



2024 Rule Change Summary

Cycling

Change From	Change To
Old Formatting	See date change at footer to reflect September 2024
3.1.1 The course layout should be approximately 2-5 kilometers in length, with 2.5 kilometers optimal for shorter distance events and 5 kilometers or more for races over 15 kilometers in length.	CHANGE: 3.1.1 The course layout should be approximately 2-5 kilometers in length, with 2.5 kilometers optimal for shorter distance events and 5 kilometers or more for races over 15 kilometers in length. Approximately 2.5 kilometer courses may be used for events 5km and less.
3.3.2 All other distances require a course that is approximately 5 km in distance with no 180 degree turn 3.3.3 All other requirements noted above are required.	CHANGE: 3.3.2 All other distances require a course that is approximately 5 km in distance with no 180 degree turn (see Rule 3.1.5) 3.3.3 All other requirements noted above are required. All other course design, surface, repair area and start line are required (See Rule 3.2, 3.4, 3.7 and 3.8).
3.11 Time Trial 3.11.1 The course layout for a time trial can be as short as 500 meters only if the number of starters is limited and the starting riders cannot interfere with lapping riders. The ideal course length is two (kilometers). 3.11.2 If the course is a loop, the first turn after the starting area should be at least 100 meters from the start.	CHANGE/DELETE: 3.11 Additional Time Trial Course Requirements 3.11.1 The course layout for a time trial can be as short as 500 meters only if the number of starters is limited and the starting riders cannot interfere with lapping riders. The ideal course length is two (kilometers). 3.11.2 If the course is a loop, the first turn after the starting area should be at least 100 meters from the start.



<p>3.11.3 The road must be wide enough to allow riders to pass each other with at least one meter between them side to side at time of passing. (Recommend 4 meters or greater). Time trial courses can be out and back if the lanes are separated by a physical barrier (a fence, concrete divider, grass median or curb). Time trials may be point to point courses and have a separate start and finish line. The finish line should remain fixed for all distances with a variable start line location for different distances.</p> <p>3.11.4 The road surface should be in good condition, free of potholes and not made of gravel.</p> <p>3.11.5 Prior to the time trial, pebbles, gravel and earth should be swept off the road. Sewers should be covered by a rubber plate. Bales of hay should be placed in front of the trees and posts at turns and curves of the cycling course.</p> <p>3.11.6 The time trial course should be closed to public traffic.</p> <p>3.11.7 Repair areas shall be available around the course for mechanical assistance. At least one repair pit must be near the start/finish area.</p>	<p>3.11.3 The road must be wide enough to allow riders to pass each other with at least two meters between them side to side at time of passing.</p>
<p>4.1.2 Helmets must meet the safety standards of the National Governing Body for cycling in the host country.</p>	<p>CHANGE/ADD:</p> <p>4.1.2 Helmets must meet the safety standards of the National Governing Body for cycling in the host country. A sticker with the certification must be present in every helmet. All helmets must be properly fitted.</p> <p>4.1.3 It is recommended to replace bicycle helmets according to the specifications of the respective manufacturer. Bicycle helmet replacements should be</p>



	<p>considered after a fall and/or damage was detected or after a period of use of 3 to 5 years.</p>
<p>4.2.2 Bicycles must have two working brakes. A bicycle with handlebars with forearm support or extend forward or upward may only be used in time trial events. The handlebars must be solidly plugged and attachments shall be attached securely so as to not impair steering. The bicycles may be inspected by the Chief Referee to be sure that the bicycle is safe and compliant. An inspection of every rider's equipment is not required. It is the responsibility of the coach to be sure that the athlete's bicycle is safe and meets regulations.</p> <p>4.2.3 Cycling helmets must meet the safety standards of the National Governing Body. Certification must be inside each helmet and may be no OLDER than 3 years.</p>	<p>CHANGE/ADD:</p> <p>4.2.2 Bicycles must have two working brakes. A bicycle with handlebars with forearm support or extend forward or upward may only be used in time trial events. The handlebars must be solidly plugged and attachments shall be attached securely so as to not impair steering. The bicycles may be inspected by the Chief Referee or another designated official to be sure that the bicycle is safe and meets regulations.</p> <p>4.2.3 Use of modified bicycles will be permitted in all time trial events but is dependent upon the athlete meeting time standards -if applicable. The Chief Referee will decide if two-wheel and modified bicycles may compete together, based on the number of racers, course conditions and ability level of the riders.</p> <p>4.2.4 Use of electric bicycles are not permitted.</p>
	<p>DELETE:</p> <p>6.1.2.1 Cyclists racing in both time trials and road races may race a divisioning race for both events depending on time constraints and at the discretion of the Chief Referee and organizing team.</p>
	<p>ADD:</p> <p>6.1.3.2 A divisioning road race shall be conducted as a means to determine a cyclist's riding ability and, consequently, for placement in an appropriate competition division.</p> <p>6.1.3.3 Cyclists racing in both time trials and road races may race a divisioning race for both events depending</p>



	<p>on time constraints and at the discretion of the Chief Referee and organizing team.</p>
<p>6.1.5.1 The finishing time posted by an athlete in a road race or time trial final may be used to change the athlete’s division for subsequent finals if the athlete’s final time would make that athlete eligible to compete in a faster division had that time been ridden during the preliminary divisioning event.”Cyclists racing in both time trials and road races may race a divisioning race for both events depending on time constraints and at the discretion of the Chief Referee and organizing team.</p>	<p>CHANGE:</p> <p>6.1.5.1 In Time Trial and Road Races event, the officials always use the fastest time posted in any event for the next final. Coaches will be notified of division changes when results are posted or within a reasonable time period following the event.</p>
<p>6.3.2 For road races on multi-lap courses, everyone finishes on the same lap as the leader and will be given a prorated time unless the Referee deems that there is too great a differential in speed among the riders on the course. If this occurs, the referee will consult with the Event Director and Rules Committee on what action is to be taken. No times are recorded for Rach Race Finals (Mass start). Awards are based upon placing only. The Maximum Effort is not applicable in Road Race Finals.</p>	<p>CHANGE:</p> <p>6.3.2 For road races on multi-lap courses, everyone finishes on the same lap as the leader and will be given a prorated time unless the Referee deems that there is too great a differential in speed among the riders on the course. If this occurs, the referee will consult with the Event Director and Rules Committee on what action is to be taken.</p>
	<p>DELETE:</p> <p>6.3.3 Head coaches and other delegation members are not allowed to follow the competition by any vehicle, including bicycle unless specifically invited to do so by the chief referee. Coaches may coach from the course sidelines.</p>
	<p>ADD:</p>



	<p>6.4.7 Head coaches and other delegation members are not allowed to follow the competition by any vehicle, including bicycle unless specifically invited to do so by the chief referee. Coaches may coach from the course sidelines. Disqualification is the penalty.</p> <p>6.4.8 Minimum criteria of abilities: The athletes must be able to ride a bicycle straight ahead and navigate curves, as well as to brake independently and proactively. The athletes must be able to perform these skills safely. If it is determined that athletes do not meet these requirements, the Chief Referee and Technical Director may decide on immediate exclusion of the competition for these athletes.</p>
	<p>ADD:</p> <p>7.1.1 The athlete to Unified Partner ratio must be 1 athlete to 1 Unified partner in Tandem Trial Events.</p> <p>7.1.2 It is required that athletes and Unified partners are of similar age, and it is preferred that athletes and Unified Partners are of similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2</p>