

## **ROAD RACING RULES & SAFETY.**

Just like any other sport, cycling has rules that must be followed for safety and to ensure a fair competition. Below are general rules & safety tips you should familiarise yourself with if new road racing. Of course before starting your first race you should familiar with group riding etiquette and safety. If you haven't ridden with other cyclist before, we **strongly** advisable to start doing regular bunch rides before attempting your first bike race.

**No violence behaviour towards another rider, race officials or spectators.**

**No insulting, threatening or unseemly behaviour.**

### **Know the course.**

Always familiarise yourself with the race course. Race organisers can not guarantee there will be a marshal on every corner. Also studying the course is important part of pre race tactical planning.

### **Your bike.**

Make sure your bike is good work order including plugs to both ends of your handle bars. Make sure it meets tech regs (don't worry, most do).

### **Licence**

You must present your race licence before each race. You may be prohibited from start a race if fail to do so.

### **No aero bars.**

Aero bars are for time trials use only.

### **Numbers**

Fix any jersey numbers, frame numbers and/or timing clips as directed.

### **Helmet**

Standard road rules, wear helmet at all times when riding a bike. It must have Australia Standard sticker fix to the inside and push be free damage and have no lights, video cameras fix to it.

### **Kit**

When competing in open events, only plain, club or registrar sponsor kit is allowed to be worn.

### **Pre-Race Briefing**

Listen carefully to pre-race briefing, offend importance last minute details are given.

### **Electrical devices.**

Use of MP3 players, phones, radios, etc during a race is prohibited.

### **Glass**

Carrying any glass containers is prohibited.

### **Toilet Behaviour**

Please use toilets provided. You may fine if you fail to do so (police have fine individual for this offence at races in the past).

### **Stay left**

Stay left of the centreline at all times, fines and/or disqualification could result if you fail to do so.

### **Outside assistants**

Receiving outside mechanical assistants or road side feed is prohibited unless told otherwise during the pre-race briefing.

**Obey the corner marshals.**

If a corner marshal displays a red flag, that means you must stop and give way to traffic. If a green flag is display, it's safe to proceed through the intersection. Though should look to double check it's clean. Remember to stay left of centre as pass through intersection. Fine and/or disqualification could result for failing to obey race officials.

**Drink Bottles**

Drink bottle (also known as bidons) must be carried on your in cages fix to down tube and/or seat tube. Drink bottle cannot be carried in cages behind your seat or mount on your handle bars.

**Sitting Up**

If the pace is too fast, and you decide to sit up (stop pedalling and slow down). Be sure to wave those riding behind you through before you do so. You won't be very popular if you drop half bunch.

**Body Fluids**

This is common sense, but it needs to be said. If you need to clean your throat or nose, do so at bunch of bunch or pull out to the side and signal your intention. Believe it or not, people don't like to be spat on!

**Sprinting**

When sprinting, place hands down on the drops and look ahead to the finish line. Travel in a straight line, do not change to line to block the path travel of another competitor. Sprinting is a skill in its self. If new to racing, doing regular sprinting drills will help to make you faster and safer sprinter.

**Finishing Line**

Do not cross back over the finish line after you have finish a race. They may still be other competitors yet to finish.

**Time Trials**

Slip steaming behind another competitor is prohibited.

**AWCC club racing clubs**

For general safety, no attacking pass through intersections.