

IV

Chapter INDIVIDUAL TIME TRIALS

Distances

2.4.001 The distances shall be the following:

Category		Maximum distance	
		<i>World championships and Olympic Games</i>	Other events
Men:	elite	40-50 km	80 km
	under 23	30-40 km	40 km
	juniors	20-30 km	30 km
Women:	elite	20-30 km	40 km
	juniors	10-15 km	15 km

(text modified on 1.01.05, 1.01.07).

Course

2.4.002 The course shall be safe and perfectly signposted.

2.4.003 From the start of the race, the circuit may be used only by the riders in the race and the vehicles following such riders.

2.4.004 The distances remaining to be ridden shall be indicated clearly every 5 km at least. For uphill races, each kilometre shall be indicated.

2.4.005 (N) The organiser shall provide a warm-up circuit of at least 800 metres in the vicinity of the start.

Starting order

2.4.006 The starting order shall be determined by the organiser of the event in accordance with objective criteria that are to be resumed in the programme - technical guide of the race.

2.4.007 Riders shall set off at identical intervals. Nevertheless this interval may be increased between riders starting last.

2.4.008 The starting order of time trial stages during stage races shall be governed by article 2.6.023.

2.4.009 *At world championships and Olympic Games, the starting order shall be determined by the UCI.*

(text modified on 1.01.98).

Start

2.4.010 All riders must present themselves for checks on their bicycles no later than 15 minutes before their start time.

Before the start, an additional check can be done.

(text modified on 1.01.04; 1.07.11; 1.07.12).

- 2.4.011** The rider shall start from a stationary position. He shall be held and then released, without being pushed, by a holder. The same holder shall perform the task for each rider.
If the start time is recorded using an electronic strip, the distance between the point of contact of the front tyre with the ground and the electronic strip must be 10 cm.

(N) The start shall be taken from a starting ramp.

(text modified on 1.09.00; 1.01.04).

Timekeeping

- 2.4.012** The rider shall start his ride under the orders of the timekeeper-commissaire who shall count down to the starting time, following which the timing of the ride shall start. The time of any rider who reports late to the start shall be calculated from that rider's scheduled starting time.

(text modified on 1.09.00; 1.01.05).

- 2.4.013** The start may be determined by the front tyre making contact with an electronic timing strip on the start line. If the rider starts fractionally before the countdown reaches 0 or in the following 5 seconds the time it is triggered is used. If the rider starts after this 5 second delay has elapsed or in the event of problems with the electronic timing, the rider's time shall be counted as from the start of manual timing following the countdown.

(text modified on 1.09.00; 1.01.04).

- 2.4.014** (N) Timekeeping shall be conducted at several points along the distance, so distributed as to ensure that riders and spectators alike be continually informed of the progress of the race.

(text modified on 1.09.00; 1.01.04).

- 2.4.015** Finishing times shall be taken to the nearest one-tenth of a second at least.

- 2.4.016** *At the world championships and the Olympic Games times shall be taken and communicated to the nearest one-hundredth of a second.*

(text modified on 1.09.00; 1.01.04).

Racing procedure

- 2.4.017** If one rider is caught up by another, he may neither lead nor follow in the slipstream of the rider who caught up.

- 2.4.018** A rider, upon catching up with another shall leave a lateral gap of at least 2 metres between himself and the other rider.

After 1 km, the rider caught up shall ride at least 25 m away from the other.

2.4.019 If necessary, the commissaire shall force the riders to leave the 2 metre lateral gap and the distance of 25 metres respectively, without prejudice to the penalties provided for in the scale of penalties (article 12.1.040, point 40).

2.4.020 Riders may not help one another.

2.4.021 The specific regulations for the event shall indicate if feeding is permitted and which conditions apply.

Following vehicles

2.4.022 [abrogated on 1.01.03].

2.4.023 The following vehicle shall follow at least 10 metres behind the rider, shall never overtake him nor draw up level with him. In the case of a breakdown, technical support may be rendered only with the rider and vehicle stationary and the following vehicle shall not hinder anyone else.

2.4.024 The following vehicle of a rider who is about to be caught shall, as soon as the distance between the two riders drops below 100 metres, drop back behind the vehicle of the other rider.

2.4.025 The vehicle of a rider who catches another may not take up position between the riders until they are at least 50 metres apart. Should this gap subsequently be reduced, the vehicle shall drop back behind the second rider.

2.4.026 The following vehicle may carry equipment necessary for changing wheels or cycles.

2.4.027 No equipment for the riders may be prepared or held ready outside the following vehicle. Persons riding in vehicles shall not reach or lean out.

2.4.028 If technical support via motor-cycle is permitted, the motorcycle may carry only spare wheels.

2.4.029 Megaphones or loud-hailers may be used.

Participation

2.4.030 For an individual time trial open to teams, the organiser must invite and contract the teams rather than their individual riders.

(text modified on 1.01.02; 1.01.05).

Disqualification

2.4.031 If a rider is disqualified before the result of the race is sanctioned, the classification shall be adjusted. If a rider is disqualified after the result of the race has been sanctioned, the classification shall be adjusted, if applicable, for the first 20 places only. For the rest the place of the disqualified rider shall be left open.

(article introduced on 1.01.05).

V

Chapter TEAM TIME TRIALS

(numbering of the articles modified on 1.01.05, former article 2.5.012 was abrogated on 1.01.04; and former article 2.5.020 was abrogated on 1.01.03).

Participation

2.5.001 The number of riders per team is determined in the programme - technical guide - and must be at least 2 and no more than 10.

Mixed teams are forbidden.

There are six riders per team for the world championships.

The participating teams are defined in Article 9.2.012.

(text modified on 1.01.05; 1.01.06; 1.10.06; 1.07.12).

Distances

2.5.002 The distances for team time trial races shall be:

Category		Maximum distance	
		<i>World championships</i>	Other events
Men:	juniors		70 km
	under 23		80 km
	elite	<i>60 km</i>	100 km
Women:	juniors		30 km
	elite	<i>40 km</i>	50 km

(text modified on 1.01.05; 1.01.07; 1.07.12; 1.08.13).

Course

2.5.003 The course shall be safe and perfectly signposted.

It shall be sufficiently wide and avoid excessively sharp bends.

From the start of the race, the circuit may be used only by the riders in the race and the vehicles following such riders.

2.5.004 The distances remaining to be ridden shall be indicated clearly every 10 km at least. The last kilometer shall be signalled by a red triangle. For uphill races, each km shall be indicated.

(text modified on 1.01.05).

2.5.005 (N) The organiser shall provide a warm-up circuit of at least 800 metres in the vicinity of the start.

Starting order

2.5.006 The starting order shall be determined by the organiser of the race in accordance with objective criteria that are to be resumed in the programme - technical guide of the race.

The UCI establishes the starting order of teams at the world championships.

(text modified on 1.07.12).

2.5.007 The starting order of team time trial stages during stage races shall be governed by article 2.6.024.

2.5.008 Teams shall set off at identical intervals. Nevertheless this interval may be increased between the teams starting last.

Start

2.5.009 The riders of each team shall present at the bike check point no later than 15 minutes before the scheduled start time.

Before the start, an additional check can be done.

(text modified on 1.01.05; 1.07.12).

2.5.010 The time of any team reporting late to the start shall be calculated from its scheduled starting time. If a rider arrives late at the start, the team may either wait and have the lost time deducted, or start at the scheduled time. The late rider will start alone and have the lost time deducted.

(text modified on 1.01.05).

2.5.011 At the start, the riders shall be held side by side on the starting line and then released, not pushed, by «holders» who shall be the same for all teams.

Timekeeping and classification

2.5.012 (N) Timekeeping shall be conducted at several points along the distance, so distributed as to ensure that riders and spectators alike be continually informed of the progress of the race.

2.5.013 Finishing times shall be taken to the nearest one-tenth of a second at least.

2.5.014 The specific regulations for the event shall specify on which rider of a team crossing the finishing line the classification of teams will be timed for the finish.

In elite women's world cup team time trials the time shall be taken on the fourth rider.

The time will be taken on the fourth rider at the world championships.

(text modified on 1.01.06; 1.07.12).

Team conduct during the race

- 2.5.015** If a team is caught, it may neither lead, nor take advantage of riding in the slipstream of the team that catches it. This clause shall equally apply to riders that drop behind. A rider that has dropped behind may not join another team, nor receive or provide assistance.
- 2.5.016** A team, upon catching another, shall leave a lateral gap of at least 2 metres between them.
- After 1 km, the team caught shall ride at least 25 m away from the other.
- 2.5.017** If necessary, the commissaire shall force the riders to leave the 2 metres lateral gap and the distance of 25 metres respectively, without prejudice to the penalties provided for in the scale of penalties (article 12.1.040, point 44).
- 2.5.018** Riders, even of the same team, may not push one another.
- 2.5.019** The exchange of food, drinks, small items of equipment, wheels and bicycles and help with running repairs shall be permitted between riders of the same team.
- 2.5.020** The specific regulations for the event shall indicate if feeding is permitted and which conditions apply.

Following vehicles

- 2.5.021** The following vehicle shall follow at least 10 metres behind the last rider of the team, shall never overtake it nor draw up level with it. In the case of a breakdown, technical support may be rendered only with the rider and vehicle stationary.
- 2.5.022** The vehicle may not take up position between the team and any rider(s) that has/have dropped behind unless they are at least 50 metres apart. The riders that have dropped behind may under no circumstances ride in the slipstream of a vehicle.
- 2.5.023** The following vehicle of a team that is about to be caught up shall, as soon as the distance between the two teams drops below 100 metres, drop back behind the vehicle of the other team.
- 2.5.024** A vehicle following a team that catches up another may not take up position between the teams unless there are at least 60 metres between them. Should that gap subsequently reduce, the vehicle shall return to its position behind the last rider of the 2nd team.
- 2.5.025** The following vehicle may carry equipment necessary for changing wheels or cycles.
- No equipment for the riders may be prepared or held ready outside the following vehicle. Persons riding in vehicles shall not reach or lean out.
- 2.5.026** If technical support via motorcycle is permitted, the motorcycle may carry only spare wheels.

2.5.027 Megaphones or loud-hailers may be used.

Disqualification

2.5.028 If a rider is disqualified his team shall be disqualified and the classification shall be adjusted.

(article introduced on 1.01.05).

VI

Chapter STAGE RACES (N)

(numbering of the articles modified on 1.01.05; articles 2.6.003 bis and 2.6.003 ter abrogated on 1.01.05).

Method

2.6.001 Stage races shall be run over a minimum of two days with a general time classification. They shall be run in road race stages and time trial stages.

2.6.002 Unless otherwise stipulated hereafter, road race stages shall be run in the same manner as one-day races and time trial stages shall be governed by the provisions governing time trials.

2.6.003 Team time trial stages shall take place during the first third of the race.

(article introduced on 1.01.05).

Participation

2.6.004 Stage races shall be run solely by teams and, where authorized by these regulations, by mixed teams.

(text modified on 1.01.05).

2.6.005 [article abrogated on 1.07.10].

Prologue

2.6.006 A prologue may be included in stage races on condition that:

1. it must not exceed 8 km; for an elite or juniors women's or juniors men's race, the prologue must be less than 4 km;