, climbing or traditional) can compete in the Amateur category with or without clip-on aero bars. Deep-section wheels are allowed; disc wheels are not allowed in Amateur.

Team Time Trial: Rules & Regulations

Teams may be made up of a minimum of two riders and a maximum of three riders at the start of the race.

Team times will be based on the following:

- If 3 riders start, the time is based on the second rider at the finish.
- If 2 riders start, the time is based on the second rider at the finish.

Women, Masters and Under-18 teams must include only riders from those individual categories; however, any of these riders can also ride in Open-category teams.

There is no championship points earned by individual riders in the TTT. Teams with more than four riders may submit a second (and third) team to race.

Team Points

Placing	0–4 teams	5–9 teams	10+ teams
1	25	40	60
2	15	30	50
3	5	20	45
4	—	10	40
5	—	—	35
6	—	—	30
7	—	—	25
8	—	—	20
9	—	—	15
10	—	—	10

Course

Courses may be out-and-back, around a circuit, or one-way. Only out-and-back or circuit courses may be used for record purposes. The turnaround point for an out-and-back course should be at a place where the roadway is sufficiently wide to permit riders and any following vehicles to turn smoothly.

Start

- The starting interval between teams will normally be at least two minutes, but may be increased according to the course.
- Starting order may be chosen by random selection, numeric order, or seeding (fastest last).
- Each team shall report to the starter at least three minutes before their scheduled starting time and start at the scheduled time.
- Riders from each team shall line up side by side at the start, all with one foot on the ground. All teams must start in the same manner.
- No restarts shall be permitted for any reason.

Rider Conduct

- All pushing of riders is forbidden, even among teammates.
- No team shall take pace behind another team closer than 25 m (80 ft) ahead, or 2 m (7 ft) to the side.

- The exchange of food, drink, minor repair items, help with repairs, and exchange of wheels or bicycles is permitted solely among members of the same team.

Support Vehicles

- Support vehicles must be authorized by the Race Referee to be on the course.
- Each team may be followed by a motor vehicle carrying spare wheels, repair materials, and bicycles for use in case of a mishap.
- A bullhorn may be used to communicate with the riders. Support vehicles shall remain at least 10 m behind the rider at all times, except when the rider has a foot on the ground.
- A support vehicle may not take a position between two teams unless there is a distance of at least 100 m between them; should this distance diminish, the trailing vehicle must drop back.
- No attendant may lean or hold any piece of replacement equipment out of a vehicle.
- No rider may be handed supplies during a time trial, whether from a support vehicle or not.

BBCh Table of Penalties

Recommended penalties for first and second offenses under normal circumstances. The Race Referee retains discretion to apply a different penalty after examining all available evidence.

Description	1st Offence	2nd Offence
Equipment and Clothing Infractions		
Failure to wear a helmet in the course of the event	Warning	—
Intentionally removing helmet during a race	Warning	—
Illegal bicycle (bicycle not conforming to equipment requirements)	Entry refused	—
Use of a mobile phone or audio entertainment device during a race	Warning	—
Fraud and Dishonesty		
Knowingly competing in a class or category for which he/she is not eligible	—	Suspension two races
Competing without valid entry into race, fraudulent entry into race, or identity fraud	—	Suspension two races
Race fixing	—	Suspension for race season
Sabotage of bicycle or bicycle components	Suspension for race season	—
Threats and Violence		
Threats of violence among riders	—	Suspension for race season
Threats of violence toward other persons	—	Suspension for race season
Assault and/or battery on a race official	—	Suspension for race season
Dangerous Conduct		
Reckless or dangerous throwing/tossing of an object into a crowd	Warning	Disqualification
Discarding a glass object	Warning	Disqualification
Pushing or pulling among riders	—	Suspension two races
Dangerous riding, or conduct posing a threat to any person(s) other than the perpetrator	—	Suspension two races
Failure to respect instruction of Race Referee or race administration	Warning	Disqualification
Unsportsmanlike conduct, including but not limited to foul or abusive language, insults and rude behavior	Disqualification	—
Starting at an incorrect time or location	—	—
Forward progress unaccompanied by a bicycle	—	—

Description	1st Offence	2nd Offence
Causing a crash due to inadequate tightening or adjustment of equipment	Disqualification	—
Official with responsibilities at the race consuming alcoholic beverages or other intoxicants	Relieved of duties and suspension	—
Official with responsibilities at the race laying a wager on the outcome of the race	Relieved of duties and suspension	—
Other activity or actions not specifically covered by the rules but bringing the sport into disrepute	Warning	Disqualification
Crossing the finish line in the direction of the race while still wearing a racing number	Warning	Disqualification

Course Deviations, Traffic Violations, Rules of the Road

Violation of Center Line Rule	Warning	Disqualification
Violation of rules of the road (local traffic laws) and/or failure to obey traffic laws where the course is not closed to traffic	Warning	Disqualification
Willful deviation of the course, attempting to place without covering the whole course, or resuming the race after being transported in a vehicle	—	—
Course detour that constituted an advantage	—	—
Crossing a railroad crossing that is closed, or another official road closure	—	—

External Assistance

Jostling between teammates	Disqualification (both riders)	—
Taking pace from riders in another race on the course	Disqualification	—
Excessive pushing after a mishap	Disqualification	—
Jostling or pushing between riders on different teams	—	—
Holding off a motor vehicle	Disqualification	—
Support motorcycle carrying equipment other than wheels	Warning	Disqualification of driver: removed from course

Sprints and Illegal Contact

Failure to maintain a line, or other sprint irregularities	Relegation 10 places	—
Extremely dangerous behavior in a sprint	—	Suspension two races
Pulling on the jersey of a competitor	Relegation 10 places	—
Obstruction of a rider or team car	Relegation 10 places	—

Pacing and Drafting

Holding onto a vehicle	—	Suspension two races
Drafting off a vehicle	Warning / time penalty	Suspension two races
Drafting from outside	—	Suspension two races

Description	1st Offence	2nd Offence
Prolonged drafting off a vehicle	—	Suspension two races
Individual Time Trial Penalties		
Rider failing to maintain required distance behind or to the side, drafting or taking pace from another rider	Relegation 10 places	—
Prolonged drafting behind an overtaking rider	—	Suspension
Support vehicle failing to maintain 10 m gap behind rider	Warning	Disqualification
Drafting off a vehicle	—	Suspension
Team Time Trial Penalties		
Team failing to maintain required distance behind or to the side, drafting or taking pace from another team	Disqualification	—
Support vehicle failing to maintain 10 m behind riders	Warning	Disqualification
Pushing among members of the same team	Disqualification	—
Accepting assistance from another team	Disqualification, both teams	—

Definitions

- Warning: a verbal warning to the individual rider and to the team representative.
- Relegation: a time or place penalty applied, at the discretion of the Race Referee, after examination of all available evidence.
- Disqualification (DSQ): disqualification from the race — loss of standing and points.
- Suspension: the rider will not be eligible to race in further competition until the suspension period is served.
- 2nd Offence: applicable to either the same race, or may be carried over from a DSQ in a previous race.