

TRACK RACING RULES & SAFETY.

Just like any other sport, cycling has rules that must follow for safety and to ensure a fair competition. Below are general rules & safety tips you should familiarise yourself if new track racing. Of course before starting your first race you should familiar with riding with other riders on a fix gear bike on velodrome. If you haven't, we **strongly** advisable doing so before attempting your first track race.

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

No insulting, threatening or unseemly behaviour.

Your bike.

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

Wheels

Securing wheels with wings nuts is prohibited.

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

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 completing in open events, only plain, club or registrar sponsor kit is allow to be wore.

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.

Computers

Bike computer screens must cover or place in a position on bike so screen can be seen by the rider.

Toilet Behaviour

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

Passing

Always pass the outside of another rider unless the rider is riding very high on the track. Once past another rider, leave a bike length before moving in front of that rider.

Hands

In all track events where standard or "classic" style handlebars are used, riders must compete with their hands "on the drops". The only exception being in the Madison.

Eyewear

Wearing tinted eyewear on indoor velodrome or outdoor velodrome when the lights are on, is prohibited.

Sprinting

Sprinting in track is a bit technically. But as general rule once the sprint start or with 200m to go, you must hold you line (stay in your lane). Sprinting is a skill in its self. If new to racing, doing regular sprinting drills will help to make you faster and safer sprinter.

Winning

Sorry, no victory salutes.